

WOMAN IN THE MIRROR

At Word Alive Ministries - Newsletter

Who We Are

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Woman in the Mirror was founded by Beverly Brown at Word Alive Ministries, Thornton, CO in October 2017. God placed a burden on Beverly’s heart for women who have suffered or currently are suffering Domestic Violence. Her vision was to move women from being “Victims” to being “Survivors”, by creating a community where women can come to know God and see themselves through the lense of His Word. When we see ourselves as God sees us, we can be truly be free.

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Q&A

Do you know the Truth About DV?

Q: What is Domestic Violence?

A: Domestic Violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior such as stalking, belittling, and controlling of one partner over the other.

Q: Isn't Domestic Violence only Physical Violence? Why doesn't she have a blackeye?

A: DV can be physical, emotional, sexual, economic, and spiritual. There are many forms of Domestic Violence. Not everyone who is being abused has black eyes and broken bones. The important thing is to believe anyone who says they are being abused, no matter what type of abuse it is.

“To provide for those that mourn (in Zion)- To bestow on them a crown of Beauty instead of Ashes, the Oil of Joy instead of Mourning, and a Garment of Praise instead of a spirit of Despair...”

-Isaiah 61:3 NIV

Get Help for you or someone you love

**If you or someone you know is being abused there is help. The National Domestic Violence Hotline is available 24/7 – 365
1-800-799-7233 \ 1-800-787-3224 (TTY) \ Español**

**Great Resources and Articles can be found at:
<https://www.domesticshelters.org>**



Hopeless to Saved - Survivor Stories

- By Alicia Ramirez (December 8, 2018)



I came across this picture on the left, that was taken in 2015 as I was looking for something else. This picture was a realization for me, because I remembered exactly where I was and the thoughts that were circling my mind that night three years ago.

I didn't realize at the time because I was soooo used to hiding pain inside, but that pain, the sadness, the anger, the frustration, the hopelessness was consuming me from within, I had let that ugly darkness drowned the light I once had.

That night I remember thinking about everything negative in my life, the sexual abuse as a child, the domestic abuse and heartbreak I endured for over 20 years in my relationship, ... I deserved it all, maybe if I wouldn't have said this or did that those things would've never happened.

I thought my kids deserved a better life, because the ME being in their life was now bringing them a lot of the same pain I had endured. I kept thinking of them seeing me cry all the time, seeing me fight and argue with their dad. I thought maybe they'd have a better life if I wasn't around, because maybe I was the one causing the anger that they had to see all the time, maybe it was me causing him to drink. Maybe it was me that led those that did what they did to me as a child. Maybe it was me bringing this terror to our lives, maybe it would all be better if I was just no longer around to cause these bad things to keep happening.

So that night we had a family function and I thought I would spend one last night with them all, tell them each that I love them, and then go home write my kids and their dad a letter telling them they could finally be free of the pain I felt I caused, then take a bottle of pain killers and fall asleep for the last time. I went home was writing the letter with tears pouring down my face, my Ciara, then soo little woke up hearing me cry said mommy why you crying, she kissed me and said don't cry mommy just pray to Jesus, I BROKE!! But that's exactly what I did.

I can't say it all got better right after that, but that night I cried and laid it all down at the feet of my Savior, and even though I still had and still have trials, still have storms, I never will let the darkness consume the amazing beautiful light within me that was bought on the Cross of Calvary.

Today my life is not perfect, I've endured many trials many changes this past year, and still this very day, but my light shines brighter than ever, whenever those dark clouds come around, I ignite my light even more in prayer and in the very Word that promises that "I can do all things, through Christ who strengthens me."

Today that sadness and darkness inside that tried to overtake me back then, has been replaced with love, joy and peace that surpasses all understanding, my cup is overflowing with the gospel that saved my life, and now not only can I share that with my kids, with my loved ones, all of you... but I'm now sharing this everlasting love with the children in our church doing kids ministry.

I give all the glory and honor to our Lord and savior Jesus Christ for seeing in me, a woman tarnished with shame and guilt, to be a soul worth dying for, a soul worth saving, a vessel worth using for His Kingdom.

Who We Are (cont. from page 1)

In February 2019, *Woman in the Mirror* revamped and introduced Christina Cordova as Ministry Leader. For several years Christina had been feeling the Call of God to start working in a ministry that focuses on Inner Healing and Education for those who have experienced Domestic Violence and Sexual Assault. As a Survivor of DV and childhood sexual abuse, as well as a child of a Survivor, Christina's heart has been broken for the countless men and women who have suffered abuse. Her passion has been to raise awareness to not only society, but also in the Church, to educate on the dangers of dating violence, and provide resources on emergency services to those in need, as well as those who have friends or family that may be being abused. Christina has a deep love for Jesus, a heart for the countless broken and hurting Survivors of abuse, and desire to bring awareness to end DV and Sexual Abuse.

Sometimes all we need is to know that someone cares, with out judgement. Because we have been on many sides of DV and Abuse, **Woman in the Mirror at WAM** understands how important it is to provide a shame free environment, for survivors to feel safe, loved, and *heard*. **Woman in the Mirror at WAM** is here to help those who are hurting, heal from the past and embrace the future. We will share the love of Jesus with you, walk beside you, pray, cry, and laugh together as you learn to see yourself in a new way.

We currently offer a small group setting with monthly breakfast meetings, the fourth Saturday of the Month at 9:30am as well as special events and group volunteer projects, newsletters, emails, and in the future will provide Youth and Young Adult DV education opportunities .



Mission Statement

To bring healing and provide support emotionally, and spiritually to those that have or are currently experiencing Domestic Violence.

To provide a community that promotes healing from abuse, in an environment that is free from shame, guilt, fear, and regret.

To Educate and Raise awareness to end the cycle of abuse for future generations

*We do not offer licensed counseling services

Why Purple for DV Awareness?

The decision of the DV movement to choose Purple, started in the early 1900's with the Woman's Suffrage Movement, and the National Woman's Party. Their colors were Purple, Gold, and White. In England it was used to symbolize Purity, Hope, and Loyalty. Forward to 1978, thousands of women Marched in Washington DC wearing Lavender.

"Battered women chose purple as an evolution of the lavender from decades past," says Rose M. Garrity, board president of [National Coalition Against Domestic Violence](#) (NCADV) . "It's seen as a color of royalty and is already associated with females anyway.." (Domesticshelters.org) Domestic Violence Awareness Month is October. Many DV Survivors and Supporters choose to wear Purple to show their support for the movement, and to raise Awareness. Every month should be DV Awareness. So, when you see someone wearing purple, take a moment to remember those who have survived the fight against DV, and those who didn't

Together we can put an end to Domestic Violence.

WOUNDED

The Poetry of Abuse Collection © 2004, The Ripple Effect *

by: Christine Hagion Rzepka *

Until recently, domestic violence was considered only in terms of physical abuse resulting in injury. However, many battered women recount that the verbal abuse they suffered was even more hurtful than the physical blows. In the words of one survivor, "Sometimes I wished he would just hit me and get it over with. That would have been so much easier than dealing with the ongoing verbal abuse." Broken bones heal and bruises fade, but words disguised as weapons wound the very soul.

The bodies of the broken ones
lay helpless, trampled
...again
on the battlefield wincing, bloodied, throbbing with pain
unable to escape
to safety.

Unexploded bombs
of unresolved issues
scattered in plain sight
in the battleground
that has become our home.

Vulnerable to attack
from all sides, at any moment
I retreat, wounded

From the land mine that is your heart.

All this carnage
--so much devastation
by one man, so heavily armoured
wielding a solitary weapon:
your tongue.

Christine has been working with victims of abuse for over 20 years, and founded The Ripple Effect in 1998 to focus on the prevention of domestic violence. She has served on the Santa Clara County Domestic Violence Council since 2002, and on the Family/Domestic Violence Prevention Advisory Board for the City of San José since its inception.

The Poetry of Abuse Collection, which began as her attempts to find release and healing through writing poetry, has been shared nationally and is utilized by domestic violence programs across the country to raise awareness of the issue and to educate the public.

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Ministry Information

Word Alive Ministries
Home of Woman in the Mirror

www.wordalivethornton.org

761 E 88th Ave

Thornton, CO 80229

Church ph: 303-955-1172

Full Gospel Spirit Filled Services

Sundays at 9:00am & 11:00 am

Wednesdays at 7:00 pm*

*kids and youth ministries

HEBREWS 4:12

Word Alive Ministries is a Full Gospel, Spirit-Filled, Non-Denominational fellowship of people seeking hard after JESUS! We are excited about what God is doing in revival type services where the power of God is touching, ministering and healing people.

We are passionate about God and people.

YOU ARE INVITED !

HALO LOVE is hosting a Community Dinner for those in need at Word Alive Ministries on the 4th Saturday of the month at Noon. Space is limited and RSVP is required (Seating limited to 100)

*Come have a meal with us and bring your child(ren) too. Sometimes living paycheck to paycheck just doesn't cut it. We get it! Come meet new friends and give the kiddos a place to interact.

*No questions No judging

just want to give you HOPE for tomorrow !!

*(If you know of someone that could benefit from this Outreach... Tell them there's HOPE on the 4th Saturday of each month and to RSVP)

HELPING AND LOVING OTHERS - Call/Text 720-722-2503

Helping And Loving Others
Call/Text 720-722-2503

We are called to be the Hands and Feet of Jesus - (Romans 10:15)





Fellowship with us!
Woman in the Mirror meets

The 4th Saturday of the Month

March 23, 2019 9:30am—11:30am

AT: Word Alive Ministries

761 E 88th Ave, Thornton, CO 80209

East side of the Building,

In the Youth Room

To Contact us, get prayer, or for information:

Email us at WomanInTheMirrorAtWAM@gmail.com or **text to 720-275-5636**

Find our new Facebook page at **Woman In The Mirror at WAM.**

Website: www.Woman-in-the-Mirror.com

Have you ever felt like you are alone? Have you ever felt like there is no way out? Is the burden you carry too much for you? You need to know that you are never alone. God made a way where there was no way. He will take your heavy burden, and give you His. He says in Matthew 11:30 "My yoke is easy, and my burden is light." He is the Light in a dark place. He loves you so much that God gave His one and only Son, Jesus, to take away your sin and shame. He came for you to have life and have it more abundantly. All you have to do is call upon Him, and He will answer you.

If you don't know Jesus as your Savior ask Him to reveal Himself to you. Here is a simple prayer you can pray:

Jesus, sometimes I feel alone and lost. I need you to come into my heart and into my life. I need you to wash me clean of my past, and to create in me a clean heart. I can't do this on my own. Please show me your love, and make me new. Amen

God hears you when you call to Him. He will never leave or forsake you. If you have prayed this prayer, the first thing you should do is tell someone. The Bible says that we overcome by the Blood of the Lamb and the word of our testimony. Next, find a Bible believing, Spirit filled church to learn about God and to be among others who have walked where you have walked. Remember, that you are loved beyond measure. Jesus died to save you, and you can be free from sin, shame and bondage. - God Bless

