

Whole Hearted Ministry Support Group

If you're a woman who has survived sexual abuse and you're wondering whether you should join this support group, you should. The very act of wondering means that you're feeling led to this group.

That's how I became involved. I felt led. I took a huge leap of faith and trust and I joined this group. I'm so thankful that I did.

And, please stop reading here if you don't want to know my story and my truth.

It's not easy to read. But, through my involvement with — and support from — Whole Hearted Ministry, it's easier for me to tell. Notice I didn't say "easy/" — not yet — but it's easier...

More than 30 years ago, I was date raped. For 30 years, I could count on one hand the number of people who knew my truth — and that count included me and the rapist.

He committed an evil act that took my virginity, my voice, and my self-worth. The trauma of that act left me with shame, guilt, and suspicion.

I put up walls to protect myself— to try to make it day to day. And so for more than 30 years, I've been alone. My family is deceased or estranged. I have a few acquaintances and no true friends. I'm not in a relationship, have never married, and haven't dated in more than 20 years. The rape damaged my body, my emotions, my mind, my spirit, and my soul..

Through Whole Hearted Ministry, I've learned that I'm not alone. I've learned that what happened is not my fault. I've learned that I have no reason to feel shame or feel guilt. I did nothing wrong.

During the 13 weeks, I laughed and I cried. The group requires commitment — it's work! I remembered, and I processed. I shared more than I've ever shared, yet never more than I was comfortable sharing. It's difficult to describe the experience of being surrounded and supported by a group of women who share similar experiences. It's enlightening and empowering. These women understand — truly and deeply understand — what it's like to have gone through sexual abuse. These women are survivors.

And so am I. I'm a survivor. I know that God loves me, and I'm learning to love myself. I've found my voice.

And with that voice, I say again: If you're a woman who has survived sexual abuse and you're wondering whether you should join this support group, you should.