

MOSAIC CHURCH

Shelter From the Storm Story

“Freedom. I thought freedom was about living my life the way I wanted to and making my own choices, a life I was in control of. During my teen years I longed to be on my own and I felt that making my own decisions would somehow magically make me happy. I thought it would lift the heaviness over my life from being sexually abused several times as a child; and it did for several years, somewhat. But my past trauma would get stirred up and that heaviness would return.

Trying to shove it to the back of mind and “just get over it” was not working anymore. I felt broken and too ashamed to tell my full story to anyone, even my husband. I carried the guilt, shame and responsibility for what happened to me as if I had caused it. Once in high school, I tried to tell my story to free myself, but I did not have the support system I needed to walk the journey and start the healing process. I pushed it back under the rug and ignored it, my coping mechanism. I finally got to the point in my life where I wanted healing and freedom from this weight.

When I heard about Shelter From the Storm, I decided to give it a chance. I was so scared to tell my story and thought no one would understand. I was sure I would be looked at like a broken girl and everyone would be disgusted by my story. As I heard the stories from others and journeyed through the book, I realized that there were people who experienced similar trauma and understood my pain. The ladies that journeyed with me, met me with such grace and understanding. For the first time, I felt the shame starting to fall off

of me. I began to not see myself as broken or sick. Each chapter seemed to peel back a layer of the image I had built up to protect myself and revealed the truth. I always held the belief that the shame was there because I had allowed this abuse to happen, even though I had no way of controlling it as a child. I was afraid that telling my story would result in more shame, but what happened was the exact opposite. I felt so much relief; like a physical weight had been lifted.

Since going through this program, I have been able to acknowledge and speak the truth in every area of my life. The journey has given me courage and confidence; and taught me to be intentional with the choices I make while giving myself grace and mercy. It has also allowed me to take the responsibility off of myself and experience deep forgiveness. The need to forgive myself was difficult to understand and do. Secrecy and unforgiveness were two of the biggest chains holding me down. Being able to break free from them, allowed me to live authentically and free. I began to dream again and take steps to do what brought me joy and what I was gifted for. Shelter from the storm helped me to find that freedom and begin the healing I desperately needed.”

— TONYA