

# MOSAIC CHURCH

## Shelter From the Storm Story

“I spent the first 43 years of my life feeling like I lived under a cloud of darkness, shame, guilt, and regret. Panic attacks, blackouts, and chronic anxiety were the norm for most of my life. I blamed myself. I felt dirty and rejected, and desperate for someone to love me, yet refusing to let anyone love me.

I took my first Shelter group in 2013 and facing the reality of my past helped me see that my reaction was normal for a victim of sexual abuse. Even more important, accepting the reality that I truly am a survivor of sexual abuse felt gruesome and devastating to admit to myself.

Shelter helped make it safe and gave me a future to look forward to. I am in my 4th group since then, and I feel like I walk with a lighter step now. So much weight has been lifted off of my shoulders. An added bonus is that I hear others share and we connect on a deeper level, which makes a beautiful friendship. I am so grateful for Shelter. I don't know where I would be right now if I didn't have this safe group.”

— MARIE