The Family Album

Deborah Antoine, Editor

Tower of Hope Ministries

October 2022

TOHM Promotes Fifth Class and debuts TOH Academy

Tower of Hope Class of 2023 (Phase 1) persevered through the journey of healing and found triumph over trauma. All meetings took place online in virtual meeting rooms. The participants learned about past traumas and the physical, emotional and mental impact trauma has on the body and mind. The process included reading, writing and healing assignments to bring clarity to participants' thoughts and experiences. Phase 3 graduates and

the Leadership Team served as mentors, coaches and prayer leaders throughout the year. The 2023 class of 6 individuals promoted to Phase 2 of *Tower of Hope Academy*. They look forward to a graduation celebration following completion of *Phase 3: Life After Trauma Drama*.

TOH Academy is now a focused 2-year program comprised of Phase 1: Trauma Drama, Phase 2: No More Trauma Drama and Phase 3: Life After Trauma Drama. Phase 1 is a

12-month program; Phases 2 and 3 are 6 months each. Graduation is the culminating event following Phase 3.

TOH Academy includes in-person meetings, videoconferencing and learning from self-directed modules in an online platform. TOH Academy developed from participants' expressed needs for more insight into their trauma. The supernatural healing power of God is experienced as they complete the healing activities.

OUR VISION

Heal the brokenhearted, release the captives, and proclaim freedom to the prisoners.



Phase 3
Graduates:
[clockwise from top]
Dr. Washington
Sondra Strong
Symone Thompson
Lauren Sanders
Shaneice Miller
Thomas
Jolene Rogers

Completion celebration was held July 23, 2022.

OUR MISSION

To help people overcome obstacles, heal hurt, find freedom, **triumph over trauma**, and know God.

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2022 Promotions from Phase 1 to Phase 2



The Family Album

Joyce Allton

I learned to lean on and trust the Lord as I face my opportunities without fear. My self-confidence is restored and I am able to stand up for myself and express my opinions. I have a deeper revelation about God's unconditional, never-ending love and all that Jesus accomplished on the cross for me! I am standing on the promises of God to live a victorious life. I am getting deeper revelations of what it means to be a child of the Most High God. I am learning to depend on Him for everything. I am walking in the authority and power He provides. I am living in the present —not the past or the future—and staying in His Presence so I can be at peace and face my challenges with a clear mindset. I am not who I was and I will continue to grow into the image of Christ until I see Jesus face-to-face!



Keyth Harrison

I felt the sincerity and honesty of The King's Men process. Sessions were God-led and faithdriven! I was able to open up and receive the Biblical Perspectives© and to learn about behavioral outcomes based on clinical science research. Each session offered insights into my issue(s) and allowed God to provide specific revelations tailored to me. My faith in the Lord is strengthened. TKM met my needs. I am regularly reminded that I am not alone and that God never left me.



Dan Caruthers

I learned how to be authentic. I stopped doing things just to please others. I also stopped trying to make things happen on my own. I'm no longer impulsive or jump into things. I have more patience now and have learned to wait on God. God has transformed my life and I am not making the same mistakes. I am being restored in every area of my life. For the first time in my life, I am living life for myself.





Corey Pursley

I discovered what I dealt with for so many years and why it caused me to act out. I got to the root of it through the ${\bf TOHM}$ process created by Dr. Washington as the Holy Spirit led her. I learned about the deep wounds I carried with me, affecting my life and especially, my marriage. Our marriage was like two people with an enormous amount of luggage attempting to get on an elevator at the same time. We both carried too much baggage to do it. Little by little, as the wounds healed, the baggage disappeared until we were free to move in unison!

I am learning how to have an effective discipline approach and relationship with my children. Most of all, I have grown in my relationship with the Lord!



Melanie Evans

Being restored to a loving relationship with my father and daughter changed my heart after all the anger, abuse, unforgiveness and abandonment. I understand my family also endured trauma. I have found peace and forgiveness for people who hurt me, whom I now love very much. I continue to grow by using the strategies and scriptures taught by Tower of Hope Ministries. My prayer team is supportive and encouraging. I am learning to trust God's unconditional love for me. I realize that God is always with me. He has given me grace for everything I



Teri Pursley

Tower of Hope gave me freedom from the oppression that came from childhood trauma. I was living in deception. I believed that it was not me who had problems but rather, everyone else around me. The enemy wanted my focus on other people, keeping me from seeking my own healing. TOHM is Christ-centered, walking me through my healing and deliverance step by step. I have hope for my future! My husband and I, once separated by division and strife, have reunited.



From the Desk of the Founder and Executive Director

Dora Washington, Ed.D.

Biblical scholars say the number 5 symbolizes grace. I am sure TOHM exists solely because of God's grace. It was His grace that delivered me from 32 years of bondage following childhood traumas that rendered me unable to give and receive love. His grace healed physical illnesses that left me addicted to medicines, mental illness that left me struggling with abandonment issues and personality disorders, and spiritual abuse that left me in a stupor, afraid to trust anyone. It was grace that began TOHM and I know it will be grace that carries it forward. We can see from the new programs we are implementing, He is definitely carrying it on.

2022 is our 5th year of operation and we have much to show for it. When I stand before God and answer for the life He breathed into me, I want to hear Him say, "You accomplished your purpose and all I assigned you to do. Well Done!"

I have seen some Mighty Miracles and Moves of God every year. He protected us during a world-wide pandemic, healed us during it and blessed us through it. We never stopped helping people. In fact, we increased our support systems during the pandemic.

We refuse to allow the world's circumstances to change our purpose. The world didn't give it to us so the world can't take it away. Like Queen Esther, we have been called and healed for such a time as this, and if we don't rise to the occasion, God can and will raise up another to do what He purposed for us to do. However, we forfeit the abundant life when we don't walk in our purpose.

We learned an important lesson about purpose this year from Jeremy,* who signed up to serve his country. He was healthy, strong and excited. The Holy Spirit led **TOHM** to pray for him as soon as he enlisted. Since he was in good health, after a few weeks I asked God if it was time to remove him from the prayer list since there were others who seemed to need prayer more. However, God revealed that we should keep praying for Jeremy.

About six months into Jeremy's training, he suddenly fell breathless to the floor and by every medical standard, he died. His roommates used CPR to resuscitate him and rushed him to the Emergency Room where he was placed in the Intensive Care Unit.

TOHM prayer warriors were not worried. We knew *God already had us praying for this. He's coming through and will be perfectly fine.* We knew that God hears the prayers of the righteous. Jeremy's aunt, a TOHM graduate, joined him and took spiritual authority over his illness. He soon regained consciousness and was able to speak.

I wonder what might have happened if we hadn't obeyed God and prayed for Jeremy? The point is, our purpose was to pray and intercede for Jeremy, so when this happened, his family was prepared and he came through without setbacks.

Jeremy's story is only one miracle. God has done too many for **TOHM** to name them all. 2022 is the first year we have had a married couple go

through the program. Couples are now realizing they can have a better marriage and they don't want an inauthentic sham. I applaud Teri and Corey Pursley for accepting the challenge to be better spouses, parents and people. They are an amazing couple who God is going to use mightily in the marriage and parenting ministry.

And just think, I began the program asking God for one person. He has sent more than I ever imagined, and many more are coming because He is forever a God of Abundance — and more than enough.

We at **TOHM** know there are many things we don't know, but we are so thankful we know what's important. We know God is for us, this is our purpose and we are making a difference to those who come to **TOHM**.

Thank you first to my God who turned my life of pain and shame into one of gain and reign. You Rock!

Thank you participants, for the courage to face your fears and refuse to stay in emotional and mental pain. Thank you for persevering. You give HOPE to others.

Thank you, **TOHM** Leaders, for all your sacrifices and for leading God's people to freedom.

Thank you supporters, for your financial and physical support. It takes money to have a program like this. It is because of you that we are able to offer all the resources, services and HOPE hangouts.

Without God's presence, leaders, supporters and participants of **TOHM**, my dreams would still be dreams.

Washington

*Not his real name



HOW OUR LIVES HAVE CHANGED

Testimonials of Deliverance

- ◆ God has given me a firm foundation with nothing to lose as I go toward new seasons of life. Although it has not been easy, because I stayed close to this ministry, I am able to overcome challenges in my way. I participate in things I never thought possible. My future is so bright because God chose to bring me to this ministry and gave me a second chance at life. Previously, I had overwhelming anxiety and fears, PTSD and mother and father wounds. Each year God heals me more and more. I am eternally grateful for His healing power and redemption!
- ◆ The healing of my brain and transformation of my thinking have been the greatest blessings I have received. I have been delivered from depression and anxiety.
- ★ I was delivered from the fear of sending my kids to school. I have been delivered from body pain and my creativity is returning. I'm learning to say no and have boundaries. I'm sticking up for myself. I have been delivered from people pleasing. I don't get easily offended. I have a new level of understanding others' trauma and their responses. I was able to forgive my father before he passed.
- ◆ God has given me a sound mind. I struggled with sadness, a tremendous amount of negative thinking, and a lack of clarity. God, through Tower of Hope, helped me to sort through wrong thoughts and replace them with the Word of God.
- ◆ I experienced multiple childhood and adult traumas. I didn't start processing my pain until I was 63 years old with physical and mental illnesses. My issues were complicated and I knew that Tower of Hope was where I needed to be. I am still a work in progress, but I am a totally different person now. God is recycling my pain to help other women who have

Tower of Hope Ministries Organizational Achievements

- Tower of Hope Academy celebrates 1st year of operations
- 8 Participants have now completed Phases 1, 2 & 3 of the TOH Academy
- 41 Phase 1 Trauma Drama graduates promoted to Tower of Hope Academy Phase 2
- Modules launched for self-directed learning
- Hope for Life maintenance program operational for Phase 3 graduates
- Living Hope Facebook Family: Facebook Live monthly video streaming with Dr. Washington launched October 2021 and has 114 members
- National Prayer Revival Day declared May 31; repeats monthly
- Faith-based coaches trained and added to staff
- Class of 2018: 4 graduates
- Class of 2019: 6 graduates
- Class of 2020: 12 graduates
- Class of 2021: 13 graduates
- Class of 2022: 6 promoted to Phase 2

- Community expansion: 3nd year of Living Hope, 7 small church-based groups in the St. Peters, MO area.
- Newsletter: The Family Album to communicate news regarding the work of TOHM and the successes of its participants
- Manual developed to educate, support and train trauma survivors using knowledge-based research and faith-based strategies
- Community celebrations:
 - BBQ August 2022
 - Annual Christmas party
- Coaching meetings held to aid candidates complete their graduation projects
- One-on-One mentoring provides mental, physical, emotional and spiritual restoration to participants who need one on one sessions.
- Training leaders: developed a Leadership Team who lead prayer calls and rotate in leading corporate prayers weekly. Each member has a unique role and responsibility.
- Volunteer contributors: brand consultant and digital projects coordinator afforded more opportunities for growth and expansion!
- Sponsorship: 3 corporate sponsors provide funding for the program

suffered from trauma. Through my pain I have found my purpose and my passion. Each of the 3 Phases added to my healing journey and gave me the tools to continue to overcome and thrive. I discovered that my life has value and regardless of my age God has a plan and a purpose for my life. I know who I am. I know Whose I am. For the first time in my life I love me and I am free. To God be the Glory! The best advice I can give anyone is to trust in the Lord, invest in yourself so you can be the best version of you. You have a mission on this earth. God has a plan for you. Don't allow the enemy to steal your purpose. This Ministry will change your life. I believe that loving and encouraging people is my purpose.

◆ Continuing with Phases 2 and 3 helped me to experience new levels in healing.

- I was delivered from several mental health disorders and drug addictions. I learned that even though I got away from my abusers, I still carried the toxic thoughts caused by my trauma. Those negative thoughts shaped how I viewed my world and myself. I discovered what the mind forgets, the body remembers. I began to understand the connection between my chronic health conditions and my past trauma. The Word of God-along with TOHM's knowledge-based learning-gave me wisdom and revelation of the strategies of the Devil. I am empowered to defeat the enemy of my mind using the Word of God.
- ◆ The formula that God gave Dr. Washington—research-based knowledge and faith-based strategies—changed my life and gave me the resources I needed to overcome.



Hope4Life Supports TOH Academy Grads

Hope4Life is a maintenance program created specifically for graduates of all 3 phases of TOH Academy. Hope4Life ensures graduates maintain self-care and nurture their spirits, minds and bodies. Hope4Life provides this balance through an annual maintenance class, continued involvement in leadership, opportunities to change lives by sponsoring a TOHM participant and pursue their purpose through The Purpose Project Company—founded and facilitated by Shaneice Thomas, a 2020 TOHM graduate. In addition to these great benefits, Hope4Life members receive special pricing at sponsored events and inclusion in Hope Hangouts, social activities for building community. All resources and support in **Hope4Life** are meant to assist graduates on their lifelong healing journey.

Living Hope Facebook Family

TOHM launched an outreach ministry in a private Facebook community designed to encourage those who are distressed, spread the good news to those who are lost, send God's Word to the sick so they can be healed and provide daily inspiration for life's fears and challenges. Dr. Washington speaks in live Facebook videos on topics of interest suggested by members of the group. TOHM's Leadership Team teaches live monthly minilessons on subjects trauma survivors face and offers candid discussions to participants to gloriously triumph over trauma.

https://www.facebook.com/groups/livinghopefam/?ref=share

The King's Men Expands Phase 1

The King's Men completed their first year-long Phase 1 program. The initial TKM program ran for 12 weekly meetings in 2019. Three graduated from the pilot program. Dr. Washington saw a great need for men who desired deeper healing. What began as a 12-week program is now a 12-month program. Many men have been taught to hold things in and not talk about trauma. Their independence, societal stereotypes and lack of support may make processing even harder for them than for women. TKM men are dedicated to their healing process, and God's miraculous healing power is in evidence! **TOHM** is committed to The King's Men mission of empowering men to reclaim their identity as sons made in the image of God in order to change their homes, communities, churches and culture. **TOHM**'s vision is to equip men with the necessary tools to restore and regain their God-given authority.

TOHM Trauma Drama Manual Complete

The TOHM manual is a guide to the Phase 1: Trauma Drama program designed to be facilitated by a trained, faith-filled believer. It is a curricular guide to the 12-month/12-meeting Phase 1 program. The purpose of the manual is to provide a means for faith-based organizations to host Trauma Drama group meetings using the articles, Biblical Perspectives[©], group activities and Power Healing Assignments® developed for the Trauma Drama groups.



TOHM Sets 10M Soul Goal

Then He said to His disciples, *The harvest truly is plentiful, but the laborers are few.* [Matthew 9:37]

Jesus's words in Matthew moved **TOHM** to join God's Labor Force and reap the harvest of lost souls. **TOHM** set a goal to win 10 million people for Christ within the next 10 years. So far, we have won 100+ souls. This goal is a direct result of the suffering, pain and heartache that we witness in on a daily basis. We have found that people not only need healing, they also need to be introduced to the Healer. **TOHM**'s foundation is built on the belief that divine healing, deliverance and freedom is available to every Believer who accepts Jesus as their personal Lord and Savior. Everyone can experience the irrevocable Covenant Promises of God by saying this simple prayer:

Dear God, I admit that I am a sinner. I make You my Lord and Savior.

I believe You died for me and rose again on the 3rd day. Forgive me of my sins, fill me with Your Holy Spirit, take my life and make a difference.

If you prayed that prayer, you are now on your way to Abundant Living. Text saved to (314) 485-9626 for assistance in walking in your new life!



The Purpose Project

A Graduate Gives Back

Shaneice Thomas, Owner and Founder

When I resigned from my job as an educator, I had no idea what I was going to do with my life. I felt helpless and hopeless. I tried for many years to do many things, but everything felt forced. Forced careers, forced smiling and forced efforts to find peace.

I met Dr. Dora Washington, who said, "We have some work to do together." She introduced me to **Tower of Hope Ministries**, but it wasn't the right time for me. I was already in counseling and really wanted to give it a try. Needless to say, I tried it and I didn't get the healing I was seeking.

I went to **Tower of Hope** a year later and Dr. Washington and the **TOHM** leaders mentored me through my healing journey. Dr. Washington's encouragement to teach a small group at church led to what officially activated **The Purpose Project Co. LLC.**

The Purpose Project was born from the pain of uncertainty, of feeling stuck, of not knowing who I really was and not knowing what I was supposed to do. I want to help people get unstuck, help them find clarity and direction and help them become all they were created to be.

The Purpose Project's mission is to guide believers toward living a life of authentic purpose in service to God and others. 1 Peter 4:10 is our foundational scripture: *Each of you should use whatever gift you have received to serve*

3rd Annual TOHM BBQ

TOHM's annual BBQ was August 13th in Florissant's St. Ferdinand Park. This year's BBQ was rain-free! The sunny weather was enjoyable and the food was tasty. The King's Men Corey, Mitchell and Willie grilled the food to perfection.

At TOHM, everything done is on purpose. Although the BBQ was held for the TOHM family, God sent sick, lonely and hurting people seeking relief. The presence of the Lord was all over the park and the Holy Spirit drew people to the **TOHM** pavilion. A lady who was suffering came by, received prayer and gave her life to Christ. Another, just released from the hospital, was prayed for and she stayed the rest of the afternoon. Someone else came as a result of a recent divorce. Another came from a broken relationship needing prayer. They all came looking for something and God exceeded their expectations.

Don't miss next year's BBQ. There will be lots of food, family and fun!

others, as faithful stewards of God's grace in various forms.

We access this authentic purpose through a 4-step program that incorporates scientific principles and biblical support.

- Process Your Past
 Identify the root of the symptoms causing individuals to be stuck.
- 2. Pursue Your Possibilities
 Assess your skills, talents and gifts.
 Develop a growth plan.
- 3. Plan Your Purpose
 Create an action plan for fulfilling your purpose.
- 4. Ever Perfect Your Purpose
 Analyze areas of strength and areas where improvement is needed.

The Purpose Project is a dream come true. It is a life that I never imagined. It is an opportunity to pay it forward. It is what I was created to do. My purpose is to help others discover their purpose.













Individual Achievements TOH Graduates 2018 – 2022

- 1. Graduates in Master's degree programs
- 2. Phase 3 graduate Sondra Strong's artwork was published in the Harvard Anti-Racism Policy Journal Spring 2022 issue
- 3. Returned to college to train to work in their purpose (4).
- Estranged marriage healed, renewed and reunited to restore the family.
- Multiple streams of income so every need is met—there is no lack.
- 6. Improved employment/raises/ promotions
- 7. Small businesses established:
 - Mattie's Kitchen, LLC
 - Adorned Homemade
 - Quia's Furry Friends
 - The Purpose Project
 - Southern Comfort Desserts
 - Property Management
- 8. Leader in Celebrate Recovery, an addiction program at Church on the Rock (St Louis)
- Leader of Living Hope, an introductory course for those with trauma, at Church on the Rock (St Louis)
- 10. TOHM Prayer Cell Leader
- 11. Purchased a home
- 12. Earned Esthetician license
- 13. Significant weight loss
- 14. Graduate is in a Miami, FL program to become a Physician's Assistant
- 15. Baccalaureate degrees earned in nursing and teaching
- 16. Completed a medical mission trip to Tijuana, Mexico
- 17. Debt cancellations secured
- 18. Baptisms (4)

These achievements are celebrated because they represent healing from brain, emotional and physical damage caused by trauma. They also demonstrate the abundance of God's blessings.







2021 Graduates

Michele Bell	Kathyanne Clay-Grant	Angela Jackson	Mitchell Washington	
Willie Brandon	Ebony Gray	Nancy Matus	Amanda Watson	
Syntia Brown	CP Howard	Brenda Stallings	Shar Wells	
Ramona Crayton				

TOHM Hour of Power

Jesus' disciples asked Him, *Lord*, *teach us to pray*, [Luke 11:1] so He gave them a model that included praising God, thanking Him for meeting their needs and asking forgiveness for sins and guidance for living.

There is unexpected power and strength which come only from prayer. **TOHM** gathers for family prayer in a weekly Wednesday morning telephone conference call because prayer changes situations and others, but most importantly, prayer changes us. People from multiple countries and US states join the call every week.

Prayer teaches strategies for living a victorious Christian life, how to overcome strongholds and cast our cares on God. Prayer provides spiritual discipline. Only through prayer can we reach our fullest potential.

TOHM's telephone conference call prayer meeting is each Wednesday morning at 5:30 am Central time. To join, dial 1-605-313-5995 and provide the access code 3606983#. To avoid long-distance charges, download the free conference call app:

FreeConferenceCall.com.

Me are

Crateful

for your

Support

Your financial support is vital to helping people heal hurt, find freedom, **triumph over trauma**, and know God. **TOHM** never takes a break from our mission and your donations make it possible for us to keep working to help others.

Please make your donations at the platform of your choice.



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Tower of Hope Academy

Phase 1: Trauma Drama participants come with a checklist of emotional, mental, physical, and spiritual challenges. Participants in this phase enter with overloaded and overworked minds where everything is extreme. Normal everyday situations and challenges are escalated over the smallest challenge. They learn how to end the trauma drama reign in their lives. Every facet of trauma is analyzed through the lens of the Biblical perspective. Phase 1 concludes with promotion to Phase 2.

Phase 2: No More Trauma Drama is a continuation of TOH support and training. Trauma survivors spend much of their lives reacting to people and situations instead of responding. Phase 2 provides overcomers the continued training and support for the everyday stresses and challenges of life. They are now more easily able to identify and quickly process or monitor stress, triggers, residuals, emotional pain and flashbacks, as well as spiritual attacks. They are taught through Biblical perspective how to win in spiritual warfare.

Phase 2 allows overcomers to begin to live the abundant life Jesus promised instead of worrying and stressing. Phase 2 participants receive clarity of their spiritual struggle, claim freedom to walk in their Purpose and pursue their goals and dreams. Phase 2 concludes with a Memorial project detailing momentous deliverances.

Phase 3: Life After Trauma **Drama** is all about *Living the Abun*dant Life. Overcomers now understand life comes with challenges, setbacks, and disappointments. They are equipped with emotional and spiritual skills and trained to handle the curves life throws. They mentor Phase 1 participants. Phase 3 concludes with a graduation celebration.

The King's Men participants complete Phases 1, 2 & 3 focusing on men's issues. They learn how to navigate difficult relationships, effectively communicate, overcome past hurts, forgive and move forward. Their Biblical perspectives study men who encountered and overcame family and relational issues.

Health From Within



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