

The Family Album

Deborah Antoine, Editor

Tower of Hope Ministries

October 2023

Triumph Over Trauma

Inaugural Pilot Program hosted by Halls Ferry Christian Church

The **Triumph Over Trauma** pilot program launched in the fall of 2022 at Halls Ferry Christian Church in Florissant, MO. **Triumph Over Trauma** is tailored to meet the needs of a church. **TOHM's** mission and vision are to help people heal. Dr. Washington says Jesus came so people could live a more abundant life and all those who believe and trust Him receive it. The pilot program has similarities to **TOHM**, but is distinctive because the makeup of the group is drawn specifically from a single church congregation.

The church-based program was a need Dr. Washington became aware of after hearing from church members

who sought healing via several avenues, but were unable to find freedom from the effects of **Childhood Trauma**, such as **PTSD, negative thoughts, personality disorders and unforgiveness**. Dr. Washington believes those who pursue ministry should first pursue emotional, spiritual and physical freedom because of the enormous responsibilities of ministry. Unresolved trauma causes a plethora of character issues, insecurities and struggles. Deliverance enables ministry and provides real-life experiences to share.

The Halls Ferry participants met monthly to learn about their trauma and discuss and share their growth,

freedom and revelations. Psalms 107:20: *He sent His Word and healed them and delivered them from their destruction.* Toxic relationships ended and healthy ones replaced them. The participants are excited about their healing and the revelations they received between meetings as they completed the **POWER Healing Assignments**. **TOHM** is excited to work with this delightfully diverse group and is grateful to Halls Ferry Christian Church for its support and provision of meeting and office spaces. The participants' testimonies continue to speak of God's faithfulness to His people.

OUR VISION

To transform trauma survivors into healed overcomers by empowering them with **HOPE**.

[**H**eal, **O**vercome, **P**ersevere, **E**ducate]

OUR MISSION

To help people triumph gloriously over trauma through research-knowledge and faith-based strategies.



Inside

- ★ **Phase 3 Completion** p. 2
- ★ **Dr. Washington Remembers** p. 3
- ★ **Testimonies of Deliverance** p. 4
- ★ **The King's Men** p. 5
- ★ **TOHM News** p. 5
- ★ **Academy Graduates** p. 6
- ★ **Phase 1 Testimonies** p. 7

Celebrating Completion of Phases 1, 2 & 3



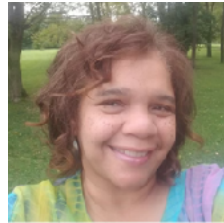
Willie Brandon

I am aware of how my decisions/ actions affect my family and community. I have the audacity to heal and know that I can change the trajectory of my family for generations to come.



Angela Jackson

I am delivered from sadness and depression and can effectively cope with stress.



April Jackson

This is the first time in my life I am wearing all this word has to offer like a loose garment — and it is exhilarating!



Nancy Matus

I am forever grateful for TOHM helping me see myself as God sees me and walk in the purpose He planned for me.



Corey Pursley

God's Anointing destroyed mental, emotional, physical and spiritual yokes to give me freedom.



Teri Pursley

I have a closer walk with the Lord and a deeper relationship with the Holy Spirit.



Shaquia Reed

I am walking by faith, not by feelings. I let go of toxic, bitter and resentful feelings for those who hurt me. I am experiencing joy, peace, and hope!



Lauren Sanders

Completing 3 phases has helped me go beyond knowing what happened to walking in deliverance and victory in every area of my life.



Shirley Stephenson

I've been healed, restored, redeemed and set free. I realize God is bigger than anything I will ever encounter.



Sondra Strong

I have peace of mind, clarity, love, happiness and joy. I do not view life the same. I am a true witness of God's love and healing power.



Shaneice Thomas

I gained perseverance and strength. I can now lay aside every *spiritual and physical* weight to become my best self. My physical health is linked to my wealth and the ability to fulfill my purpose.



Christian Thompson

I wanted all the healing God had for me. **TOHM** gave me the power I needed to have the abundant life Jesus promised.



Tiffany Thompson

I'm so grateful God's mercy brought me into this transformational healing ministry and changed the trajectory of my life and the lives of those who will come after me. My legacy is transformed!

I salute the graduates of Phases 1, 2 & 3. You trusted that God would heal you, and He is faithful to continually heal you. May your courage, strength, perseverance and faith in God continue through your bloodline. May God's double blessing be upon you and your generations to come. [Isaiah 61:7]

Thank you for having the audacity to heal!





From the Desk of the Founder
and Executive Director
Dora Washington, Ed.D.

It's been six years, but it seems like **Tower of Hope Ministries** began only yesterday. We have learned so much and have so much more to learn about caring for God's oppressed people. The Ministry began with me learning and studying the **Covenant Promises** of God. He promised me He would heal me from **Childhood Trauma** [Exodus 15:26 & Psalms 107:20] and **work everything out for my good** [Romans 8:28]. I survived physical and mental abuse from my brutal parents only to be taken in by a relative who continued the abuse. I heard and quoted Romans 8:28 many times, but I still wondered how He could make such atrocities work for my good. Early abuse causes long-term consequences that reach into adulthood. I endured several mental and emotional breakdowns and eventually lost those I cherished the most—my family.

God fulfilled His promise to heal me and continues to heal me. His promise of healing opened the door to stand on His other promises for health, peace, and security. I knew when He healed me, He could heal others, and when He healed others, I

knew nothing was impossible for Him. I only needed to remove my limited beliefs and dubious responses because I am simply a conduit of His miraculous resurrection power.

2023 is our 6th year of operation and we have much to show for it:

- celebrated graduation of 13 Phase 3 participants
- promoted Phase 1 & 2 classes
- graduated our first married couple
- received 501c3 status
- increased Facebook presence
- first TKM conference for men's healing
- benefits from over 14,000 volunteer hours from our graduates, donors, and supporters
- participated in a 5K run/walk race for better health
- held our 4th Annual BBQ
- kept our focus centered on prayer through our weekly Hour of Power.

TOHM is blessed to have committed leaders who are dedicated to their healing, as well as others' healing. They are God's vessels for healing, lifelong learners, reflective thinkers, problem solvers and investors in themselves and others.

TOHM is also blessed to have committed students with the courage to say, *I am not OK. Something terrible happened to me and I need help dealing with it.* Students come to the program trusting God will heal them and He never lets them down.

TOHM is blessed to have committed volunteers and supporters who value the work of the ministry. They desire to see **Childhood Trauma** survivors transform into overcomers. They help us reach and teach survivors and celebrate their successes. Thanks be unto God for all their hard work. We are grateful for over 14,000 volunteer hours, more than 250 professions of faith and for helping thousands of people understand the impact of **Childhood Trauma** during 2022.

TOHM is uniquely positioned to help people heal from trauma. Not only are we uniquely positioned, we believe God chose us—as much as He chose Queen Esther—to be in this position *for such a time as this.* [Esther 4:14].

We learned an important lesson about purpose from Corey and Teri, the first married couple to sign up for **TOHM**. They each thought the other needed help. Corey described their situation as two people on an elevator with packed suitcases who continually bumped against each other. The luggage represented their hurts and traumas. Prior to **TOHM**, they sought couples counseling, individual counseling and pastoral counseling; for years, they still struggled. They enrolled in the **Triumph over Trauma** program offered through **TOH Academy** and found emotional and spiritual freedom. **TOT** positively impacted their marriage and family life. Corey and Teri completed all three phases of the **TOH Academy** by following the **POWER Healing Assignments**. Their once strained and fragile marriage, woven by God, began to mend and knit together. Corey, Teri and their family are living proof there is nothing too hard for God when we trust Him. Even in the presence of seemingly insurmountable obstacles, God assured their triumph. Today, they continue to heal, lead and create as they **Triumph Gloriously over Trauma**.

2022-2023 was a supernatural, miraculous, breathtaking year and I know miracles will continue in years to come because God doesn't change. Each year we witness Him doing bigger, better and greater things because He always does exceedingly and abundantly above all we ask or think [Ephesians 3:20-21]. We look forward to another year of miracles, signs, and wonders as we walk in our purpose.

Triumph Gloriously Over trauma!
Dora Washington

HOW OUR LIVES HAVE CHANGED

Testimonies of Deliverance

- ◆ Before joining **TOHM** I was incredibly immature. Through **TOHM**, God used multiple situations and people to eradicate immature thinking and reasoning, and transformed me into a mature, healthy adult.
- ◆ I lost weight, became healthier by exercising and eating nutritiously. I was able to recognize emotional eating and put an end to it.
- ◆ My brain expanded and I am able to comprehend on a new level. The Holy Spirit guides my thinking and reveals insight and knowledge that I could not grasp prior to joining **TOHM**. I understand new concepts much faster and my pre-frontal cortex critical-thinking skills have significantly improved.
- ◆ *By God's grace, I forgave those who hurt me intentionally and unintentionally. I am no longer a victim and I refuse to allow the enemy to put me in unforgiveness jail!*
- ◆ I have more mental clarity. The Lord sustains me as I continue my education. He increased my capacity to learn and apply more!
- ◆ I am able to process emotions through God's grace and not Satan's deception. I have a closer walk with the Lord and a deeper relationship with the Holy Spirit.
- ◆ I praise God I am not on any medications. I'm trusting God I will have the same strength as Caleb in Joshua 14:11.
- ◆ I praise God for using Dr Washington like He does. She is a mighty servant for God. **TOHM** is used by the Lord to heal, deliver and set the captives free.
- ◆ I can better cope with stress and confrontation. I have improved career creativity.

Tower of Hope Ministries Organizational Achievements

- **Tower of Hope Academy** celebrates its 2nd year of operations
- **15** Participants have completed Phases 1, 2 & 3 of the TOH Academy
- **29** participants completed Phase 2 *No More Trauma Drama*
- **47** participants completed Phase 1 *Trauma Drama*
- Class of 2018: 4 graduates
- Class of 2019: 6 graduates
- Class of 2020: 12 graduates
- Class of 2021: 13 graduates
- Class of 2023: 2 graduates
- **Modules** launched for self-directed learning
- **Hope4Life** alumni program operational for Phase 3 graduates
- **Living Hope Facebook Family:** Facebook Live monthly video streaming with Dr. Washington launched October 2021 and has **184** members
- **Prayer Revival** held April 21; miracles, signs and wonders evident as God poured out His spirit on the attendees
- Faith-based coaches trained and added to staff
- Newsletter: **The Family Album** communicates news regarding the work of **TOHM** and the successes of its participants
- **Triumph Over Trauma Manual** used in the **Pilot Program** educates, supports and trains trauma survivors using *knowledge-based research and faith-based strategies*
- **Community celebrations:**
 - Annual Family BBQ
 - Annual Christmas party
- **Classes** explain the impact of Childhood Trauma/provide strategies to overcome
- **One-on-One mentoring** provides mental, physical, emotional and spiritual restoration to participants who need one on one sessions.
- **Leadership Team** leads prayer calls and alternates leading weekly corporate prayers.
- **Volunteer** contributors: **22** individuals provided more than **14,000** hours to provide services for operations, conferences and social events.
- **Sponsorship:** **3** corporate sponsors provide funding for the program in partnership with multiple individual donors

- ◆ *Since completing Phase 1, I have been freed from unforgiveness, people-pleasing, low self esteem, anxious attachment, and the pain of Childhood Trauma.*
- ◆ My relationship with God has grown to a place I always dreamed of. I have grown in my career and purchased my first home. I no longer feel like time is just passing. Instead, I feel alive and happy being who God created me to be!
- ◆ I am still healing, but I've learned the processes to use when I hit a bump in the road. I know where to turn and how to move forward in those moments.

We thank Pastor Pagel and the HFCC family for welcoming TOHM with open arms and open hearts. It is our pleasure to partner with HFCC to provide the Pilot Program. We rejoice as HFCC members heal and overcome Childhood Trauma.



HALLS FERRY CHRISTIAN CHURCH
 12100 Old Halls Ferry Rd
 Florissant, MO 63033
<https://Hallsferrycc.com>

News

TOHM is a 501c3 non-profit organization

TOHM received its designation as a 501c3 charitable organization and secured state tax exemptions. All donations are fully tax-deductible. Although the bulk of TOHM's revenue is from program graduates, TOHM is seeking grants in order to provide staff salaries. The Board of Directors met in the spring and will ensure compliance with all state and federal laws governing non-profit organizations.

Facebook

TOHM uses Facebook to further the great commission. Social media is an effective means to support people in their healing journeys. Keeping God first means TOHM is changing how people view Facebook by using it to change the lives of our followers and lead them to a closer relationship with God. TOHM's Facebook account attracts people to join because they are led to Christ and want to stay connected and encouraged. TOHM has reached people worldwide by posting devotionals and live events. Several FB Live events about the long-term impact of trauma caught people's attention who might otherwise remain unaware. Sunday service recaps and devotionals written by TOHM graduates are posted. Community outreach events are promoted.

The King's Men Host Conference

The Audacity to Heal, the first conference hosted by The King's Men, was held June 3 at Halls Ferry Christian Church. Following Dr. Washington's keynote speech, the day's emphasis was on men taking bold steps to receive healing, strengthening their support systems and fortifying their relationship with God.



Three facilitators, including TOHM graduate **Willie Brandon**, IEMerge Leadership's **Perry Coleman** and **Kevin Hall**, Director of Sales for the Bommarito Automotive Group, led sessions focused on men's healing. The men left the conference with renewed determination to receive all that God has for them.

Donors and Volunteers Make it Happen

TOHM graduates, donors and volunteers make the organization effective. Graduates contribute over 13,00 hours each year—while working full-time jobs! Through annual donations, TOHM reaches more people than the year before. Whether by financial gifts or in-kind donated work, sponsors and supporters annually put in over 1,000 volunteer hours and give over \$100,000 in in-kind support, planning, organizing and creating. TOHM is blessed to have such committed graduates, volunteers and supporters! With God, and their support, all things are possible.

Running for Health



TOHM graduates ran in the Christ Deliverance Ministry [CDM] *Mind and Body 5K run/walk* race in Tower Grove Park on May 27. TOHM sponsor **Health from Within** cohosted the event. The annual race is an opportunity to focus on health and wellness and to support TOHM sponsors. TOHM participants know the importance of physical and mental health; exercise is one of the **POWER** Healing Assignments. TOHM's goal is to establish a run/walk fundraiser in 2024. Lace-up and join the movement!

TOH Academy Graduates Grateful for Healing

I am so happy to finish all 3 phases of TOH Academy. God taught me so much and so many different things in the 3 phases, I would have regretted not finishing because it truly equipped me for my future.

After God gave me healing in Phase 1, I knew I had to finish all 3 phases. God is such a good God, and I knew that I wanted all the healing He has for me. I had never seen the Gospel preached to the trauma survivor, but this program gave me the power I needed to have the abundant life Jesus promised.

After going through all phases of the program, I saw that there were areas of my life that still needed healing. I love and appreciate that **Tower of Hope** is a place to learn and make mistakes without judgment. Dr. Washington and the leaders supported me through the process and I am forever grateful and forever changed!

My decision-making process has completely changed. I no longer operate from a natural place of the 5 senses. I now operate from my 6th sense when making my decisions. My 6th sense doesn't include the natural—only the supernatural. I get heaven's perspective, then I proceed.

I have received powerful healing and deliverance this year. Through following the strategies of the **Tower of Hope Academy**, God revealed my past Childhood Trauma and led me to a deeper understanding of how my identity was stolen and why my personality was so dysfunctional. God brought His truth and helped me to process the pain and heal from it.

This year I faced my inability to function apart from God and His strength. In His grace and mercy, I learned how to lean into the promise of His presence, His peace, His righteousness, His rest and

4th Annual TOHM BBQ

TOHM's annual BBQ was, once again, a success. Sisters danced, laughed and shared stories as the brothers slathered the sauces and showed they were the bosses of the grill.

Hebrews 10:24-25 states, *And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.* Family, community, and fellowship are staples of **TOHM**. Members of our church partner, Halls Ferry Christian, attended.

The purpose of the BBQ is for the **TOHM** family to share food, fellowship and fun and reach the community. It provides an opportunity to touch lives, offer hope and share God's love with those who are hurting.

A highlight of this year's BBQ was a performance by **TOHM King's Men** member and recording artist, Corey Pursley. Under God's Anointing, tears flowed, hearts softened and we were ushered into the presence of God. What a great time of praise and worship!

We look forward to our next family BBQ and we hope to see you!

Songs of Hope

TOHM King's Men member Corey Pursley (pictured, right) is a musician on a mission to transform lives. He recently recorded *Revival*, a song he wrote, and is performing it every chance he gets. Corey said passion for music to help people heal is what inspires his songs. His prayer is for everyone to experience freedom from trauma.

Corey's healing journey began a few years ago and he prays for God's Anointing to destroy mental, physical and spiritual yokes from people who experienced Childhood Trauma. He says he wants to see miracles happen when music is sung.

Corey has three children and is married to Teri. Both are recent graduates of the **TOH Academy**.

His purpose for my life. He faithfully answered my prayer to learn to trust God with all my heart and to fully walk in the power of the Holy Spirit. He tore down idols of fear in my relationship with Him, myself and others. He showed me that there is no fear in Love, that I can trust Him with my heart and that He is faithful to lead, guide and protect me in every situation! I don't have to walk weighed down or tied to the mistakes of my past. Trusting Him and living by

Page 8

2023 BBQ



Corey Pursley



Testimonies from Phase 1

Six students successfully completed 12 months of in-person classes, online modules and **POWER Healing Assignments** in order to process their pain and embrace a victorious future full of hope. Students promoted to Phase 2 recalled God’s faithfulness and healing power:

- I learned my brain changed because of the trauma I experienced, but what was even more shocking was learning that, with work, it can return to a healthy state!
- I learned to grieve God’s way by going below the surface and letting the Lord expose past hurts in His timing—and then heal them.
- Every day brings more freedom. Release from the bondage of negative thoughts made life better. I’m no longer a victim—I’m victorious. I know who I am and Whose I am.
- This year I experienced significant breakthroughs and a deeper understanding of how important it is to define and establish boundaries. The **TOHM** modules, prayers and daily affirmations helped me remain focused.
- The Lord transformed me in mighty ways! He has grown me into a servant. Old desires no longer interest me, and my faith is stronger than ever before! I have a mindset that is so positive, negative thoughts are destroyed upon entrance! I have been healed from the unforgiveness I had for those who hurt me, and most importantly, myself.
- I thank God for my healing, and for **TOHM** taking me through a healing process one step at a time; encouraging me to read His Word daily, pray in the Spirit often and attend weekly prayer meetings with my **TOHM** sisters.

Promotion 2022 A Celebration of Triumph



Melanie Evans Joyce Allton Teri Pursley Corey Pursley

**Tower of Hope Academy
Promoted from Phase 2 to Phase 3**

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. We attribute **TOHM’s** success to faith in God and our disciplined prayer life. **TOHM** gathers for family prayer in a weekly telephone conference call. Prayer changes situations and others, but most importantly, prayer changes us. People from across the United States join the call each 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.


We are
Grateful
for Your
Support

Your financial support is vital to help people **triumph gloriously 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 Ministries
PO Box 834
Florissant, MO 63032

Tower of Hope Ministries
PO Box 834
Florissant, MO 63032

 Tower of Hope Ministries

 <https://twitter.com/towerofhope>

For More Information

info@towerofhopeministries.com

314-649-9071



Tower of Hope Academy

Phase 1: Trauma Drama participants come with a checklist of emotional, mental, physical and spiritual challenges. Participants 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 TOHM support and training. Phase 2 participants are more easily able to identify and

quickly process or monitor stress, triggers, residuals, emotional pain and flashbacks—as well as spiritual attacks. Phase 2 allows overcomers to begin to live the abundant life Jesus promised instead of worrying and stressing as they are taught how to win in spiritual warfare. Phase 2 concludes with a memorial project detailing momentous deliverances.

Phase 3: Life After Trauma Drama is all about *Living the Abundant Life*. Overcomers understand life

comes with challenges, setbacks, and disappointments and 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.

TOHM Graduates' Testimonies, cont.

faith helps me overcome every day. I have a new hope! I have found a new confidence in Christ's saving, sanctifying and resurrecting power!

I wanted complete healing and deliverance. I couldn't settle for just a little

bit of freedom when God promised the abundant life. The amazing quality of life I enjoy now is a direct result of completing all 3 phases of the **Tower of Hope Academy**. I approach my healing journey as a life-long process, so I'll never stop pursuing my healing. TOHM gives us the tools and each year,

God grants more restoration, healing and deliverance!

Phase one taught the root causes of trauma and provided resources for healing. Phase 2 and 3 lessons taught the spiritual power of God as well as how to access and apply it in my life. I now comprehend the totality of God's love for me.



Cathey L. Williamson, Pres. & CEO
209 Rue St Louis St,
Florissant, MO 63031
Tel: (314) 972-1990
clw@williamsonfinancial-mg.com
mlw@williamsonfinancial-mg.com



Charlotte Owens
Senior Tax Specialist
12462 St Charles Rock Rd
Bridgeton, MO 63044
314-209-0208

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The Family Album



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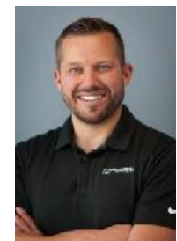
Perry Coleman
314.283.5550
PerryColeman.1022@gmail.com
<https://www.johncmaxwellgroup.com/perrycoleman/>



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Dr. Nick Barnes, D.C.
Doctor of Chiropractic
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Bommarito
AUTOMOTIVE GROUP
Kevin Hall
Director of Corporate Partnerships
675 Dunn Rd
Hazelwood, MO 63042
khall@bommarito.net
314.276.8255