

Today's Hope!

June 1, 2010

www.abundanthopeinternational.org

Volunteers: The Healing Element of PTSD

by Diane Sellers M.A., R.N.-B.C.

As you quietly sit there, moved beyond words, listening to the memories that surface that feel safe enough to put to words, trying to grasp the horror, panic, desperation your dear one experienced, something very subtle is beginning to take place deep within this precious survivor. In the unseen recesses of the brain, this memory is being re-recorded. No longer is she so incredibly alone; no longer is he so helplessly impotent in the clutch of the captor—now you are part of the scene. Your empathy, the squeeze of your hand, the tears glistening in your eyes, the inability to fully comprehend transcended by the caring written all over your face. You are a volunteer, you are a channel of God's amazing love, you are a balm of healing, a new part of the story, and the memory becomes a little less traumatic as a result.

If it had been up to you, the Holocaust would never have happened. But it was not up to you. It isn't possible to go back and change reality. But it is possible to change the memory. Within the brain, God placed a priority system to ensure our survival. In the face of life-threatening trauma, specific organs are called to high alert, to record in minute detail everything associated with the threat: buildings, clothes, looks, colors, voices, sounds, odors, temperature, movements, weather, food, et al. The brain did its job well: this dear one survived!

Survival is not without its price, however. This exquisite recording in the brain often remains on high alert to make sure this never happens again! Hyper-vigilance to possible threats prevents many survivors from relaxing. Persistent avoidance of reminders narrows their world during the day. Haunting nightmares disturb their sleep. A sensitive startle reflex

triggers defensive, angry responses. Vivid flashbacks intrude and disrupt and keep the memories alive. There may be a fixated need to be in control so as to never be that helpless again. This cluster of survival mechanisms are so life-impairing and common among those who have survived severe and life-threatening stress, that they have been given the technical name of Post-Traumatic Stress Disorder (PTSD). You can imagine that for someone living in a relatively normal setting where his life is not in jeopardy, having these types of survival reactions is stiflingly disturbing, suffocating, and choking what is left of his life out of him. To experience healing is such a freeing gift.

The framework for healing to take place is providing the opposite of what caused the trauma. Threat and fear are replaced by love and safety. Cold, heartless isolation is replaced by warm human connection. Helplessness is replaced by allowing the survivor to be in control of his own therapy. There are various types of therapy that can be used to bring healing, but the context for all of them is the same: Healing begins with a safe, caring, empathic relationship with one who lets the survivor tell his story, piece by piece, at his pace, in his own time, whether it takes a little time or a lifetime. If you are a volunteer, *you* may be that one.

Diane Sellers is a professional counselor, assisting AHI in evaluations and preparations for establishing a Trauma and Recovery Center to help the Holocaust Survivors heal from PTSD. To be a part of this project, email susanh@abundanthopeinternational.org or call 717-542-8810.

WHERE in the WORLD is Susan in 2010?!!

June-July Israel * see important info below

Aug 28 **9am York Aglow, PA** Call Mary Beth 717-755-5200

Sept 25 “Celebrate Israel!” Open Arms Christian

Fellowship, York Springs, PA Mark your calendars!

Oct 3 10am & 6pm House of Prayer, Davidsburg, PA

Call Ruth at 717-259-8280

***While Susan is in Israel, Hannah is taking her calls at**

USA 817-896-0193 Email: info@abundanthopeinternational.org

Or call Susan directly in Israel +972-54- 810-0441

NEWS IN ISRAEL AND THE USA

Testing! Testing!

For the second time in less than six months, Israel is going to sound the country-wide siren system to evaluate the emergency response teams and time needed for her citizens to reach the public or personal bomb shelters. Israel is constantly aware of their fragile existence due to the hatred of its neighbors. It is also the only country in the world whose citizens are prepared, trained and determined to survive against all odds. Pray for Israel in the midst of their enemies.

Beit Shalom– Deadline for Purchase!

Our rent contract for Beit Shalom will not be renewed and we need to purchase within the next eight weeks. We still need \$175,000. After three years in our house, and God-fulfilled times with His precious people, we are standing firm, not to be moved. Please be in prayer with us as we seek the full funding to complete the purchase NOW! Please pray! The enemy wants us to quit- NO WAY! Stay tuned!*

***Coming to Beit Shalom? Just a note to say this does not affect your reservation or future plans to visit with us. Your room is ready and we're expecting you! :)**

"Today's Hope" Newsletters

To send copies of "Today's Hope" to your friends, call 210-249-8401 or email Kathleen at newsletters@abundanthopeinternational.org

Quote from a Survivor:

"Thank you for the food coupon every month. It is true I appreciate it so I can purchase some things with it. But it is not the coupon that means so much to me; it is your visit. It is seeing you come and spend time with me that I look forward to each time." - Holocaust Survivor

Our Food Coupon Program does make a difference in the budget of each Survivor, but it is the care and love we freely give that means so much more. We honor the Survivors of Israel with the gift of Life! Won't you help us purchase coupons for the Survivors? Give \$18 / mo, the Hebrew number for Life! Call 717-557-5775 to join us. Give Life!

It's Green!!

Over the past few months we have given you small bits of information concerning housing situations for the Survivors in Israel. On page one is an article from a professional counselor concerning the resulting mental conditions of many of the Survivors from the trauma of the Holocaust. We are conducting evaluations, research, consulting with PTSD professors and doctors, seeking training for lay leaders and desiring to bring the healing needed to relieve the suffering of our Survivors of WWII. In addition to the Lord God speaking to them himself, we want to make available to them the medical side of healing as well.

Our interest in the medical solutions to our Survivor's emotional pain is directly connected to a project now in the planning stages. We have named it **"The Green House Project"**.

Our preliminary plans include:

- ◆ Independent living areas for the Holocaust Survivors in good health
- ◆ A skilled nursing care center for those Survivors whose health status requires special care
- ◆ A clinic offering relief from PTSD, plus specializing in restoration of family units of Survivors
- ◆ A garden designed to bring comfort and healing to those in need
- ◆ A safe and quiet atmosphere through well constructed bomb-resistant buildings
- ◆ Total green technology correctly utilizing the environment with efficient ecosystems

These plans are now, and will continue to be, totally contingent on the guidance of the Lord. To move forward is up to Him. For more info, or to be a part of this project, call 717-557-5775 or email green@abundanthopeinternational.org Join with AHI to make a difference!

DID YOU KNOW...

...DURING WWII, A GROUP IN POLAND CALLED "THE HOME ARMY" FOUGHT AGAINST THE NAZIS AND THE JEWS? THEIR GOAL WAS TO DRIVE THE NAZI ARMIES OUT OF POLAND AND KILL THE JEWS SO ONLY THE CHRISTIAN POLES WOULD SURVIVE. BECAUSE OF THIS THE PARTISANS, JEWS RESISTING THE GERMAN ARMIES, HAD TO FIGHT ON TWO FRONTS IN ORDER TO SURVIVE AND LIBERATE THEIR PEOPLE FROM THE GHETTOS AND CAMPS.

CONCLUSION: ARE YOU AN INTERCESSOR?

BY BARBARA AUMAN-HILL*

Part 4: Since 1999, when the Lord called me into the ministry of intercession, until this present time, I have seen Him move and intervene mercifully in the affairs of men in miraculous ways that were His response to the intercessions of those willing to **pray the price** – all to His glory and honor.

I have seen the fulfillment of Mark 16:17-18 in countless situations of countless lives. I've seen the plots, plans, schemes and traps of the evil ones foiled, defeated, nullified, and utter confusion come into their camp because intercessors have prayed with the authority that is every Christian's right – in Jesus' Name – decreeing the purposes of God will prevail and all of His foes scattered.

I've been privileged to have been among those who have walked the land in many states, identifying unclean spirits that have defiled it as the Spirit revealed this information, and releasing the cleansing Light of Messiah so the work of evangelism might be accomplished and take root in the lives of the people in those areas.

I have seen the fruit of intercessory prayer in my own family members as one by one they are coming out of utter darkness into the glorious light of salvation by faith in Messiah Jesus. As I have prayed the prayer of agreement (Matthew 18:18-19) with other believers and intercessors – with faith and not doubting - I have watched as marriages under siege have been rescued from the hand of the enemy who sought to destroy them. My own life has been spared from certain death on numerous occasions because of the prayers of those who would not cease crying out day and night on my behalf. Intercessors are those soldiers in the army of the Lord on earth who march forward **on their knees**.

I encourage you to heed His call if you sense He is asking you to take a place "on the wall of intercession", and make what I have come to call The Intercessor's Pledge: "I will stand at my watchpost, I will station myself on the rampart. I will look to see what God will say through me and what I will answer when I am reproved." Habakkuk 2:1

(If you missed the first three parts of this series, contact us to receive the rest of the article.)

** with quotes from Dr. C. Peter Wagner's Prayer Shield, and excerpts from Intercessory Prayer, The Lightning of God by Pastor Dutch Sheets, plus notes from the teachings of my intercessory prayer mentor, Pastor RaJean Vawter*

Editor's Note: If you are an Intercessor and desire to join the prayer team for AHI, contact Barbara at prayer@abundanthopeinternational.org or call 717-557-5775.

~ A FEW WORDS FROM ALEX ~

“... love your enemies...” Matthew 5:43-48

“without love, I am worth nothing” I Corinthians 13

“In the past years, as a Believer, I have experienced taunts, stones kicked at me, unpleasant close encounters, horrible words you cannot believe said to me, even beatings. But the Lord has been building my character by not allowing me to react to those who do these things. It is making me stronger to not react. It is victory for me! My sufferings are as a grain of sand next to what Yeshua endured for me. No matter what great thing I do for the Lord, helping people or ministries, if I do it with wrong thoughts or motive in my heart, my efforts are worth nothing.”

Alex is one of our Field Coordinators, visiting our Survivors in Israel. We consider his example of “showing God’s love to all people” is worth sharing with you.

One Hannah...

“One Hannah prayed for a child and God gave her Samuel– the answer to Israel’s prayers.

Another Hannah prayed for a ministry and God gave her Abundant Hope– the answer to our prayers. I think even God has a smiley face with this one.” -RaJean, an AHI Board Director.

To be sure, we all have smiley faces where Hannah is concerned. Because of faithful prayer on both sides, Hannah has received her desire to help us and we have finally seen the one for whom we have been praying for over four years.

For the first time since 2004, I have a trained Administrative Assistant ready and able to do what is needed. I have much appreciated the temporary help in the past, but now God has seen fit to give us a trained volunteer. Now MY part is the learning curve of handing over some of the work areas I have been juggling all along.

Hannah has trained with non-profits, is computer savvy, mobile if needed and very evidently loves the Lord. It shows in her faith walk and in her smile.

Already updating our volunteer, staff and contact info, Hannah is on the move! My thanks to you, Hannah, for your timely offer of help and much gratitude to our gracious loving Adonai!

-Susan Heagy, President

*For donations, checks should be written to “**Abundant Hope International**”*

or safely donate online with E-giving at www.abundanthopeinternational.org

USA: Contributions: AHI, P.O. Box 760183, San Antonio, TX 78245 717-557-5775

Alfred & E-Giving financials@abundanthopeinternational.org

Nancy/Adoptions: AHI, P.O. Box 3055, Shiremanstown, PA 17011 717-592-0859

adopt@abundanthopeinternational.org

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to provide relief and aid to those in need.

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