

June 6, 2005

Dear Fresh Start for Women Staff,

I am writing to share with you my impressions and experiences felt as a result of participating in your workshop. When I first came, to the sessions I had such anger toward the Lord. "Why me, why this trial, why does, the Lord not listen to my prayers, why must I suffer"? All of these statement swirled around in my head. As the staff began to share with me about the Lord, I just got angrier. Trust they said, "I have trusted, and I am still busted". He loves you they said, "if he does, why the apparent forced pain". It took your continued prayer, wisdom, patience and Holy Ghost, to help to begin to break down the bondages by which the enemy had me trapped.

First you told me I was beautiful with the facial, and pampering. Then you helped me decorate my very own journal. You helped me personalize it, with pictures and words that were important to me. You explained the importance of journaling and positive affirmations and how they can make a difference in my life. I was very skeptically at first, "I have used a journal before, it didn't help", and "yeah, yeah, yeah, I know all about affirmations". Even though I doubted it's help, I still did the exercises. I marveled at the testimonies of the other participants as they shared that by saying their affirmations they actually felt better, and everything did not look so doom and gloom. I began to have a little more faith in the journal and the affirmations. Now what a difference it has made. I still use my journal and say my affirmations. I love to see it, just by looking at the personally decorated journal gives me strength to know I can make it no matter what. I don't want to use any other journal but the one, I made with you all.

Next you brought in this Beautiful lady, to teach us about skits, and plays. She showed us how to show our emotions. She taught me something I will never forget. Just thinking about it, brings tears to my eyes. She told me that God had made me just the way I am and that it was okay. My entire life my family had made me feel, as if something was wrong with me because I am emotional. I learned the following affirmation "It is okay that I am emotional". I now know that God not only made me an emotional person, but that he uses it, and that's why my heart is so tender to others in need. The very thing that made me feel so wrong, now gives me a sense of strength and pride. God made me emotional and that's why I am so special, and it allows me to love what the worlds deems as the "unlovable".

The last session allowed me to cry openly and share what I had learned. I shared my life collage that we made in the previous sessions. The collage helps me to have a road map for the future.

Now, I want you all to know, I am a totally different person. I am not the person, I was when I first participated in Fresh Start. After my sessions I took a 34-week in-depth study of the Bible class at my church, I have a full and sincere relationship with the Lord, I signed up for and I am going on a mission's trip to Africa with my church. I BELIEVE God is with me and I KNOW He hears me when I pray. I KNOW He leads and guides my footsteps. God has Blessed me in so many ways, one of which was that God Blessed me with a new job, making more money and with a Christian company. It was not an overnight transformation. It took months, but I do think Fresh Start was the First step, in my transformation journey.

Thank You and May God Bless You Fresh Start Staff!!!

Yours in Christ,
Ursula