



Arising Hope

July, 2012
Newsletter

**24-Hour Crisis Line:
303-280-3180**

I AM Free By Angela McMahan

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor;" Luke 4:18-19

With the 4th of July quickly approaching many of us will gather with friends and family and celebrate the many freedoms that we have in this country. We will give thanks to the degrees and declarations that are in place within our government and that we have here in the United States. We will honor the fallen and all those who sacrificed that we might be free. Yet freedom to me means so much more than just the "right to life, liberty and the pursuit of happiness."

When I see the word freedom; I am also reminded of the HUGE pit of oppression, dysfunction and destruction that I call my past. I often say my prison cell had no walls yet I was enslaved none the less. For me a day of independence and celebration is not as political as it is personal. I can look back over my life and remember just how far God has brought me.

So it is with honor and the greatest of humility that I share with you my personal declaration; a passionate reminder of who I was and who I will never be again. A decree I speak over my life today when the road gets long and difficult. *"The tongue has the power of life and death, and those who love it will eat its fruit."* Proverbs 18:21 A war cry that will allow me to know without a shadow of a doubt that my God will NEVER leave me or forsake me.

Here is MY personal Declaration of Independence:

I am a BELIVER, I am a SURVIVOR, I am LOVED, I am VICTORIOUS, I am a SERVANT, I am a WORSHIPPER, I am RESTORED, I am HEALED, I am HAPPY, I am FREE, I am a LIVING SACRIFICE, I am a FRIEND, I am a COUNSELOR, I am FORGIVEN, I am THANKFUL and GRATEFUL, I am CONFIDENT, I am FAVORED, I am a LEADER, I was CREATED FOR A DIVINE PURPOSE, I am your SISTER IN CHRIST, I am an ENTERPRENEUR, I am SUCCESSFUL, I am a PROPERTY OWNER, I am at PEACE, I am OBEDIENT, I will be a GODLY WIFE and MOTHER, I am a TEMPLE FOR THE HOLY SPIRIT, I am HUMBLE, I am learning to be PATIENT, I am BLESSED, I am POSITIVE, I have FAITH, HOPE and JOY, I am FAITHFUL, I am LOYAL, I am TRUSTWORTHY, I am DEPENDABLE, I am STRONG, I am UNIQUE and SPECIAL, I am a SEEKER of WISDOM, I am ANOINTED, I am GIVING and I am my AUTHENTIC and TRUE SELF.

I am NOT stupid, I am NOT afraid, I am NOT worthless, I am NOT easily moved, I am NOT ugly, I am NOT an addict, I am NOT damaged, I am NOT unlovable, I am NOT a victim, I am NOT junk, I am NOT bad, I am NOT my past, I am NOT a failure, I am NOT unhealthy, I am NOT crazy or psycho, I am NOT a fanatic, I am NOT a martyr, I am NOT a loser, I am NOT needy, clingy or demanding, I am NOT broken, I am NOT a liar, I am NOT evil, I am NOT weak, I am NOT defeated, I will NOT repeat the mistakes of my past, I am NOT forgettable, I am NOT easy, I am NOT those horrible names you called me, I am NOT a quitter, I am NOT a door mate, I am NOT high maintenance, I will NOT settle And I will NOT let anyone abuse me again!

You have the power to be set free. *Choose to follow God with the love and joy that grows out of understanding then the wisdom and power of God's spirit will flow from your being.* What is your declaration of Freedom? What is your declaration of independence? *"Then the LORD answered me and said: "Write the vision and make it plain on tablets, that he may run who reads it."* Habakkuk 2:2



The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,"
Isaiah 61:1

TESTAMONIALS

Elicia

This course has given me hope. I have suppressed my pain; feelings of rejection and resentment so long that and always felt sad. Taking the class allowed me to heal with God and offer more of me spiritually, emotionally and compassionately to others

Carrie

If you have ever felt rejected and simply thrown away like the trash of this world or were told you would never be anything. If you were emotionally abandoned and looked for love in the arms of strangers. If the love you so desperately needed simply walked away and never came back to rescue you. If you suffered at the hands of abusers. If you covered your past, stuffed your broken pieces into the part of your mind that no one dared to look. Then maybe I have something to share with you. I found a way out of the dirty ditch of my past. I learned to dust myself off and start over. Jesus cleanses me of the past hurts and tears that kept me tangled in things that are not true. I have learned how to accept and heal the hurt. I no longer feel rejected and unworthy. Jesus has opened my mind and heart to forgive others and released me into peace.

Grace

I have always had a "nagging" feeling in me, and I would wonder "what is wrong with me?" Why do I feel this way? In attending "Road to Freedom" I have been helped to see my own faults, by understanding that I needed to learn to trust and release my life (all my life) to God. As the weeks went by, I truly realized that by my praying and in doing my homework I was becoming more at ease. I sensed I can now trust God, and with my new found trust, I was able to release myself from that "nagging" feeling.

I was successful in completing my "rock" exercise with my new found trust in God. In turn, I was free to release all my hurt, and I was able to forgive each individual whose names were written on each of the rocks. I threw the rocks over my left shoulder as a symbol that God forgave me for my faults in not trusting Him, and by helping me forgive each of the individuals that hurt me. In my new freedom and knowledge of how God helped me, I will now find value in each individual. It's an awesome sense of freedom that now I feel I can accomplish a lot more for God.

Kyle

This support group could not have come at a better time for me. Last November, I left behind family and friends, a job, and my own acceptance into a graduate school program back into Texas in order to move closer to my fiancée, whom had been accepted into graduate school here. She broke up with me two months later, and because of the move I had no support system up here whatsoever and had a condo, meant for the two of us once we'd gotten married a few months later, that I had no idea what to do with. Looking for places with which to gain experience in counseling while deciding whether to remain in Denver and apply for graduate school here, I heard about Arising Hope, met Angie, and through her learned about Road to Freedom. Although I may have recovered through long phone calls back home to friends and family, Road to Freedom was right here in Denver for me, and I will *always* be thankful for the support this group has provided to me in my time of need. Always.



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Eastlake, CO 80614-1114

PHONE:

24-Hour Crisis Line:
303-280-3180

E-MAIL:

info@arisinghope.org

WEBSITE:

www.arisinghope.org

Wish List:

We are in desperate need of the following items this month; address labels (Size: 1"x2 5/8"), paper towels, tissue/Kleenex, toilet paper and mason jars.

Follow us on
Facebook:

<http://www.facebook.com/home.php?ref=home#!/pages/Arising-Hope-International/140849206907>



How Can I help and have fun?

DISCOUNTED ELITCH TICKETS STILL AVAILABLE:

The summer discount is \$29.99 per ticket which is a great deal now that Island Kingdom Water Park is open featuring our new water slide, the Tube Top! After Labor Day this offer goes back down to \$24.99 and will be good through our Fright Fest. Best of all – Arising Hope will still receive \$5 for every discounted admission ticket sold! Click here to purchase tickets:

<https://shop.accesso.com/clients/accesso14/elitchgardens/affiliate?m=12214&username=Arising&password=Hope2011>

GET YOUR TICKETS TODAY: North Denver Rock Festival through Arising Hope. Arising Hope will earn \$5.00 for every weekend ticket sold and \$1.50 per ticket click this link to purchase tickets now <https://coloradomusicbuzz.webconnex.com/northdenverrockfest> or go to <http://www.northdenverrockfest.com/> for more details.

FOLLOW US: Please stop by our vendor booth to show your love and support throughout the summer. You can find us Saturdays at Southlands Mall and Hanger2 Market in Lowry and Sundays at Orchard Mall and Northglenn Marketplace. See our calendar of events for more details.

CALLING ALL VOLUNTEERS: Arising Hope needs your help to run our CoolZone booth at this year's Taste of Colorado (Labor Day Weekend in September). Please call Angi at 720-436-1206 for more details.

Donation Pick-Up Day

Tuesday, July 10, 2012

Call 303-280-3180 to schedule a pick up!

Arising Hope July 2012 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>1</u></p> <p>MILE HIGH FLEA MARKET</p> <p>9 am - 4 pm NORTHGLENN FARMER'S MARKET</p>	<p><u>2</u></p> <p>6:30 pm - 8:30 pm ROAD TO FREEDOM</p>	<p><u>3</u></p>	<p><u>4</u></p> <p>JULY 4TH FAMILY FESTIVAL</p> <p>8 am - 10 am ROAD TO FREEDOM-ACDF</p>	<p><u>5</u></p> <p>4 pm - 8 pm EDGEWATER FARMER'S MARKET</p>	<p><u>6</u></p> <p>MILE HIGH FLEA MARKET</p>	<p><u>7</u></p> <p>MILE HIGH FLEA MARKET</p> <p>FAMILY THRIFT HUGE SALE</p> <p>9 am - 2 pm HANGER2 FARMERS MARKET - LOWRY</p>
<p><u>8</u></p> <p>MILE HIGH FLEA MARKET</p> <p>FAMILY THRIFT HUGE SALE</p> <p>9 am - 4 pm NORTHGLENN FARMER'S MARKET</p>	<p><u>9</u></p> <p>6:30 pm - 8:30 pm ROAD TO FREEDOM</p>	<p><u>10</u></p> <p>DONATION PICK UP DAY</p>	<p><u>11</u></p> <p>8 am - 10 am ROAD TO FREEDOM-ACDF</p>	<p><u>12</u></p> <p>4 pm - 8 pm EDGEWATER FARMER'S MARKET</p> <p>5 pm - 8 pm SOUTHLANDS STREET FAIR</p>	<p><u>13</u></p> <p>MILE HIGH FLEA MARKET</p>	<p><u>14</u></p> <p>MILE HIGH FLEA MARKET</p> <p>9 am - 2 pm HANGER2 FARMERS MARKET - LOWRY</p> <p>2 pm - 7 pm HOMEMADE HOOKUP CRAFT SHOW</p>
<p><u>15</u></p> <p>MILE HIGH FLEA MARKET</p> <p>9 am - 4 pm NORTHGLENN FARMER'S MARKET</p>	<p><u>16</u></p> <p>6:30 pm - 8:30 pm ROAD TO FREEDOM</p>	<p><u>17</u></p>	<p><u>18</u></p> <p>8 am - 10 am ROAD TO FREEDOM-ACDF</p>	<p><u>19</u></p> <p>4 pm - 8 pm EDGEWATER FARMER'S MARKET</p> <p>6:30 pm - 8:30 pm DOMESTIC VIOLENCE AWARENESS:VOLUNTEER TRAINING</p>	<p><u>20</u></p> <p>MILE HIGH FLEA MARKET</p> <p>10 am - 3 pm QUIGG NEWTON RESOURCE FAIR</p>	<p><u>21</u></p> <p>MILE HIGH FLEA MARKET</p> <p>9 am - 2 pm HANGER2 FARMERS MARKET - LOWRY</p>
<p><u>22</u></p> <p>MILE HIGH FLEA MARKET</p> <p>9 am - 4 pm NORTHGLENN FARMER'S MARKET</p>	<p><u>23</u></p> <p>6:30 pm - 8:30 pm ROAD TO FREEDOM</p>	<p><u>24</u></p>	<p><u>25</u></p> <p>8 am - 10 am ROAD TO FREEDOM-ACDF</p>	<p><u>26</u></p> <p>4 pm - 8 pm EDGEWATER FARMER'S MARKET</p>	<p><u>27</u></p> <p>MILE HIGH FLEA MARKET</p>	<p><u>28</u></p> <p>HEAVENFEST</p> <p>MILE HIGH FLEA MARKET</p> <p>9 am - 2 pm HANGER2 FARMERS MARKET - LOWRY</p>
<p><u>29</u></p> <p>MILE HIGH FLEA MARKET</p> <p>9 am - 4 pm NORTHGLENN FARMER'S MARKET</p>	<p><u>30</u></p> <p>6:30 pm - 8:30 pm ROAD TO FREEDOM</p>	<p><u>31</u></p>				

Happy



INDEPENDENCE DAY!