



# Arising Hope

March, 2012  
Newsletter

24-Hour Crisis Line:  
303-280-3180

## My Mind Is a Battlefield By Angela McMahan

*"For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled." 2 Corinthians 10:3-6 (NKJV)*

It is said that the mind is a terrible thing to waste! It is definitely a funny little organ wouldn't you agree? Ever been home all alone and all of a sudden you think you hear something in the other room and takes over and before you know it you have every single light on in the house just so you can walk from the kitchen into your bedroom? Or have you ever called someone and it went right to their voicemail after the first ring and you automatically assume that they are mad at you or avoiding you? Have you ever sent your boyfriend or girlfriend a text message and don't get an immediate response back or a reply for the whole day and you assume the worst, they have to be mad and want to break up with you?

The truth is, all of us have experienced this scenario at one time or another whether we want to admit it or not. Most of the battles we face from day to day really are mostly in our minds. Even though we may see the manifestation of it physically through an addiction or relationship issue, if we look closely most likely it all results in something much deeper within us like shame, guilt, worry or doubt. *It is only when all of our thoughts, feelings and actions reflect the Word of God, that the power of God's spirit and a peace that nothing can challenge will flow through our being.*

The sad thing is that many of us are missing out on our "Heaven on Earth" experience because we are physically out of the chains that bind us but mentality we are still stuck in our "stinking thinking" and our past. My pastor would say that we are like the Israelites: "we are walking in our blessings but still have the mind of a slave." Thinking it was better back then. If only I could go back to high school, my ex or a size 8. When in truth there is nothing good for us back there, and we are risking losing all that we have now by even thinking that way.

Dating after being abused has been extremely difficult for me. I am in a wonderful relationship with someone who is nothing like my past, yet there are times when I make him pay for the sins of others. I remember in my past for Valentine's Day I would spend days planning a wonderfully romantic evening for men who didn't deserve me or appreciate me. Yet sadly this past Valentine's Day I struggled to even get "my boo" a card. All because somewhere in my mind I said; "I am NEVER gonna do that again!" So here I was on Valentine's Day and had I not had a quick little "come to Jesus" I would have ruined the awesome evening that me and my man had. And who would have suffered, surely not all those men in my past. ME, I would have suffered right along with him and our relationship.

You see, you can physically be out of a horrible situation but still in bondage in your mind. And y'all life is way too short for that. And I don't care who they are, or what they did, they aren't worth your happiness. And they definitely aren't worth the marvelous, wonderful, awesome, amazing, terrific, joyous, fantastic and SUPER fabulous life that God has for you! *"Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert." Isaiah 43:19*



## Memory Verse

“Examine me, O LORD, and prove me; Try my mind and my heart.”  
Psalms 29:2 (NKJV)

## TESTAMONIALS

### Bev

When I came to the class I had just finished a few months of counseling to help me over the loss of a relationship with 3 of my children. I have 5 children and raised 3 of them alone after my husband divorced me and never came back. It broke my heart when one of my three children wanted nothing to do with me. At first class I didn't have anything to smile about or so I thought. Gradually I began to accept that God cared. I knew it, but being with other hurting people has made a big difference. Everyday my prayer was "please God bring my children back to me." A couple of days ago one of the children made contact with me.

### Debra

Why am I here at Road to Freedom? I want to inspire my children. I want to inspire others to love their lives and themselves by being a positive and vibrant person. One who believes in something and lives for something that matters. Right now my children are my life. They are what I live for. My recent hurdles are bringing all our spirits down. I want to accomplish great goals in life and give back to children that are hurting – as I once was one of those children. I also want to help sick/abused animals. I want to feed the hungry and build homes for those that don't have one. All of this, but right now, I have to fix me. I have to find the passion or inspiration to complete my own journey first.

### Michelle

Since I started the Road to Freedom group it helped me to be honest with myself and the issue of depression. I grew up in a home of domestic violence and a father with drinking problems. I have also made peace with being raped by two teenage brothers and by my ex-spouse at the age of 21 years old. I had such a hatred, anger and rage towards the men in my life and the men of the world. I have seen how my rage, anger and distrust have made me stay isolated and not made me laugh in my life. I felt such freedom to share my issues with my group because I felt safe. I feel such peace, serenity and that my life is worth living. I wanted to commit suicide a month ago because I carried shame and feeling dirty inside because of the rapes. It's awesome to see and blossom and have smiles on my face because of the healing taking place in my life from this class.

**Huge THANK YOU's to:**  
Kindred Spirit LLC, Mile High Flea Market, The Milestone Project, Good Sheperd United Methodist Church, David Chapman, Donni Anggraito, Deronn Turner, Chris Kauffman, Amy Spearman and all of our monthly donors for your continued generosity and support!!!

Gratitude





# Arising Hope

March,  
2012

**ADDRESS:**

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Eastlake, CO 80614-1114

**PHONE:**

24-Hour Crisis Line:  
303-280-3180

**E-MAIL:**

[info@arisinghope.org](mailto:info@arisinghope.org)

**WEBSITE:**

[www.arisinghope.org](http://www.arisinghope.org)

**Wish List:**

We are in need of the following items this month; carpet fresh, scented candles, brooms, storage totes (large), mason jars (all sizes and lips), file folders (8x14), toilet paper, paper towels, paper plates, body lotion, canned green beans, canned carrots, twin size sheet sets, detergent for the dishwasher, fax machine, household items, kids toys and stuffed animals, pens, index cards, journals, Bibles and legal tablets.

Follow us on  
**Facebook:**

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



## Coasters For Caring

Help us raise money for  
**ARISING HOPE**



**Tickets Only \$24.99!**

- Full day of unlimited rides and attractions
- Return in September and October for only \$19.99
- \$2 off food coupon
- Opportunity to upgrade to a Season Pass for an additional \$39.99 - Best Deal of the 2012 season!

### Raise while you Ride!

Join Elitch Gardens in helping us raise money. Tickets are only \$24.99 and are valid any operating day through May 31<sup>st</sup>. A portion of all ticket sales will come back to ARISING HOPE.

### For More Information

ARISING HOPE, PO BOX 1114,  
EASTLAKE, CO 80614

[INFO@ARISINGHOPE.ORG](mailto:INFO@ARISINGHOPE.ORG)

[WWW.ARISINGHOPE.ORG](http://WWW.ARISINGHOPE.ORG)

303-280-3180 (24 HOUR CRISIS LINE)

ANGI 720-436-1206

CHARLOTTE 303-421-8423

### Brought to You By



**Coasters for Caring at Elitch Gardens!**

**Donation Pick-Up Day**  
**Tuesday, March 13, 2012**  
**Call 303-280-3180 to schedule a pick up!**



# Arising Hope March 2012 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	March 1	2	3
					MILE HIGH FLEA MARKET	MILE HIGH FLEA MARKET
4	5	6	7	8	9	10
MILE HIGH FLEA MARKET	630-830pm ROAD TO FREEDOM		8-10 am ROAD TO FREEDOM-ACDF		MILE HIGH FLEA MARKET	MILE HIGH FLEA MARKET 9am-4pm SMOKEY HILL CRAFT FAIR
11	12	13	14	15	16	17
MILE HIGH FLEA MARKET	6:30 pm - 8:30 pm ROAD TO FREEDOM	DONATION PICK UP DAY	8 - 10am ROAD TO FREEDOM-ACDF	6:30 pm - 8:30 pm DOMESTIC VIOLENCE AWARENESS:VOLUNTEER TRAINING	MILE HIGH FLEA MARKET 8:30am-3pm DDHA SPRING FESTIVAL	MILE HIGH FLEA MARKET <b>St. Patrick's DAY</b>
18	19	20	21	22	23	24
MILE HIGH FLEA MARKET 12:30 pm - 2:30 pm ROAD TO FREEDOM LEADERSHIP MEETING	6:30 - 8:30 pm ROAD TO FREEDOM		8 - 10am ROAD TO FREEDOM-ACDF		MILE HIGH FLEA MARKET	MILE HIGH FLEA MARKET 9am-5pm HIGHLAND RANCH SPRING BAZAAR 9am-2pm MIDLOTHIAN COMMUNITY EXPO-TEXAS 10 am - 5 pm CHI LIFE DENVER ARTS AND CRAFT SHOW
25	26	27	28	29	30	31
MILE HIGH FLEA MARKET 3 pm - 7:30 pm QUINCEANERA FAIR AND FASHION SHOW	6:30 pm - 8:30 pm ROAD TO FREEDOM		8 am - 10 am ROAD TO FREEDOM-ACDF		MILE HIGH FLEA MARKET 7:30 am - 3:30 pm 2012 COLORADO STATEWIDE PRE-COLLEGIATE CONFERENCE 8 am - 5 pm BUCKLEY CRAFT FAIR 6 pm - 9 pm DARLING DOUBLES KIDS STUFF SALE	MILE HIGH FLEA MARKET 7:30 am - 1 pm DARLING DOUBLES KIDS STUFF SALE
						

Happy St. Patrick's DAY!

