

*Hope Recovery, Inc.*

December 17, 2016

# *Mending Hearts*

## **Merry Christmas!**

It's unbelievable that it's a few days from Christmas already. Within a few days after that, we will be wrapping up 2016 and moving into the new year. With Christmas in just a few days, I imagine some of us are extremely busy with shopping, doing things that need to get done in time for the Christmas. For some of us, it is a time of questions of what to do, how to get by and maybe even the desire to not celebrate Christmas in any fashion.

I find it easier to focus on the reason we have Christmas in the first place—our Christ child. Standing again in amazement each year that God would have given his only Son for each of us... for me. What an amazing and generous gift He gave. Ultimately, the gift of life. While here, the opportunities for peace, comfort, love, compassion, grace, and so many more gifts that we share upon each other. Those gifts may be difficult at times to give and receive, but they are there for us to give to each other.

I want to wish you, from Hope Recovery, a very merry Christmas. May Christ bless you and remind you of the reason for this season of Christmas and its importance—not the chaos, but of Christ's love.

## **Christmas Day—3pm Eastern**

On Christmas day, from 3 pm to 5 pm Eastern, we are going to be in our Online Forum for those who are needing to have a place to message with others, and we will be turning out chat on as well. To participate, you will need to join the forum, but please use only your first name or a pseudonym to protect you since this is an online format. We do ask that the username you choose be appropriate for a Christian forum.

We want to be here to spend time with you, whether discussing serious issues in the forums, or light chat in the chat room, or even games in the forum.  
([www.hope4christianrecovery.org](http://www.hope4christianrecovery.org)—take link “Online Forum”)

*Hope Recovery, Inc.*

PO Box 91  
Shepardsville, IN 47880

**MISSION**

The mission of Hope Recovery is to provide Christ-like compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

**VISION**

Hope Recovery aspires to work with professional mental health staff to assist in the supportive facilitation of trauma survivors in achieving their recovery goals.

Phone: (812) 233-3897  
Email:  
[recovery@hope4christianrecovery.org](mailto:recovery@hope4christianrecovery.org)



## Trauma

<i>Abuse</i>	<i>Violence</i>	<i>Disasters</i>
<i>Self-Harm</i>	<i>Substance Abuse</i>	<i>Grief</i>
<i>Hope</i>	<i>Support</i>	<i>Recovery</i>

If you are able, please consider a year-end donation to assist us in covering general operating expenses to keep services free to survivors of trauma. Donations received by the last day of December, 2016 will qualify for your tax deduction. Donations received after December 31st, will go to 2017. May we be so bold as to request that one of your goals is to sponsor a survivor at \$10 a month during 2017.

## Wrapping up 2016 and moving forward

One of the things many of us will be doing within a couple weeks is wrapping up the year, setting goals for 2017, giving ourselves a clean slate for where we may be able to improve or change from 2016, taking on a challenge that you wanted to do in 2016, but now have the ability or courage to do so in 2017.

We have great plans for 2017. We are in the process of adding in-person support groups in Rockville, Clinton and North Terre Haute, Indiana as well as workshops in their respective areas. These are at no cost to survivors of trauma.

What defines trauma? Trauma can be intentional (manmade, deliberate, malicious), unintentional (accidents, disasters), or nature/natural situations. For example, Intentional traumas includes abuse/torture, violent crime, bombing, kidnapping, riots, domestic violence/battery, robbery, prisoner of war, suicide or other sudden deaths and more. Unintentional traumas includes fires/burns, structural collapse, unexpected medical issues or mishaps (loss of body part, loss of children due to accidents), sudden life threatening physical events like heart attack or burns and more. Examples of Natural traumas include hurricanes, tornados, earthquakes, fires, tsunamis and more.

We are here to support you, encourage you and to share with you the compassion you need having survived any of these traumas, and their related issues such as Posttraumatic Stress Disorder, dissociation, trauma related alcohol abuse, self-injury, grief, shame, etc.