

INFORM-ENCOURAGE-EMPOWER

OCTOBER 2020

VOSAS

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VOICES OF SEXUAL ABUSE SURVIVORS

IN THIS ISSUE

Healthy Living
"Breast Cancer
Awareness
Month"

COUNSELOR'S
CORNER

SPOTLIGHT



Deidra DeNeise
TRUE DELIVERANCE

inform
encourage
empower

VOSAS MAGAZINE

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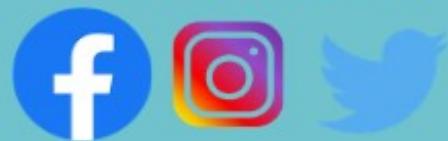


Survivor's Story

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Find us online



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Letter from...

The Editor

Dee Marie

Editor-in-Chief

Founder/CEO

YOU HAVE TO WANT IT FOR YOU!

We have come to the last issue of VOSAS Magazine for 2020! I can't believe this time has gone by so fast. As Chief Editor, I hope the stories of each survivor has informed, encouraged, and empowered you to begin your own journey to healing. One thing I've learned through my process and supporting other survivors through theirs, is that this journey belongs to you. It's easy to applaud others, and wish them well through their recovery, but when it's time to take a look in the mirror, it can become frightening, and you may even be very unsure. As with many other survivors, I can tell you there will be times you will consider quitting and giving up. And sometimes it will seem as if it's not worth it, but in order to keep pushing, it has to be something you want for you. The truth is you deserve freedom in every way possible. You deserve to live the life God intended for you, and it is possible if you put in the work. The smiles you see on each face in every magazine issue are real and genuine. And it's all because each one wanted to live freely for themselves, and for those they love. We here at VOSAS Magazine applaud every step you are about to take, and we can't wait to feature your story of victory! You are simply amazing and your life has purpose. What an exciting time for you to move forward just for you! We love you!



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Survivor's Story



Christian Hip Hop Artist, Spoken Word Artist, and Author, Deidra DeNeise, with husband DJ Qwest

True Deliverance

Hey there! Yes... I'm talking to you. ☞ Allow me to introduce myself. My name is Deidra DeNeise. I am a Christian Hip Hop Artist, a Spoken Word Artist, an Author, a Wife, a Mother, Daughter, Sister, Aunt and Friend. Most importantly though, I am a child of God! You see, life has a way of knocking you down and daring you to get back up. So it is important to know WHO YOU ARE and WHOSE YOU ARE when life throws its vicious blows. If, for some reason, you don't understand what I'm talking about... keep living ...the blow is coming! As I look back over my life, if I had to use one word to describe myself... that word would be SURVIVOR. One definition explains a survivor as: A person who survives and copes well with difficulties in their life. Woo! I can hang my hat on that definition alone. The Lord has graced me to bounce back from many of life's blows. Blows such as childhood bullying, the death of a parent, being cheated on, mental and emotional abuse, as well as physical and sexual abuse, just to name a few. For this reason, I want to personally take this time to share a part of my story with you, with hopes that you'll discover the survivor in yourself. Here's my story:

The time was 3:12 pm on a Thursday afternoon. The gym had several of us regulars, which enjoyed a good workout before the 4 o'clock rush. Feeling pumped, I'd just finished my 10 minute warm-up on the treadmill, and was determined to walk my first mile in under 7 minutes. Beads of sweat were starting to form on my forehead, as I sped up my pace to match the music playing in the background. Just as I found my rhythm, I heard the greater at the desk behind me; address the gentleman coming through the door, "Hey Man... Welcome to Bally Total Fitness!" I looked up and glanced at the mirror in front of me, to see if I knew the gym member coming in. As soon as I saw him, the hairs on my body rose and my stomach sank into my shoes. I KNEW that gentleman's nonchalant walk. The slight tilt of the young man's head and the way he wore his bright red St. Louis Cardinals hat. It was all too familiar to me. The gentleman slapped fives with the greater, made some comment, and started to laugh. I KNEW THAT LAUGH FROM ANYWHERE!! My mind started to race, my heart was suddenly attacked by anxiety, and I had no focus. My boyfriend, at the time, was on the treadmill next to me. He noticed my behavior and asked if I was ok? I fumbled out some words and hit the Emergency STOP button on the machine. Short of breath, a full blown panic attack had taken over me! I just knew I had to get out of there! Trying not to make a scene, I headed quickly to the ladies locker room. My boyfriend

followed closely behind, confused and worried. I could hear him calling my name, which only gave me more anxiety, seeing as though I did not want to be noticed. Right as I was entering the locker room, I took one last look back at the gentleman. It was at that moment, when our eyes LOCKED! I could see the shock and fear in him. I proceeded to the locker room and quickly grabbed my items. Before I could fully exit the locker room, my boyfriend was coming down the entryway. I tried to break past him; my mind was only focused on getting out of the gym. My boyfriend caught me by the waste and as I struggled to get free, he exclaimed "What's going on with you?" I started crying uncontrollably. "What's wrong babe?" my boyfriend asked with dire concern. With tears flowing down my face, all I could do was point towards the front entrance and with panic and grief I uttered, "That's... that's the..... THAT'S THE GUY WHO RAPED ME!"

I was 21 years old when that episode in the gym took place. I was 14 years old when that guy raped me. You see.... I thought I was totally over that incident. Seven whole years had passed by. I had no idea I was going to react in the manner in which I did. I had buried all memories and emotions, tide to that rape, deep in my soul....NEVER TO BE BROUGHT UP AGAIN...at least...so I thought! After I had a chance to calm down, I wondered... *"In what other ways has this rape affected me?"* Has it affected my self-esteem, my life's attitude, my choice in men? Long story short, YES, being raped impacted every area of my life! I found myself being promiscuous. Using my sexuality as a form of power to lure, seduce and get what I wanted from men and out of life. I found myself in and out of abusive relationships. I was dead spiritually and I DID NOT TRUST GOD!



I think the saddest part about my break down, was the fact that I thought I was delivered from that childhood rape. I was UNAWARE that I was STILL CARRYING around all of that hurt and pain for the last seven years! It was that pain that was impacting and influencing my life's prospective and everyday decision making. I've spoken with so many women that can relate to my story and that has become my driving force to share the secret of attaining peace through TRUE DELIVERANCE!

In order to know what true deliverance is, you must first know what it IS NOT! True deliverance **IS NOT** an avoidance of a person, place or thing. It is not ignoring 'The BIG Elephant' in the room, nor down playing or making light of a serious situation. True deliverance is not keeping secrets and emotions bottled up. True deliverance is the exact opposite!! True deliverance is verbal, mental, emotional and spiritual freedom! When you are set free from whatever your imprisonment was, being loosed liberates you to share your story and set other captives free! True deliverance produces CONFIDENCE!! You become confident to face that situation head on. True deliverance is acknowledging the fact of the matter objectively and not subjectively. A healthy mind knows that you yourself are not FULLY to blame. You were not abused, rejected, or hurt because you are a bad person. There are many parts to a full story. Although you may have played a role in the situation; other characters were involved to create conflict.

You see, I thought I had the perfect excuse NOT to forgive the young man that violated me years ago. I realized that I was allowing the same man that robbed me of my innocence then, to rob me of my peace 7 years later. Then the revelation hit me! The only life and power that the rape held over me was the life and power I was giving it by rehearsing it over and over in my mind. The Lord had to show me that True deliverance is closely knitted to True Forgiveness! When you truly forgive a person, you no longer feel 'that knot' move in your stomach when that person comes around. You no longer sigh loudly or roll your eyes when 'that situation' is brought up. YOU ARE DELIVERED FROM ALL DEBILITATING EFFECTS OF "THAT THING"!! A wise man said, "Un-forgiveness is like lighting yourself on fire and trying to kill the other person with smoke!" The point is... you are the one on fire... so forgive already and be delivered!! I can hear someone reading this now, "Well Deidra, you don't know what they did to me! You don't know how they hurt me! You can't understand what I'm

going through!" I would say...you're right! I may not know your story, but God does, and He is our primary example when it comes to forgiveness. Scripture explains in Micah 7:19 that He will cast all of our iniquities and sins into the sea of forgetfulness. Now, if you think that our faults and sins just slipped the mind of the almighty, all knowing, omnipresent God; you're sadly mistaken. God chooses not to remember our faults and not to label us by our sin. We must do the same. I have not forgotten about the rape or the guy who did it; but I am no longer bound by the experience. One thing I tell myself to help me be more forgiving is, "No matter how bad an individual may have hurt or disappointed me, it will never be as bad as I have hurt and disappointed to Lord." Saying this phrase to myself, helps me to quickly forgive the other person, repent of my own shortcomings and give thanks to the Lord for loving and forgiving me. The truth is...the Lord wants to turn your MESS into your MESSAGE....that TEST into your TESTIMONY!! I chose to make lemonade with that lemon called rape and share my story with women all across the globe! True deliverance is sharing, true victory is overcoming and true revelation is realizing that YOU'RE STILL HERE!!

I hope this story has helped you in some kind of way. My prayer is that the tips given will help you to become unstuck in whatever situation you find yourself in. As I mentioned in the beginning, I am a Christian Hip Hop Artist. I wrote and recorded a song titled, Still Here. This song encourages the listener to keep striving as life tries to knock you down. I would love for you to check it out and download it here:



Spotify Link:

Still Here ft. Stlien
<https://open.spotify.com/track/7510CA3rd4J6jbFWfuwLTKC?si=DxniUFzoSLGpJP8P-nGoHw>

God Bless
Deidra DeNeise

**TUNE IN EACH & EVERY
TUESDAY NIGHT @ 8PM
(CST)**



TRUTH MUZIC
IT'S TIME TO PLUG IN



LIVE

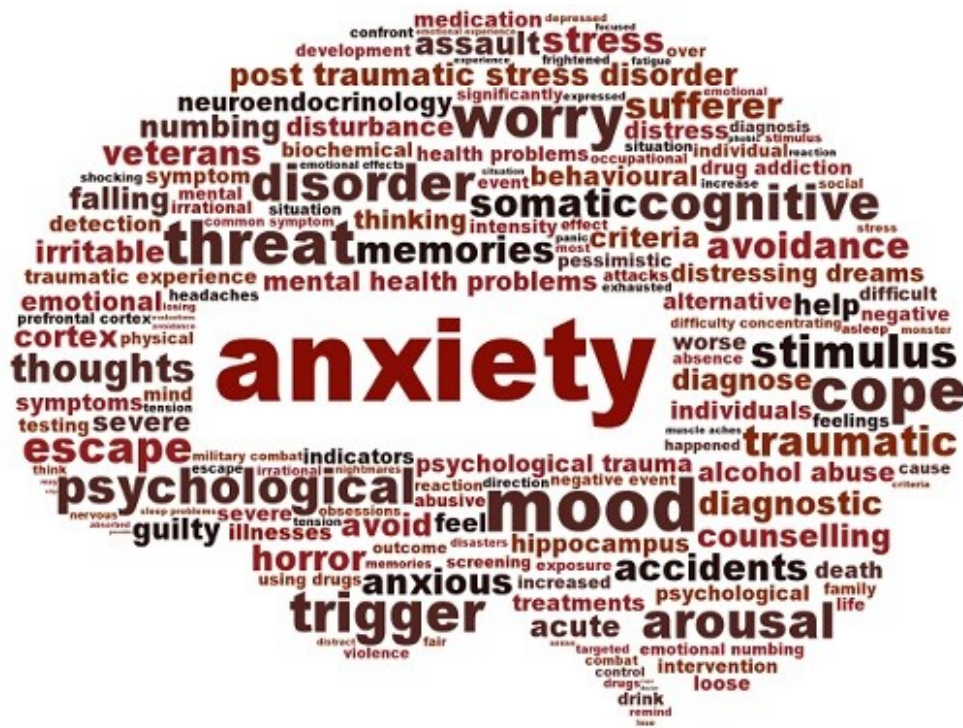
DEIDRA DENEISE



DJ QWEST



THE COUNSELOR'S CORNER



Andrea Jackson, CIT , contributor

Supervised by: Jean Moretto, PhD, LPC

Andrea completed her Master of Arts degree in Professional Counseling May 2017 from Lindenwood University. Andrea believes that a primary means of change lies in developing a strong therapeutic and collaborative relationship. She utilizes a strengths based approach in working with clients to develop a unique fit to their personal needs and draws from several modalities including, but not limited to, cognitive behavioral therapy and solution based work.

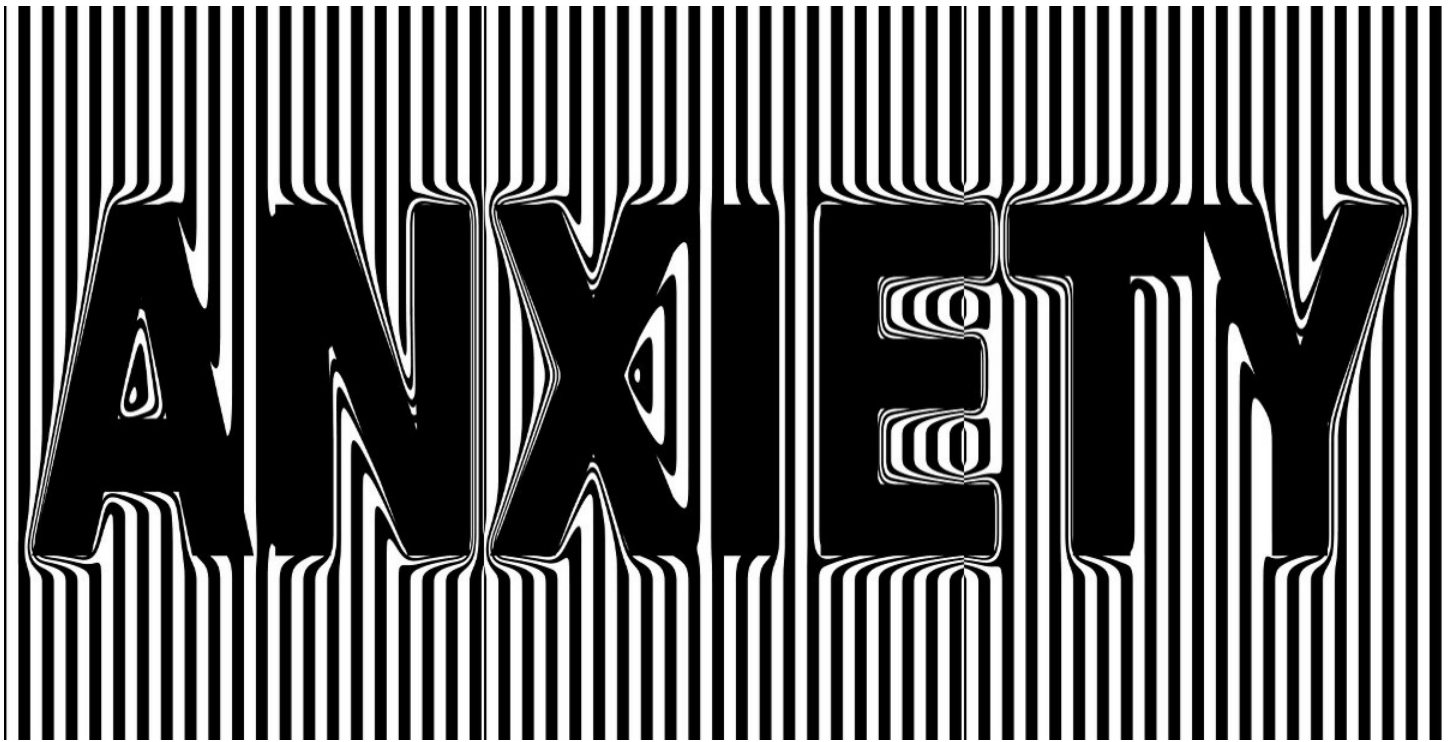
Andrea has worked with clients of all ages and has dealt extensively with depression, anxiety, sexual abuse and behavioral issues. When requested by the client, Andrea finds that seeking God authentically in session results in healing and can lead to life forming changes.

Andrea is a member and also on the board at Moving4ward Ministries, a 501c3 organization created to provide the community of St. Louis and St. Charles counties of Missouri, a place where adult survivors of sexual abuse ages 18 and older, regardless of race, gender, ethnicity, or sexual orientation, can feel safe sharing experiences that has caused lasting effects on professional resources so healing can begin. Andrea is Youth Mental Health First Aid Certified. Andrea is also a



member of the International Honor Society of Counseling Professionals, Chi Sigma Iota.

Anxiety is the most common mental health condition seen in the United States. It impacts roughly 18% of the population. Nearly half of the individuals diagnosed with depression also experience some form of anxiety.



HELP WITH ANXIETY

Anxiety differs from the occasional stress all people experience. Clinical anxiety is an ongoing chronic symptom. People with anxiety find themselves on edge most of the time. They may expect something bad will happen, even if there is no evidence for that fear. That state can easily cause social complications. Some with anxiety struggle to control emotions. They can become overly self-conscious or avoidant.

Psychotherapy can help people with anxiety regain their compass in life. A person can provide context for their emotions by identifying causes. Rather than being paralyzed by fear, they can understand their emotions, accept them, and make real progress toward their goals.

Like depression, anxiety can manifest in different forms, including:

- **Generalized Anxiety** – this is characterized by constant, intense anxiety. The worries often seem disproportionate to the concern.
- **Social Anxiety** – this involves high levels of stress within social settings. It can deter relationships and encourage isolation.
- **Phobias** – they are unusual and intense fears of a setting, situation, or object. People with phobias go out of their way to avoid their triggers.
- **Selective Mutism** – this is a social phobia most commonly seen with children. Children with selective mutism have the ability to speak, however, they find talking difficult in social situations outside the home.

STOP SV



Promote Social Norms that Protect Against Violence

- Bystander approaches
- Mobilizing men and boys as allies



Teach Skills to Prevent Sexual Violence

- Social-emotional learning
- Teaching healthy, safe dating and intimate relationship skills to teens
- Promoting healthy sexuality
- Empowerment-based training



Provide Opportunities to Empower and Support Girls and Women

- Strengthening economic supports for women and families
- Strengthening leadership and opportunities for girls



Create Protective Environments

- Improving safety and monitoring in schools
- Establishing and consistently applying workplace policies
- Addressing community-level risks through environmental approaches



Support Victims/Survivors to Lessen Harms

- Victim-centered services
- Treatment for victims of SV
- Treatment for at-risk children and families to prevent problem behavior including sex offending

NATIONAL HOTLINES

Suicide Prevention
800-273-8255

Mental Health Hotline
866-677-5924

Center Against Sexual Assault
866-373-8300

National Alliance on Mental
Illness
800-950-6264

National Sexual Assault
800-656-4673

HEALTHY LIVING



OCTOBER *Breast Cancer* Awareness

8 Ways to Prevent Breast Cancer

- | | |
|--|---|
| 1. Keep Weight in Check | Particularly After Age 35 or If You Smoke |
| 2. Be Physically Active | |
| 3. Eat Your Fruits & Vegetables – and Avoid Too Much Alcohol | 7. Avoid Birth Control Pills, Particularly After Age 35 or If You Smoke |
| 4. Don't Smoke | |
| 5. Breastfeed, If Possible | 8. Don't Forget Screening |
| 6. Avoid Birth Control Pills, | |

Celebrating Breast Cancer Survivors



Ladonna Shegog



Dorothy Buford



Sharon Brown

10/03/2012

DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit-
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow -
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.
Success is failure turned inside out -
The silver tint in the clouds of doubt,
And you never can tell how close you are,
It might be near when it seems afar;
So stick to the fight when you're hardest hit -
It's when things seem worst that you must not quit.

John Greenleaf Whittier



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V I R T U A L W O M E N ' S C O N F E R E N C E

OCTOBER 30-31, 2020



Gwen Holmes
Co-Host
Omaha, NE



Mia Ramsey
Friday Night Key Note
Kansas City, MO



Dawn Jordan
International Recording Artist
Chicago, IL



Kira Cheree
Conference Host

SATURDAY WORKSHOPS



Nadia Segar
Columbia, SC



Sade Garr
Overland Park, KS



Winter Williams
Washington, D.C.



Ryonda Hall
Lees Summit, MO



Chioma Atonma
Kansas City, MO

Registration is open and free: www.itthkc.com/register

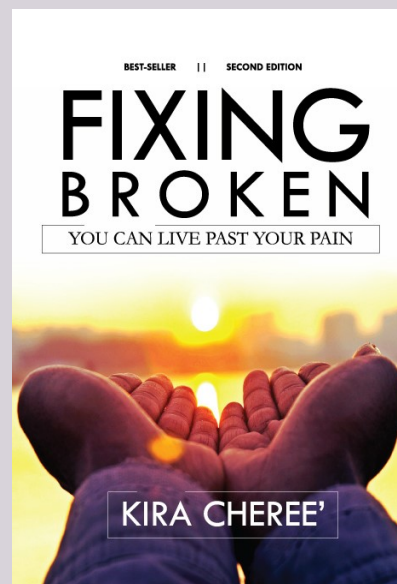
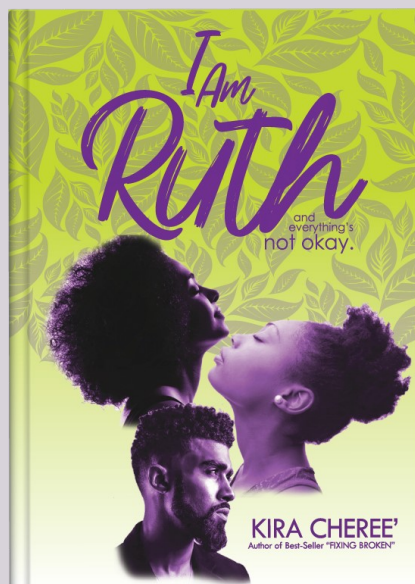
SPOTLIGHT

It's Time To Rise Women's Conference embarks on its sixth annual conference Fall 2020. Inspired by the book, "Fixing Broken: You Can Live Past Your Pain", the conference features a Live Music, Main Session Speakers, Vendors, and Lunch.

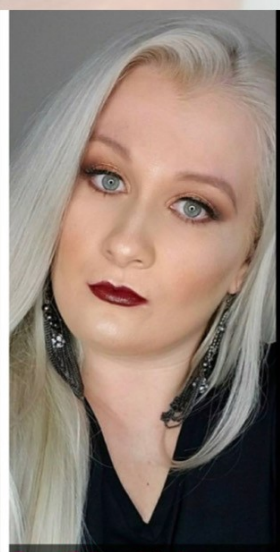
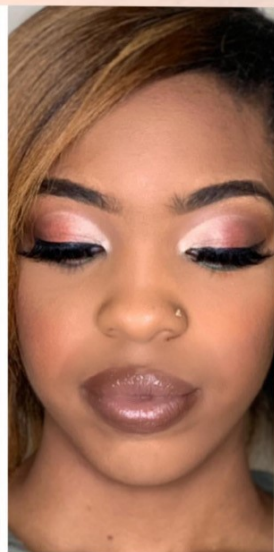
This conference helps attendees to uncover pain, deal with the real issues of life and actively move towards emotional and spiritual wholeness in God. Like no other conference you've attended before, attendees walk away with tips, lists, ideas and teaching to do the actual work of fixing the broken things within.

***Register now for the 2020 Virtual
"It's Time To Rise" Women's Conference
No Cost***

<https://www.eventbrite.com/e/120125160589>



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