

INFORM•ENCOURAGE•EMPOWER

JULY 2020

VOSAS

MAGAZINE

VOICES OF SEXUAL ABUSE SURVIVORS

IN THIS ISSUE
SPECIAL LETTER
FROM THE EDITOR

COUNSELOR'S
CORNER

Healthy Living
"A New You"

SPOTLIGHT

MFF PROJECT

Inspiring Strength in
Domestic Violence

**You Shall Live and
Not Die**



Prophetess Margaret Green

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VIRTUAL

CONCERT

SUN - JULY 5TH 2020

6:00 PM (CST)

STREAMING LIVE:
Levi MeTooMusic King



There will be no replay or archive of the stream.



Survivor's Story

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Letter from...

The Editor

Dee Marie

Editor-in-Chief

Founder/CEO

The Power of an Apology

Who would have known 2020 would be the year that it has been, and we're only half way through. We are dealing with two pandemics, Coronavirus and Systemic Racism. Although the virus is new and the numbers are currently rising and has the potential of getting out of control, racism has been alive and well for centuries. We are at a time when this country has no option but to face the trauma racism has caused for African Americans. Trauma is real, but healing from that trauma is also real, it is a process as I always say, but definitely possible.

When healing from trauma we know that part of that process is forgiveness, even if the person who caused the trauma never asks for forgiveness. I do believe that is true, but what if they did ask for forgiveness? What if they acknowledged the wrong that they caused, educated themselves, and genuinely asked for forgiveness? I do believe this is a missing step in the healing process, but it has the potential of having positive effects. No, an apology won't take away what happened, but what it will do is validate the feelings and the pain of the survivor. Sometimes a simple genuine I'm sorry can have the power to change a negative situation. Healing is a journey and victim blaming only makes the process that much harder. The next time you know, or later realize you are the villain, quickly acknowledge your part, and say the words, I apologize, and mean it. You'll be surprised the power it holds. It's time for real healing!



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Survivor's Story



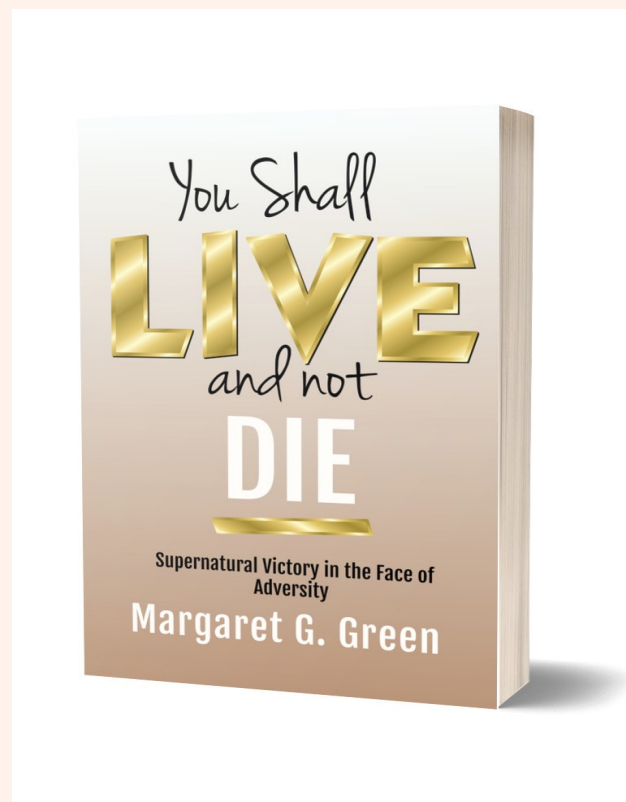
Prophetess Margaret Green

You shall live and not die. Yes trauma is real, but healing is also real. How do you move forward in life carrying years of burdens, years of shame, years of pain? Many survivors of sexual abuse find themselves trying to recover not only from the abuse, but also the after effects that sometimes they don't even realize they're experiencing. It would seem that heading toward a life of despair is the only option, but that is a lie straight from the pits of hell. If you are reading this, you have purpose! How do we know, you ask? Because God has given us examples of those that have gone through the fire, but came out like pure gold, like Prophetess Margaret Green. God masters in impossible situations. It doesn't matter what your past has been, or what tried to kill you, you can get up today! We're so grateful to have survivors like Margaret Green that has overcome, and now using her story to be a beacon of light for others.

Through her healing, Prophetess Margaret Green released a new book! You Shall Live and Not Die: Supernatural Victory in the Face of Adversity. Prophetess Margaret Green encourages readers to look beyond their circumstances and stand on the mighty Word of God for freedom and supernatural breakthrough from any ailment or adversity whether emotional, physical, or spiritual. Not to give up hope when faced with life-altering storms but knowing with a surety that God's promises and purpose for your life will not fail. She reminds readers of the many great miracles of Jesus and how he raised people from the dead as he is able to do when we are faced with situations and

life circumstances that appear to be resulting in tragedy or death. This powerful, life-changing book is packed with Scriptures that you can personalize and apply to your situation, strengthening and catapulting your faith in the process.

You Shall Live and Not Die wraps up with Prophetess Green's dynamic testimony of all she has overcome: a childhood raised in the throes of destitute poverty, a dysfunctional family filled with abuse, her sexual abuse by both men and women, and the miraculous escape from a rape as she declared the mighty name of Jesus. Finally, she tells the powerful story of how God supernaturally healed her of a medical death sentence and freed her from the bondage of unforgiveness. If you are looking for breakthrough and a victorious solution to your difficult circumstances, You Shall Live and Not Die is just the read for you!



Purpose Coach and Creative Prophetess Margaret Green is a global prophetic voice and a highly sought-after conference speaker. Born and raised in St. Louis, Missouri. She is wife of the “Wheel Chair Miracle Preacher” Prophet Jermaine Green. She is a mother, teacher, preacher, prophet, entrepreneur, purpose coach, and 5x author. She is a mentor and spiritual advisor to many across the world. As a tag-team duo, Prophetess Green and her husband both counsel and minister alongside of each other. They are also the hosts of “Tag Teamed by the Greens” radio broadcast on KATZ Hallelujah 1600 AM St. Louis Gospel Hits iHeart Radio! As featured on worldwide television Christian Broadcast Networks CBN 700 Club and TBN Trinity Broadcasting Network and other major Christian media outlets. Prophetess Green is also a featured content creator and writer for International Christian television network, GOD TV.

Outside of Margaret’s daily life of parenting, prophetic ministry, counseling, and helping to build and cultivate young men and women in their giftings and callings in the Kingdom of God, she also wears the hat as a writing coach and consultant for young creative writers and those who desire to write their own book. Recently, she helped over 150 kids to become authors in her free mentoring writing camps. Recognized and awarded by the Missouri State Senate for dedicating time, effort, motivation, and commitment toward making the community a better place to live, work, and raise a family and

Made Moguls Black Tie Awardee for Faith-based community programs. Margaret is a woman after God's heart. She is a lover of all people, very humorous, and knows no strangers. She is a strong authentic prophetic voice and is known for boldly and speaking life, healing, deliverance, encouragement, and helping to activate purpose into the lives of those whom she encounters with a motto that “EVERYONE HAS A PURPOSE” regardless of their past story!

If God can heal Margaret and lead her to a life of pouring love into others, He surely can do the same for you.

Prophet Jermaine Green and Prophetess Margaret Green

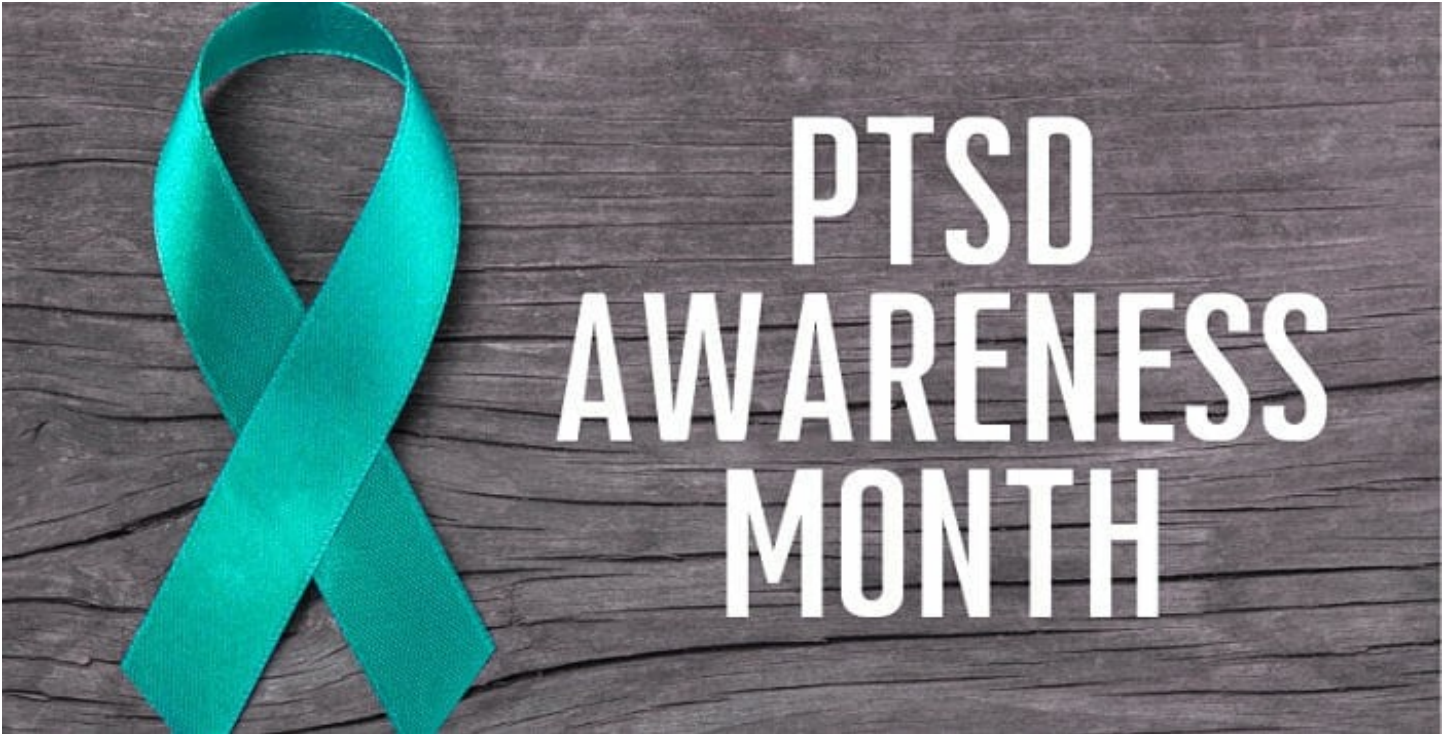




A word cloud centered around the acronym 'PTSD'. The words are arranged in a circular pattern, with 'PTSD' being the largest and most prominent. Other large words include 'avoidance', 'helplessness', 'fear', 'anxiety', 'disorder', 'trauma', 'flashbacks', 'horror', 'help', 'depression', 'nightmares', 'flashback', 'terrorist', 'traumatic', 'emergency', 'illness', 'posttraumatic', 'hypervigilance', 'social', 'exposed', 'memories', 'amnesia', 'numbing', 'disturbing', 'definition', 'injury', 'veteran', 'guilty', 'information', 'arousal', 'psychological', 'mental', 'illnesses', 'recurring', 'powerlessness', 'help', 'aid', 'paper', 'hyperarousal', 'concept', 'support', 'assault', 'violence', 'event', 'disasters', 'concept', 'assistance', 'book', 'phobia', 'stress', 'death', 'neuroendocrinology', 'threat', 'torture', 'therapy', 'risk', 'diagnosis', 'helplessness', 'trauma', 'anxiety', 'disorder', 'flashbacks', 'horror', 'help', 'depression', 'nightmares', 'flashback', 'terrorist', 'traumatic', 'emergency', 'illness', 'posttraumatic', 'hypervigilance', 'social', 'exposed', 'memories', 'amnesia', 'numbing', 'disturbing', 'definition', 'injury', 'veteran', 'guilty', 'information', 'arousal', 'psychological', 'mental', 'illnesses', 'recurring', 'powerlessness', 'help', 'aid', 'paper', 'hyperarousal', 'concept', 'support', 'assault', 'violence', 'event', 'disasters', 'concept', 'assistance', 'book', 'phobia', 'stress', 'death', 'neuroendocrinology'.

A close-up portrait of a woman with short, curly reddish-brown hair, smiling broadly. She is wearing gold-rimmed glasses and a dark jacket. The background shows the interior of a car with light-colored seats.

June was “National Post-Traumatic Stress Disorder Awareness Month”, and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war receive proper treatment.



HELP WITH PTSD

PTSD – this is a psychological disorder that develops in response to a shocking, frightening, or traumatic event. This event can include being exposed to actual or threatened death, serious injury, and/or sexual assault, natural disasters, and motor vehicle accidents.

It is common and expected for most people to experience fear and anxiety during and immediately following a traumatic event, and most people tend to naturally recover from these reactions as time goes on. However, when a person continues to experience persistent trauma and stress-related symptoms for more than six months, a diagnosis of PTSD should be considered. These symptoms include re-experiencing the traumatic memory in an unwanted and disturbing way, avoiding thoughts, feelings and situations that remind the individual of the event, experiencing intense negative moods or having negative thoughts associated with (e.g. thinking it's your fault or feeling depressed), as well as feeling overly aroused since the event.

Given the potential for PTSD to develop into a chronic diagnosis, it is important for individuals experiencing symptoms of PTSD to reach out for help as soon as possible.

HOW TO 'TALK' WITH A LOVED ONE ABOUT SEXUAL VIOLENCE

When someone you love discloses that they have experienced sexual violence, you may not know what to say. RAINN's 'TALK' method can help you remember how to respond with empathy.



T

**THANK THEM FOR
TELLING YOU**

A

**ASK HOW YOU
CAN HELP**

L

**LISTEN WITHOUT
JUDGMENT**

K

KEEP SUPPORTING

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

God,
GRANT ME THE
serenity
TO ACCEPT
THE THINGS
I CANNOT CHANGE,
Courage
TO CHANGE THE THINGS
I CAN, AND
wisdom
TO KNOW
THE DIFFERENCE

self care checklist

Pick something to do today

- | | |
|--|---|
| <input type="checkbox"/> TRY SOMETHING NEW | <input type="checkbox"/> COOK YOUR FAVOURITE FOOD |
| <input type="checkbox"/> GO ON A NATURE WALK | <input type="checkbox"/> LIGHT A CANDLE |
| <input type="checkbox"/> MEDITATE | <input type="checkbox"/> WRITE DOWN THINGS YOU'RE GRATEFUL FOR |
| <input type="checkbox"/> MAKE A VISION BOARD | <input type="checkbox"/> COMPLIMENT A STRANGER |
| <input type="checkbox"/> CONNECT WITH FRIENDS | <input type="checkbox"/> DANCE TO MUSIC |
| <input type="checkbox"/> WATCH YOUR FAVOURITE TV SHOW | <input type="checkbox"/> EAT NOURISHING FOOD |
| <input type="checkbox"/> HAVE A LONG NAP | <input type="checkbox"/> GO TO A WORKOUT CLASS |
| <input type="checkbox"/> GIVE YOURSELF CREDIT | <input type="checkbox"/> TELL YOURSELF "I LOVE YOU" |
| <input type="checkbox"/> PRACTICE DEEP BREATHING | <input type="checkbox"/> TAKE A BREAK FROM SOCIAL MEDIA |
| <input type="checkbox"/> CUDDLE A PET OR HUMAN | <input type="checkbox"/> BUY SOMETHING THAT MAKES YOU FEEL GOOD |
| <input type="checkbox"/> TAKE YOUR MEDICATION | <input type="checkbox"/> READ A BOOK |
| <input type="checkbox"/> PLAN A FUN DAY OUT | <input type="checkbox"/> SAY YES TO SOMETHING FUN |
| <input type="checkbox"/> CALL A FAMILY MEMBER | <input type="checkbox"/> DECLUTTER YOUR LIVING SPACE |
| <input type="checkbox"/> DO SOMETHING FOR SOMEONE ELSE | |
| <input type="checkbox"/> WRITE IN A JOURNAL | |
| <input type="checkbox"/> LISTEN TO A PODCAST | |


MOTIVATIONAL MOMENT WITH MINISTER TONYA BUFORD

There was a story in the Gospel of Luke where Jesus came across ten lepers who when they saw him called out to him that they may be healed. Jesus then said to the men to “Go show yourselves to the priests”. And the story says that as they went, they were healed. As I begin to think of that story it first occurred to me of the time the story had taken place. At that time, it was the law for lepers to not have anything to do with the others in their community. They were not allowed to associate themselves or were quarantined. That did not know Jesus or did not see the works of Him because they were not allowed. They went on what they heard about Him. Jesus never said to them that they were healed but all he said was to go. They went not knowing what would happen. They were not sure of the outcome; not sure if they would be arrested or even killed by the priest or the people in the community. They just knew that the possibility of getting their healing was better than sitting in their sickness. So they went!!

We have trained ourselves to be comfortable in our illnesses whether it is mental or physical. We don't try to get our healing because we are afraid of the process or just afraid of not knowing for sure of the outcome. But I realize that we must be more like the lepers and do what is necessary to get our healing. Will it be uncomfortable? Yes. Do

we know what we must face to travel the journey to get healed? No. Will we face obstacles, judgment, haters etc as we progress in our journey? Yes, we will, but we must have faith and let nothing stop us from obtaining our healing. Our healing must become more important than the obstacles that we must face along the way. So to obtain the freedom of living a healed life we must first do as the lepers did and that is to GO!!!





WALTER'S WALK

COVID-19 GRIEF SUPPORT GROUP

Wednesdays July 1, 2020-August 5, 2020

Age: 18+

Time: 6pm-7pm

Location: Telehealth

Cost: FREE

Facilitated by: Julia Dooley, M.A., LPC
Samantha LeCointre, intern supervised by
Carrie Gardner, M.A., LPC

&

Amanda Marlen, intern supervised by Andrew
Jovanovic, M.A., LPC

To register:

Call: Amanda Marlen at: (785) 456-4548

or

Email: Samantha LeCointre at samantha.lecointre@gmail.com



Walter'sWalk
...a caring path to wellness

SPOTLIGHT



Chantelle Branch

*Inspiring Strength in Domestic
Violence*



Chantelle Branch is an author, keynote speaker, founder of My Fearless Future Project, a wife, as well as a mother to three daughters. She's a Domestic Violence (DV) Specialist who has received training and certifications in the Domestic Violence Training Program through the State of Illinois DV mentoring certification programs at WINGS Program Inc. As well as Illinois' National Beauty Training seminar specific to recognizing and supporting victims of DV.

MFFProject was born from the need in communities across the nation and the lack of useful materials needed to reach the changing generations. After twenty years in the beauty industry servicing women, Branch worked tirelessly to create an organization better to help them navigate abusive relationships and build a support community.

In 2008, Branch made the risky decision to break free from an abusive relationship. After years of healing through faith, self-care, self-worth, and learning about healthy relationships, Branch created a new life of her own and is now on a mission to empower others exposed to DV to do the same.

After transitioning from being a victim to a survivor of domestic violence, Branch was determined to share her personal experience and to educate and inspire others. Sharing her message of resiliency and empowerment, Branch created the Survivor Testimony & Monologues (STAM), a travelling theatrical production that shares monologues about different scenarios with different people exposed to domestic violence. It's been lauded as an exceptional storytelling vehicle that encompasses and answers so many questions and breaks stigmas around DV and abuse.

S.T.A.M.

- Survivor Testimony Monologues (S.T.A.M) travels across the nation raising awareness. Many programs and institutions can use the Office of Violence Against Women (OVW) grant programs for funding. www.justice.gov/ovw
- Schedule performances at your preferred venue.
- For venues outside of Chicago, IL additional pricing applies including travel and lodging.
- For more information about scheduling and pricing email info@mffproject.com.



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