



*Let's Get Started*

# THE EMERALD JOURNEY

Leading survivors on a journey of healing through community, discipleship, mentorship, & coaching.



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# Introduction

Emerald of the Sea International is a 501c3 faith-based nonprofit that was founded on May 17, 2018 in Abilene, Texas.

We are now fully operating virtually giving us the opportunity to serve survivors across the nation!



## Mission

Leading Survivors of Sexual Trauma & Exploitation to the Hope, Healing, and Freedom in Jesus Christ.



## Vision

Healing Generations & Restoring Nations

## Services

Nation-wide Mentorship Program for Survivors  
Survivor Retreats & Conferences  
Outreach Collaboration  
Youth Trafficking Prevention  
Child Abuse Prevention  
Training Workshops & Conferences for Churches

# Our Program

## *The Emerald Journey*



Through this journey, survivors of sexual trauma confront the effects of trauma, dig up the roots of past experiences, and continue the road to healing and freedom—all alongside other survivors.

**JUST LIKE AN EMERALD GOES THROUGH A PROCESS, WE MUST GO THROUGH A JOURNEY OF HEALING TO SHINE BRIGHTLY IN OUR PURPOSE!**

This trauma informed program is created exclusively for adult female survivors of sexual trauma and exploitation. This umbrella term may include a history of childhood sexual abuse, molestation, incest, sex trafficking, exploitation, sexual assault, rape, and sexual addiction.

Since we operate completely remotely, we have the opportunity to serve survivors across the nation regardless of their location!



**We are serving survivors across the nation!**



**"IN A SEA OF BILLIONS, YOU ARE THE ONE EMERALD GOD SEES"**



# The Emerald Journey Program

## COMMUNITY- \$25 TO ENROLL

Emeralds have access to our virtual home, an exclusive app, to connect with survivors across the nation via weekly community events on zoom, direct messaging, & on demand content.



## 1:1 MENTORSHIP- \$100 FOR 1 YEAR

Emeralds are paired with a trained mentor. Mentors provide support & discipleship through 1:1 monthly calls & assignments.



## GROUP COACHING- \$50 PER SESSION

Emeralds can register for trauma informed & inner healing group coaching semesters during the spring and the fall.



## EMERALD GRADUATION

After successfully completing 4 coaching semesters and 1 year of 1:1 mentorship requirements, emeralds will have the opportunity to be celebrated and crowned at the Emerald Gala!



## EOS LEADERSHIP ACADEMY

Emerald Graduates can apply for the Leadership Academy to develop their purpose, character, and leadership skills through hands on experience & studies.



**"HEALING IS A JOURNEY, NOT A DESTINATION."**

*Emerald Journey*

# Community <sup>Online</sup> Events

Online community events are usually offered & scheduled every week on Monday nights at 8pm central. Time & Types of community events are subject to change at anytime. Community Events are exclusively for enrolled emeralds in our community. Recordings of the community events are available on our app to watch on-demand.

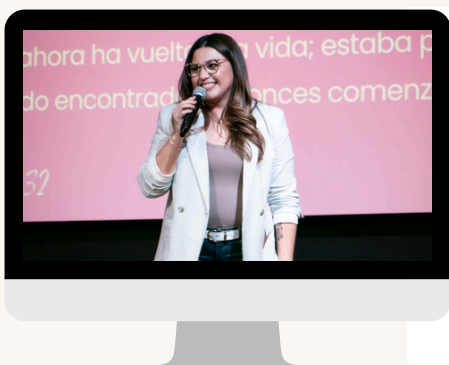


## *Empower Hour*

A guest speaker shares an empowering Holy Spirit-led word or teaching with the Emeralds.

## *Emerald Devotional*

An Emerald shares a reflection on healing, faith, & scripture led by an Emerald.

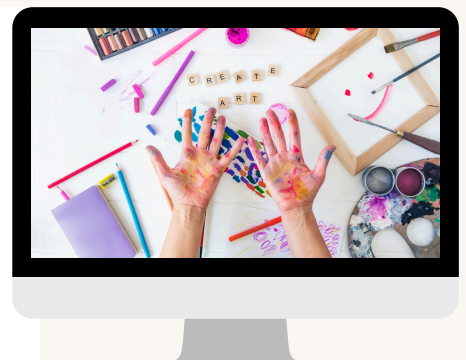


## **Bible Studies**

Bible Studies are great for Emeralds wanting to study the bible, grow in discipleship, & invest in spiritual development.

## **FUN NIGHTS**

Connect with sisters in the community to bond through faith, fun, & fellowship through virtual fun nights!







HEALING  
HAPPENS IN  
COMMUNITY...



EMERALD

# HANGOUTS

MEETUPS. CONFERENCES. RETREATS.

Opportunities to meet sisters from across the nation  
**in person** & bond through faith, fun, & fellowship!



# EMERALD

Supporting survivors  
every step of the way...

## Mentors



**KENDALL MOSES- LUBBOCK, TEXAS**

God used Emerald of the Sea to radically change my life. I found EOS shackled by addiction, abuse, & exploitation. The leaders of Emerald of the Sea held my hand until the shackles were shattered. I believe my calling in life is to do exactly what was done for me. That is why I am honored to be a mentor.



**JONETTA ERVINE- ABILENE, TEXAS**

God brought me to EOS at the lowest point in my life. My mentors held my hand and let me process the anger and numbness. I'm a mentor because I get to walk beside women as they go on their healing journey. I get to remind them that their healing is a choice. I get to love and meet her right where they are.



**MICHELLE MUNOZ- SAN ANGELO, TEXAS**

My healing journey was not easy, but I can honestly say I felt safe, supported, and loved through my journey at EOS. I am blessed to be a part of EOS because my healing looks healthy and fruitful. This is why I chose to be a mentor after I graduated. I want to be a part of helping women find hope, healing, and freedom found in Jesus!



**RACHEL RODRIGUEZ- ABILENE, TEXAS**

God used EOS to truly show me what healthy looks like, what freedom looks like. They were with me through every moment, every struggle, and every breakthrough. And now, how can I not continue to help others find that same freedom? That is why I choose to be a mentor. The same freedom (Jesus) that found me is longing to find and free others.



# EMERALD

Supporting survivors  
every step of the way...

# Mentors



## ALLIE SANCHEZ - LUBBOCK, TEXAS

The intentionality of God is so incredible. July 2022, I came in late to the KMF Woman's Conference and as I took my seat, I listened to a mighty woman of God share about an organization called "Emerald of the Sea." I didn't fully understand how my life was about to change. I was arrested by the Holy Spirit as the language and heart of God was shared for women -Emeralds- who receive healing by what God is doing through EOS.

All I can say is a divine appointment, a step of faith and obedience, and giving God my "yes" has turned into one of the biggest blessings of my life God connected me with EOS. I see first hand how the Holy Spirit impacts a woman as she takes a step of faith in her healing journey. As she receives restored identity through community, mentorship and coaching. Where she learns to shatter the lies of the enemy and shatter generational cycles. She experiences safety and grace of God in a way that changes the trajectory of her life forever. Through EOS, she encounters Jesus. Where she begins to understand in a sea of billions, she is the one Emerald that God sees.

You see, SHE is ME. Now I choose to serve as a mentor. I have the honor and privilege to see women - survivors, victorious overcomers- receive support and encouragement in their journey. God allows me to be a person for her that I did not have in my healing journey. I get to give back what I have received and speak into her life the hope, healing and freedom found only in Jesus. This is not just a passion or calling, it's the heart of God for His Daughters



## ROSA TREVINO - ABILENE, TEXAS

I must have been 8 or 9 years old when I realized my sister was in trouble. The way our male family member touched her didn't seem ok. As he lured her away, I felt fear overcome my body. I wanted to say, "No, stop! Where are you taking her?!", but nothing came out of my mouth. I didn't know how to describe how I felt at the time being a little kid. Now I know I felt so helpless and insignificant. That moment would forever change me.

As I got older, I looked for ways to help those in trouble. During my time in the Air Force, I was trained to be a Sexual Assault Prevention/Response (SAPR) facilitator. This empowered me to speak up against sexual assault and harassment in the military. I was introduced to Emerald of the Sea – International in 2019. This organization not only helps women find their voices but also helps them discover their identity through God's word!

As a mentor, I get to encourage ladies and remind them they are not what happened to them. I am privileged to hold their hands through tough times and help lead them to the freedom found in Jesus Christ! We were once silenced by our abusers. Going through the healing journey with Emerald of the Sea teaches us "Yet in all things we are more than conquerors through Him who loved us." Romans 8:37 (NKJV)

# EMERALD Coaches



## Cynthia Magallanes

Cynthia Magallanes is a passionate lover of Jesus and his heart for redemptive justice. She is also a fierce advocate for women and children, survivors of sexual trauma. As a survivor herself, she knows first hand the journey from brokenness to restoration. This knowledge and passion has led her to become a successful entrepreneur and community leader. She is the CEO of Free Ever After Bridal Boutique and Founder, co-creator and director of Life Beyond Shame, a global online Community equipping kingdom women to heal after sexual trauma. Cynthia and her husband Alex reside in Sahuarita, AZ with their three children.

## Crystal Leake, LPC-S

For over 15 years, Crystal has served in a professional setting helping connect children and adults to healing. Crystal has a Master's in Family Ministry, Master's in Family Psychology, is a Trust Based Relational Intervention practitioner, has specialized training in trauma, premarital/post marital counseling, and drug prevention. Through church and parachurch settings, Crystal has served as a youth minister, chaplain, worship leader, missionary, prison minister, and bible study leader. She is currently an Emerald of the Sea coach virtually serving survivors of sexual trauma & exploitation across the nation.



Esmeralda Ridilla is a minister with 14+ years of leading & serving in various ministries, outreach, and nonprofits.

With a prophetic, practical, and trauma informed approach, Esmeralda enjoys coaching, mentoring, and discipling individuals to restore their identity and purpose through transformational healing. Through her business, Royal Ridilla Coaching & Consulting, she is equipping Royal Babes to be healthy leaders and build flourishing ministries & businesses. She loves to communicate biblical principles in a relatable and relevant way through preaching and poetry.

Esmeralda is proud to be a Mexican immigrant and Louisiana raised city girl! She currently lives in Lubbock, Texas with her amazing husband, Matt & their beautiful 2 children, Cristabel & JohnMichael.



Esmeralda Ridilla



# Emerald Journey Coaching

## Semesters

<b>SEMESTER 1</b> <b>Shatter the Lies</b>  Offered in the Spring	Expose, identify, & replace lies (with biblical truths) planted in our wounds, trauma, experiences from childhood to adulthood.	<b>10 Group Sessions</b> <b>1:1 Session</b> <b>Workbook</b> <b>Session Recordings</b> <b>Private Group Chat</b>  <b>\$600</b>
<b>SEMESTER 2</b> <b>Shatter the Shame</b>  Offered in the Fall	Unmask your soul from layers of shame by understanding emotional, mental, physical, spiritual, and sexual trauma.	<b>12 Group Sessions</b> <b>Workbook</b> <b>Session Recordings</b> <b>Private Group Chat</b>  <b>\$650</b>
<b>SEMESTER 3</b> <b>Shatter the Shackles</b>  Offered in the Spring	Love, Sex, Relationships Pt. 1 *Shatter shackles of addiction * Shatter toxic relationships and codependency	<b>12 Group Sessions</b> <b>Workbook</b> <b>Session Recordings</b> <b>Private Group Chat</b>  <b>\$650</b>
<b>SEMESTER 4</b> <b>Shatter the Cycles</b>  Offered in the Fall	Love, Sex, Relationships Pt. 2 *Shatter generational cycles, establish healthy boundaries, & rebuild intimacy	<b>12 Group Sessions</b> <b>Workbook</b> <b>Session Recordings</b> <b>Private Group Chat</b>  <b>\$650</b>

HALF DOWN DEPOSIT REQUIRED TO REGISTER, 3 MONTH PAYMENT PLAN TO FOLLOW  
EX: DEPOSIT = \$300 TO REGISTER, \$100 PER MONTH FOR 3 MONTHS

**\*\*Semester Structure and Investment Subject to Change\*\***

# Graduation Requirements

## COMMUNITY- \$25 TO ENROLL

Emeralds are required to attend at least 2 Community Events on a monthly basis during their 2 year program.



## 1:1 MENTORSHIP- \$100 FOR 1 YEAR

Emeralds must have successfully completed at least one year of 1:1 mentorship. This consists of attending all monthly mentorship calls & completing all monthly assignments.



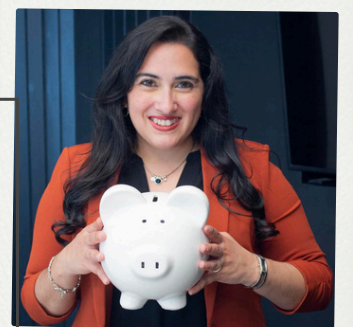
## GROUP COACHING- \$50 PER SESSION

- All Emeralds are required to attend 80% of each semester in order to receive semester credit. This includes completing homework.
- Any missed sessions will REQUIRE Emeralds to watch the replay on Mighty Networks & post a response to questions asked in group, to be posted in the Mighty Networks app. Failure to do so will result in a semester retake & another paid registration.
- Emeralds will have one week from the end of the semester to makeup any replays & homework to receive credit.



## FINANCIAL COACHING

Emeralds must have completed at least two financial coaching sessions regardless if financial assistance was needed for the program.



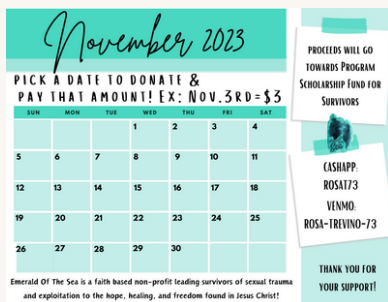


# *SUGGESTED* TIMELINE



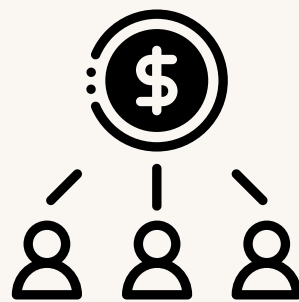
# FUNDRAISING &

# FINANCIAL ASSISTANCE



## Fundraising Calendars

We have fundraising calendar templates for our community to fundraise for their program by asking friends, family, and followers to pick a date of their choice to help fill up the calendar.



## Peer- to- Peer Fundraising

We host an annual anniversary online fundraising campaign empowering our community to create profiles, set a goal, and fundraise for their program through a popular platform.



## Fundraising Letters

We have fundraising letter templates available for our community to edit, print, email, etc. to share with family, friends, and organizations to donate toward their program.



## Freedom Funders

Our fundraising team is dedicated to leading survivors to hope, healing, and freedom through their fundraising efforts towards the program scholarship fund & crisis fund for women in our community.



## 1:1 Financial Coaching

Our financial coach offers free 1:1 Financial coaching calls to help our community with personal budgeting, financial planning, & Biblical stewardship to obtain & maintain financial freedom. Email to schedule session.

[terry.pena@emeraldofthesea.org](mailto:terry.pena@emeraldofthesea.org)



## Scholarships & Sliding Scale

Recipients of scholarships & partial scholarships are awarded based off merit and willingness to work the program faithfully. Requests can be made to the program coordinator for further information.





Terry Peña  
EOS Treasurer

# Financial Assistance

## APPLICATION PROCESS

### First - Time Applicants

- 1 Submit an **“Phase 1: EOS Financial Assistance Application (First - Time Applicants).”** The confirmation email will include instructions about how to set up an account with Operation Hope for the free financial coaching with Terry.

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- 2 After you complete the registration process with Operation Hope, you will meet with Terry for 2 financial coaching sessions where you will complete your own budget.

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- 2 Once your budget is complete, submit form **“Phase 2: EOS Financial Assistance Application (Budget Upload).”**

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- 3 The Financial committee will review your budget and your commitment to the program. You will receive an email with an update regarding your financial assistance application or the requesting of any further information.

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Terry Peña is the Owner of One Tenth Ministries. She provides biblical-based financial literacy workshops. She also works for Operation Hope as a financial well-being coach providing one-on-one coaching consultations at no cost. Terry loves being a stay at home mom raising her two kids, Ariana and Aiden, alongside her husband. She currently resides in Long Island, New York. Terry is passionate about sharing God's principles for finances. She is looking forward to this wonderful journey with God guiding every step of the way.


Enroll Today!




# Emerald of the Sea

THE EMERALD  
JOURNEY PROGRAM

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Esmeralda Ridilla

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