

THE FAMILY

PEOPLE HELPING PEOPLE

NEWSLETTER

AUGUST 2017



FEATURE STORY

Spotlight



My name is Lavita Thurston. I am the mother of Georgette Rahming who was killed May 26, 2015. That night some perpetrators shot my daughter while she was sitting on the front porch of our home. I heard her cry out and she died in my arms. That changed our lives forever.

About two years before Georgette's death, I visited the family program at St. Michael's Methodist Church, then later the Wednesday family meeting which now meets on East Street. I shared my daughter's story, how she was molested by a family member and how she was bitter, angry and very depressed. One lady suggested I stop trying to be "the good parent" and understand what had happen to her. This

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MESSAGE FROM DR. VICTORIA ALLEN

Sharing Burdens



When we share our deepest hurts, the pain is lessened and we find healing. That is what The Family is all about. In my own study, I've found the writings of Frederick Buechner express this truth which is so central to The Family.

Buechner's father committed suicide when Buechner was 10. His family buried what they considered a shameful secret and never talked about it. He did not consciously grieve his father's death and after a few years he could hardly remember him at all.

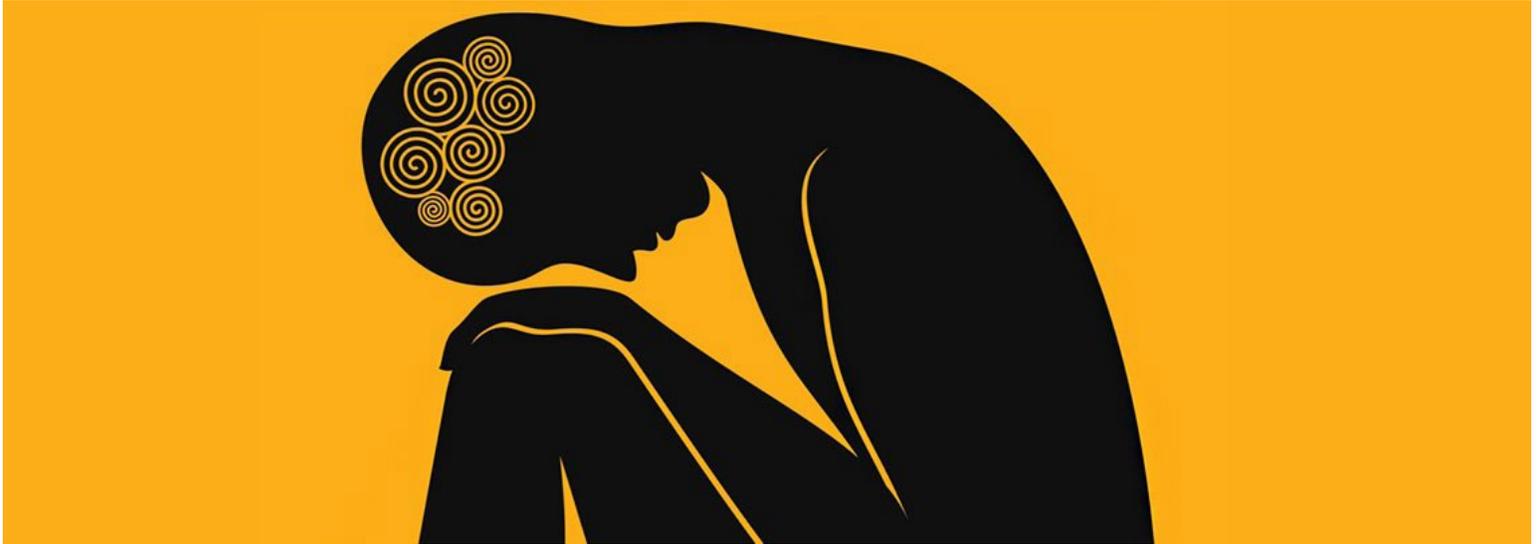
In his memoir, *Telling Secrets* (1991), Buechner shares what happens when we try to bury our deepest hurts. Beginning

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made a lot of sense, so I went home and told my family members, "Let's treat Georgette differently, no matter how upset she makes us." That Christmas we took Georgette to the carnival. That was the most enjoyable time of her life. I have never seen Georgette laugh so much. She went on so many rides, she asked for cotton candy, she asked for pizza. Georgette was like a child in a candy land. That day was the beginning of something new, all because I took the Family's advice to stop chastising Georgette. She was already a hurting child. I needed to draw the hurting child out of the adult body. I changed my outlook of Georgette and so when I said I love you, she responded back to me, "I love you, too, Mommy." Up to the time of her death my daughter and I were on a good path. I helped her "squeeze her sponge" to share her heart. I helped my daughter get in touch with her hurt trail. My daughter changed from being rebellious. She came back home, literally and spiritually.



The Family means so much to me because when Georgette was killed, The Family allowed me to vent and cry my heart out. On several occasions The Family allowed my two daughters and me to scream at the top of our lungs. The Family helped me to push past my deepest pain after the loss of my daughter. Dr. Allen took my two daughters and me to lunch where we ate, talked and cried but we got the hurt out. The Family is like my own biological family. Family group members are my brothers and sisters that's what The Family means to me. It has been two years since my daughter was killed. Thank GOD I am a part of The Family group. I still go and share whenever I need to. I have learned the breathing exercise. I have learnt how to stay out of the angry violence tunnel. I have learned to set my boundaries and let who I want in my circle. The Family helps people to find themselves and their true identity through healing, through squeezing their sponge, through CHRIST.

I am now running several whatsapp supportive groups. I am trying to register a foundation called **Grow in God Immensely** in my daughter's honor. I am now counselling married couples and individuals while finishing my degree in counselling at Galilee college. My daughter's story will live on because Dr. Allen allows me to share it. Just being part of something good called The Family means all the world to me. I know that people helping people helped me and I can help others while ministering the love of CHRIST through the holy spirit

We must stop killing our own people! My daughter was just 21 with her whole life ahead of her. I would like for parents who have lost loved ones to get together and make a change. I cannot help my daughter anymore. But I can help your child, I can help you, I can help myself. Hurt people hurt people! Our children are hurting, so they channel their hurt onto some other innocent person. You get all this revenge killing because we don't want to forgive. We don't want to let things go and let God deal with it. We have to get to the place where we forgive these people for the wrong they have done us. I have moved on by forgiving these people and I want you to move on by forgiving anybody who has wronged you. We need to stand together and fight against this killing spirit, this revengeful spirit and get this spirit out of our homes. We need to work with other persons. It's not a me thing, it's a community thing, a village thing. When your child hurts, I hurt too. We are our brothers' and sisters' keepers. If you are hurting, come to The Family! If you know someone who is hurting, bring them to The Family! You need us and we need you!

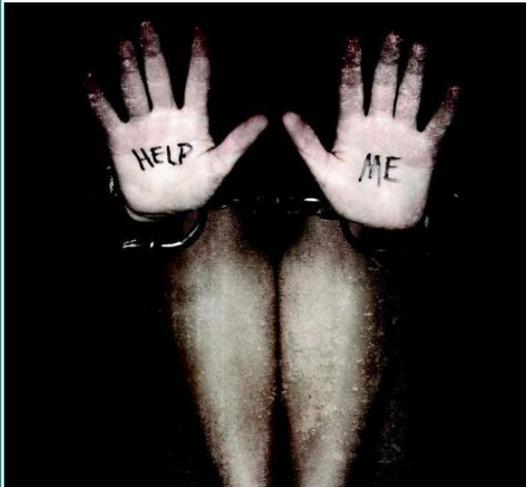
LECTIO DIVINA

"Share one another's burdens and so fulfill the law of Christ."

- Galatians 6:2

with the key event of his childhood, his father's suicide, Buechner and his family tried to forget about it. "Because none of the three of us ever talked about how we had felt about him when he was alive or how we felt about him now that he wasn't, those feelings soon disappeared too and went underground along with the memories."

This buried hurt created problems which he was forced to face when he was in his fifties. He describes this process in several of his books, in which he shares how his false self became destructive. In *Whistling in the Dark*, Buechner defines the term "Help" to illustrate the way out.



Help

As they're used psychologically, words like repression, denial, sublimation, and defense all refer to one form or another of the way human beings erect walls to hide behind, both from each other and from themselves. You repress the memory that is too painful to deal with, say. You deny your weight problem. You sublimate some of your sexual energy by channeling it into other forms of activity more socially acceptable. You conceal your sense of inadequacy behind a defensive bravado. And so on and so forth. The inner state you end up with is a castle-like affair of keep, inner wall, outer wall, and moat, which you erect originally to be a fortress to keep the enemy out, but which turns into a prison where you become the jailer and thus your own enemy. It is a wretched and lonely place. You can't be what you

want to be there or do what you want to do. People can't see through all that masonry to who you truly are, and half the time you're not sure you can see who you truly are yourself, you've been walled up so long. Fortunately there are two words that offer a way out, and they're simply these: "Help me." It's not always easy to say them-you have your pride after all, and you're not sure there's anybody you trust enough to say them to-but they're always worth saying. To another human being-a friend, a stranger? To God? Maybe it comes to the same thing.

Help me. They open a door through the walls, that's all. At least hope is possible again.

At least you're no longer alone.

From *Whistling in The Dark*, Harper Collins, 1988

As Lavita Thurston and other members of The Family have discovered, we all need to share our pain to find help. Then we are free to help others and find the abundant life God has for us.

Dr. Victoria Allen is the wife of Dr. David Allen, and Co Director of The Family Group Therapy Project.

ABOUT THE FAMILY: PEOPLE HELPING PEOPLE

THE FAMILY: PEOPLE HELPING PEOPLE is a program of free, community based therapy groups for adults and adolescents throughout New Providence, using qualified therapists. We are building The Bahamas and reaching out to the world.

Our Vision: Helping Our People Everywhere

Our Mission: People Helping People

If you want to help or share in this great work,

■ Attend a FAMILY group ■ Join our training program to become a Group Facilitator

■ Make a donation via Scotiabank: 70375-3001-602 (Donations are under the direction of a distinguished accounting firm.)

If you want to:

■ Join a Family Group / Become a Group Facilitator: Contact the Family Office at 698-0155.

■ Start a Family Group/Request Dr. Allen's Material: Contact Dr. Allen (Renascence) at 327-8918/9.

■ Book Dr. Allen: Email <dfallen43@gmail.com>.

SIGN UP FOR OUR MONTHLY NEWSLETTER AT WWW.FAMILYHELPINGPEOPLE.COM

THE FAMILY: PEOPLE HELPING PEOPLE MEETING TIMES & PLACES

FAMILY	LOCATION	DAY	TIME
WillaMae Pratt Ctr.	Fox Hill	Monday	3:30 – 5:00pm
Simpson Penn Ctr.	Fox Hill	Monday	3:30 – 5:00pm
Collins Ave. Teens	7 th Terr. Collins Ave.	Monday & Thursday	4:00 – 5:30pm
Glad Tidings	Kemp Rd.	Monday	6:00 - 8:00pm
Warfare Group	Collins Ave.	Monday	6:00 – 7:30pm
Carmichael Rd.	Law Offices Opp. St. Gregory's Church	Monday	6:00 – 7:30pm
Great Commission	Wulff Rd.	Tuesday	11:00 – 12:30pm
East St. Gospel Chapel	East St.	Wednesday	4:00 – 6:00pm
Her Majesty's Prison	Fox Hill	Wednesday	9:00 – 10:30am
NPCC	Blake Rd.	Wednesday	6:30 – 8:00pm
Guidance Counselors	Mable Walker Professional Ctr.	Thursday	8:45 – 11:00am
Evangelistic Temple	Collins Ave.	Thursday	4:00 – 5:30pm
NPCC	Blake Rd.	Thursday	6:15 – 7:45pm
Elizabeth Estates Children's Home	Elizabeth Estates	Thursday	6:00 – 7:30pm
Holy Trinity	Stapledon Gardens	Friday	6:00 – 7:30pm
NPCC – Facilitator Training	Blake Rd.	Saturday	9:00 – 12:00pm

Private Groups

Adult & Adolescent Groups

Adult Groups

VISION – H.O.P.E. (HELPING OUR PEOPLE EVERYWHERE) MISSION – PEOPLE HELPING PEOPLE



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1 (242) 676-8619 or
thefamilyphp@gmail.com

Office Hours:
9am - 5pm Mon, Tue, Thu, Fri
9am - 4pm Wed

Visit us on the web at
www.familyhelpingpeople.com

PARTNERS

Templeton World Charity Foundation
Renascence Institute International

If you'd like to support **THE FAMILY** and share in this transformational work, we'd be happy to receive your donations via Scotiabank 70375-3001-602 for more information or to support, contact us at 327-8718/9 or dfallen43@gmail.com