

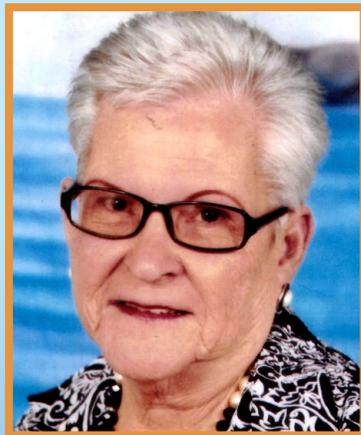


THE FAMILY: PEOPLE HELPING PEOPLE NEWSLETTER

JUNE 2017

FEATURE STORY

Angel UNAWARE



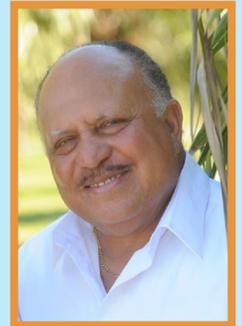
Pastor Irene Russell of Glad Tidings Tabernacle has provided a meeting place for the Kemp Road Family for the past six years. This contribution of a clean classroom space, with air-conditioning and security, is a sizable contribution to The Family.

On behalf of The Family, I would like to thank her. Kemp Road has many challenges, but as one who attended virtually every meeting for the past six years, I have watched the Family Group move from raucous disorder to a gathering where persons of all walks of life, countries, and races mingle with local Kemp Road residents who are authentic and tell it like it is. The Kemp Road Family has become one of the

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MESSAGE FROM THE FOUNDER

Letting Go



All life involves change, all change involves loss, and all loss involves pain. Unless we are able to grieve or let go the shame and pain of loss, it is difficult to open up to love. We can only love, as deeply as we can grieve—as we let go. And in another sense, we can only grieve as deeply as we love. “The earth is filled with God’s unfailing love” (Ps. 33:5). This means that however dark the night, or difficult the day, God’s love is always present. Sadly, because we are so busy and rushed, we fail to stop, look and listen, and often we miss the reality of that love. As Henri Nouwen, my mentor used to say, “You can’t live without hearing the angels sing.”

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most healing Families, bringing hope and blessings to many hurt persons suffering from innumerable challenges. We observe the miracle of seeing them get up, and walk, and move into the fullness of life. I would also like to thank former Representative of the area, Richard Lightbourn, who still provides a nutritious soup every Monday evening, giving people a substantial meal to start their week.

Pastor Irene Russell, a distinguished mother, grandmother and great grandmother, teacher, friend and counsellor, walks like a colossus through the pain and challenges in the Kemp Road area. A deeply spiritual woman who always has a word of encouragement for hurting people, she was a real encouragement to me during the early days when I was trying to start The Family work in Kemp Road. She stood beside me, offering her church facility, parking lot, security and the help of other church staff members.

The Kemp Road Family is a place where God's Presence is evident. Persons who attend regularly move through the challenges of their life, receive healing and become healers to us. Pastor Russell sits quietly and contemplatively in the group as pain from the evils of addiction, murder, abuse, poverty and hopelessness of human existence are released. Her presence, smile and prayer produces calm. In spite of overwhelming circumstances including hurricane damage, fires, murders and the ravages of poverty, she is a Christ-figure who absorbs the chaos, exudes calm and inspires hope. Although an extremely knowledgeable and seasoned counselor, she has also taken The Family's Facilitator Training course and is one of our most qualified and effective Facilitators.

I'll never forget her sharing with me that The Family is where she learned to grieve, learned how to let go. Despite all the years of helping people, conducting funerals, and facing so many traumatic experiences, she said that losing her husband and lifelong partner, Walter Russell, was a great loss, because he was her support, soulmate and helper. Losing him left her feeling bereft and stranded. But in our Family Training and Group sessions, she learned to grieve the loss of her husband. When she shared the story of her own loss, she came to understand grief as God's healing power, helping us to let go and open ourselves up to the meaning of life. She has taught me that grieving and letting go are in fact keys to the deepest spiritual experiences of life and work.

Pastor Russell's grace and love pervade the Kemp Road Family. In fact, many international visitors have expressed awe and wonder at the healing presence of God they have encountered there. A distinguished lawyer from Washington attended to the Kemp Road Family twice and said he experienced the deepest presence of God he had ever known. The **Kemp Road Family** meets on Monday evenings from 6:00 to 7:30 pm in Glad Tidings Tabernacle, Kemp Road, just off Shirley Street.

LECTIO DIVINA

**"Be still,
and know that I am God.
I will be exalted among the nations;
I will be exalted in the earth!"**

- Psalm 46:10

THE STUFF OF LIFE

THE STORY IS

told of a homeless man in the Alps who carried all his worldly belongings in a knapsack on his back. It was snowing and he started to freeze. He saw a chalet in the distance. Entering the porch of the chalet, he saw a family around the table, warmed by a fire and he thought to himself how nice it would be to go inside. To his surprise, the owner came to the door and invited him in through the small front door. He tried to enter, but he could not do so because of the knapsack on his back. The owner said, "Please leave your knapsack on the porch and come in. It's cold out there." The man replied, "I can't leave my stuff; it's all I have." After several attempts, he turned away and went out into the cold. The next day he was found dead in the snow.

All of us have so much "stuff" that blocks us from *letting go* — our pain, shame, fears, regrets, failures, even our material possessions. As a result, we miss the warmth, peace and serenity of The Love that will never let us go, and The Face that never turns away. Come to the Family. Learn to let go of your stuff and open to inner peace and healing.



This love is not the only reality of the human condition. Life is wounded. As the apostle Paul said, "The things I should do, I don't do, and the things I should not do, I do" (Romans 7:19). As we examine our lives, we find that we are caught between becoming open to our love story and dealing with the deep hurt and shame buried in our hearts.

Shame—the woundedness of life—is a deep, painful feeling that occurs when a cherished dream shatters. Each time a dream shatters, our woundedness means that a lie is born! When we are abandoned, we believe the lie that we are no longer worthwhile. When we are rejected, we believe the lie that no one loves us. And when we are humiliated, we believe the lie that we are a failure.

These lies come together to form a protective shield around our heart, which is called the False Self. This false self is a perverse rescuer. While it promises relief, it actually highjacks our lives in a wilderness of fear and anger. Our only

hope in dealing with this woundedness and our destructive False Self, is to learn to surrender or let go. Obviously, this is easier said than done.

Letting go is the process of becoming aware of our wounded condition, and recognizing that we need help. This means confronting our pain. As Andre Chappelle said, "What you don't confront, you can't conquer." As we let go, we find ourselves grieving our losses and hurts, and releasing the shame and pain of our lives. Opening our hearts to God, we experience the epiphany of a deep sense of peace and authenticity manifested by humility, love, forgiveness and gratitude.

This is not an event. Letting go is a process. It involves being open to share our stories with a group of persons in a contemplative atmosphere of love, acceptance and supportive, non-judgmental listening. As we share our stories, a healing bond develops which we call "The Family."

Come and join us. There are Families located throughout Nassau. We invite you to attend our newest Family at **Holy Trinity Church in Stapleton Gardens** on Fridays from 6:00 to 7:30 pm. For further information, call the Family office 698-0155 or email thefamilyphp@gmail.com. If you would like to receive this monthly newsletter with inspiring testimonials of others who have found hope and healing through our Families, please subscribe via info@familyhelpingpeople.com.

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
The Crisis Centre	East St.	Wednesday	4:00 – 5:30pm
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



PEOPLE HELPING PEOPLE

Come and join a *family*,
find people who are ready to help
you and train you to help others!

THE FAMILY OFFICE

7th Terrace, Collins Ave
1 (242) 698-0155 or
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
Renescence 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, contact us at 327-8718/9 or dfallen43@gmail.com