

Dear Friends,

July 2021

"I am overwhelmed and am so thankful for this session [webinar]. I've got a story to tell, but I won't bother you with it. God has used this particular session in my life in the way He used Moses to provide water from the rock in the wilderness!"

Many of you viewed my Five Stones Media webinar, [Attachment and Trauma: Effects on Body, Soul and Spirit](#). Like this person, all of us have a story to tell!

A Typical & Tragic Story

A little boy is born to his young, single, uneducated mother. Twelve months later she gives birth to his sister. The single mom has no capacity to care for her kids and does the only thing she knows how to do. She lives with any man who will take her in. Of course, they do not value her or her kids. Eventually the stress is too much, and this young mother threatens to kill her kids. Someone calls DFS and they take the kids away to be placed in the government's system that is supposed to care for these kids.

Fast forward four years later. Thankfully, the brother and sister have remained together, but they are now in their 7th home placement! "Care" in the previous homes included exposure to horror movies, pornography, malnutrition, and neglect. "Discipline" included beatings, being fed their underwear after an accident, verbal threats, and shaming. What do you think their future holds? How many times have we heard or seen this story? How many of our homeless or incarcerated have a similar story?



The 12 Poverties, StudiOne-Eighty Painting

Enter a young and courageous Christian couple. They are determined to make a difference. They are not naïve to what they are embarking upon, having fostered extremely difficult children before. They know they need more help, and this is where I enter in. With less international travel, I have had more time to journey alongside several individuals and families who are fostering or have adopted, as well as adopted adults dealing with some unhealed wounds.

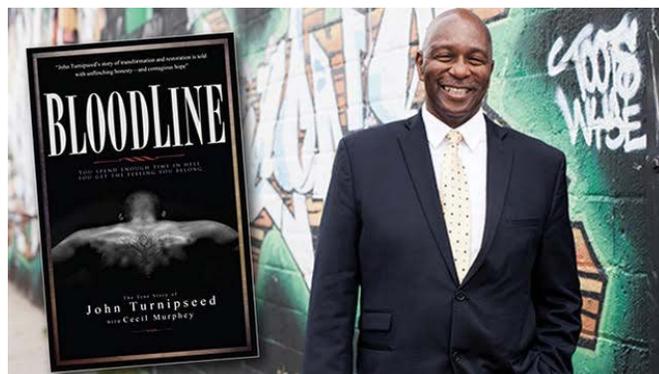
Healing in Germany

"The content was not only extremely interesting for me, but also very important because I can now understand myself better and be able to serve others better."

I completed a TBRI virtual training to a group of 50+ Germans in Germany. I was invited by a German Christian community, OJC, that has been friends of The Harbor for a decade. Through conversations the OJC leader was intrigued with my Attachment studies and could see the need for such training in Germany. WWII is not that long ago, and most families today still carry historical trauma from that time, being raised by parents riddled with deep guilt and shame. Furthermore, OJC discovered that current German parenting practices are deeply rooted in practices developed for raising the Hitler youth.

Hope in South Minneapolis and Africa

I conducted a trauma training for 16 rising young leaders with StudiOne-Eighty in the South Minneapolis area devastated by the riots. Four other leaders joined us virtually from Kenya and Uganda. All are living and working in highly traumatized communities. Two reside in the world's largest slum, Kibera, Kenya. All of these participants are committed to bring about transformation in their communities. I serve on StudiOne-Eighty's Board with John Turnipseed.



Whether it is in Germany, South Minneapolis, Africa, Russia, or elsewhere. Whether it is the homeless, imprisoned, orphans, foster kids, adopted kids, caretakers, or church goers. The bottom line is that the world is deeply broken, leaving all of us wounded. Since we are integrated beings, the wounds impact us mentally, emotionally, physically, and spiritually.

TBRI is a powerful tool addressing the whole person in accordance with how the Lord designed us to function. It is not a magic bullet, rather, a new way to be with others that creates healing environments through relationships. It is relating to others with compassion and understanding for how we are meant to connect with one another that has ripple effects into our future relationships. It is learning to love people practically, intentionally, and with a focus on the long-term results when consistently practiced. As participants begin to see this wonderful design, there are many “Ah ha” moments that include the awe of our Creator and the capacity of our brains and bodies to heal. It also includes a sadness in recognizing one's own wounds in a clearer way and how those impact one in body, soul, and spirit.

The good news is Jesus came to set us free in our whole being, starting now and lasting into all eternity. The Holy Spirit is about transforming us into the likeness of Christ, to live out our becoming “a new creation.” TBRI is one way to partner with Him and help people practically do this.

It is a deep privilege to journey with people and to see them begin to walk in this freedom. **Thank you for your partnership in helping make this a reality!**

For Healing Wounds & Advancing Outcomes,

A handwritten signature in black ink that reads 'Melinda A. Cathey'.

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