

## **SPIRITUAL ISSUES for ADULT SURVIVORS**

**By Diane Moore, Program Director Mary's Hope Workshops**

*Until I relinquished the past to God,  
And let God love me as I was  
And as I am today;  
I cannot live into the person God created me to be*

The whole focus of Mary's Hope Workshops is about healing spiritual wounds. Many people do not know what the term "*spiritual wound*" means. They are not about a person's faith tradition or religion; they are about the person's relationship with the Holy.

These wounds have long been overlooked, ignored, under-recognized, or minimized by care providers and the survivors themselves. The wounds most survivors articulate are: I am angry at God; I feel alienated from the source of being; I feel shamed at my core; I feel like God made a mistake in my creation; I feel overlooked or abandoned by God; I feel flawed from the womb; I feel like God created me for my abuse.

These spiritual wounds are not about a specific religious affiliation, worship style or faith background; this is about the person's spirit, their connection with the holy, the sacred, God by whatever name. It is about the person's relationship with their creator, however they view that creator. Such wounds are devastating and affect the person's very core of being-ness.

Our workshops help participants understand the dimensions of wounding, how it presents, how to recognize and respond, and eventually, how to facilitate healing for survivors.