

WILL YOU BE WHOLE MINISTRIES

Journeying Towards Wholeness



Permission

Give people permission to question closely held beliefs and lessons received from family, religion, or society.

Remind people only they have the power to make choices about their sexuality and their faith/spirituality.

Support people with affirmation, presence and encouragement. Wholeness is a journey not a destination. Permission is typically the first step.

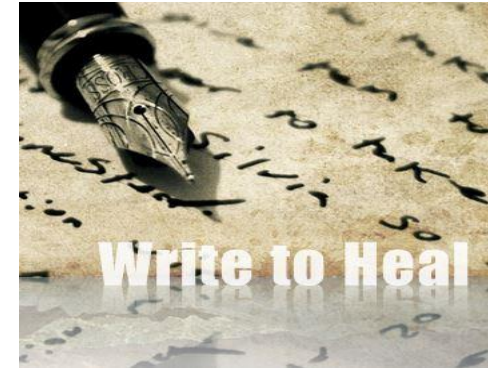


Telling Our Story

The power of telling our story is undeniable. Provide space and opportunity for individuals to share their story.

Create brave space and strong community to foster a sense of safety to break the silence. There is no "right" way to tell one's story.

Use all the creative means available to help individuals speak their truth and tell their story. Art, dance, singing, poetry are all positive ways to share our story.



Writing

Putting pen to paper can be the start of a beautiful relationship with oneself. Use writing as a way to "say" the things one cannot yet speak. This process allows persons to put down the very words that usher persons through the healing process.

Start with memories or free writes. The goal is simply to put words to the page.

Do not censor what comes up just let it flow from one's thoughts down the arm, over the wrist and through the pen.