



**Worthy Women Recovery Home, Inc. is a Christian ministry that offers housing and education to women suffering from criminal thinking and/or substance abuse.**

**1 Peter 1:7**



**www.worthyrecovery.net  
219-325-3360 501c3**

## **Complicated Trauma-related Addiction**

## **May 2023 Newsletter**

From Sonshine's Heart,

I used to wonder why I had such negative thinking and doing, when in my heart, I wanted to do good. I felt stuck in my thinking. Being placed in a children's home in Germany from birth to 8 years old, moving to America at 8, being bullied, becoming an American citizen at 12, a drug addict at 13, and my first overdose at 19 (below), and now chasing Jesus for 30 years, I know that negative, sinful thoughts can be ignored and replaced. I do not have to be stuck. My mind is set on Jesus Christ and His sacrifice for me.



So many of our residents, ALL OF THEM, suffer as I suffered in my mind. But some of them went through much more, extremely horrific, long-term abuse at the hands and evil desires of people around them who were supposed to be trustworthy, who

threatened and manipulated them, overpowered them and took them for granted, used them like rags and left them feeling dirty, fearful, guilty, worthless, ashamed, and the list goes on.

Alice's life story is one of the most traumatic I have ever been a part of helping to restore. The sexual abuse went from age 5 to 11. Something so disgusting at the hands of someone she was supposed to trust, is even more traumatic. It also created confusion, caused poor moral choices, and wiped out completely all of her self-esteem. By age 48, she was sentenced to 10 years in prison. When she arrived at Worthy Women on March 24, 2022, I was shocked at how sweet she looked, compared to how she sounded in our talks while she was still at the prison.



What is TRAUMA?

“A traumatic event is a shocking, scary, or dangerous experience that can affect someone emotionally and physically. Experiences like natural disasters (such as hurricanes, earthquakes, and floods), acts of violence (such as assault, abuse, terrorist attacks, and mass shootings), as well as car crashes and other accidents can all be traumatic.” <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events>

Mandi Cornett is the founder of Cleanse. Fill. Pour. Women’s Ministry, and just graduated as an LMHCA - Licensed Mental Health Counseling Associate. I am grateful that Mandi will educate us on “The complications that come with trauma-related addiction.” Our Mother’s Day Event is a chance for you to HEAR & SUPPORT HOPE. Once you know the WHY & the HOW, you’ll be equipped to do the WHAT!

We are grateful to QUBIT NETWORKS for sponsoring our Mother’s Day Event

# Worthy Women Mother’s Day Luncheon

**EVENT SPONSOR**



**May 19, 2023**

The Silver Palace, 1719 State St, La Porte

**12-2:00 pm** Doors open at 11 am

**Key Note Speaker - Mandi Cornett, LMHCA**

*“The Complications of Trauma-related Addiction.  
Why and how substance users/abusers get stuck.”*



**Alumna Speaker - Alice**  
*“Buried Trauma took my freedom”*

**Reservations \$35**



worthyrecovery.net



**\$20,000 fundraising goal for staffing with a generous \$5,000 match.**

**To SPONSOR A TABLE (\$250)**  
or for questions, please email [info@worthyrecovery.org](mailto:info@worthyrecovery.org) or call 219-405-7006



**Alumna Speaker - Misty**  
*“Loving Jesus after the Trauma”*

Reservations by May 17, mail checks to:  
WWRH, P.O. Box 116,  
La Porte, IN 46352  
Memo: May 19

*MISSION: Worthy Recovery, Inc. dba Worthy Women Recovery Home is a Christian ministry that offers housing and education to women suffering from criminal thinking and/or substance abuse.*

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WRI dba WWRH is a 501c3 Charitable Organization

**YES! I wish to support the Worthy Women Mother’s Day Luncheon!**

Mail payment/slip to: WRI, PO Box 116, La Porte, IN 46352 Sonshine 219-405-7006

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I am reserving # \_\_\_\_\_ seats @ \$35 per seat for a total of \$ \_\_\_\_\_.

I cannot attend, please use my gift for the \$20,000 Staffing Need’s goal. Total Tax-deductible Gift Amount: \_\_\_\_\_

I am buying a TABLE SPONSORSHIP with 4 seats for \$250. I will use my 4 seats \_\_\_\_\_ OR I will donate my 4 seats \_\_\_\_\_.

Name of Guests or Business: \_\_\_\_\_

Payment Type: Cash \_\_\_\_\_ Check # \_\_\_\_\_ Contact me for credit card payment or to bill with an invoice \_\_\_\_\_

Total paid = \$ \_\_\_\_\_ WWRH is a 501c3 Charitable Organization. Donations are tax deductible as allowed by law.