

The 2nd Annual Promise Rainbow Tea



*Transforming Wings
of Healing*



Pam Robinson, CEO & Founder
June 26-27, 2020

"Soaring To New Heights"

Friday, June 26, 2020

7-9 PM

Hostess: Dr. Merlyn Griffiths Gray

Speaker: Mrs. Thursday Brown Rice

Activities:

Virtual Photo Booth

Door Prizes

Trivia

Dancing

Saturday, June 27, 2020

1-3 PM

Hostess: Dr. Merlyn Griffiths Gray
& Mrs. Pam Robinson

Speaker: Mrs. Rena Comer & Mrs. Sharon Johnson

Activities:

Virtual Photo Booth

Door Prizes

Trivia

Dancing



OUR MISSION

To support
victims of sexual assault by providing safe
emotional and cognitive space for
wholesome restoration and healing.

To raise
public awareness of the mental and physical
illnesses associated with sexual assault
that begin at the point of incidence and often
continue through adulthood.

To provide
needed resources for those who experience
childhood, teenage and adult
trauma.



Guest Speakers

THURSDAY BROWN RICE



THURSDAY BROWN RICE is the celebrated author of 99 Not So Secret Secrets For a Fun and Successful Marriage and At His Feet; How to Change Your Marriage in 30 Minutes and 30 Seconds. She also pens Thursday's Truths, a weekly post on life and wisdom. You can follow her on Instagram @Thursdays_truths. Her diverse background includes professional experience in Human Resources, Family Law and Real Estate. She is the Owner and Broker in Charge of Brown Rice Realty. Thursday is also a devoted wife, married to Harvey "Chip" Rice, the Pastor of Maranatha Fellowship in High Point NC, and has two children, Jasmine and Ethan and one grandson, Jace. As an avid proponent of great relationships, Thursday actively seeks to strengthen marriages and families with applicable tips for success. She aspires to be a voice of inspiration and practical wisdom for men and women who want to improve their marriages and relationship.

**Learn more about Thursday Brown Rice at
www.thursdaystruths.com**

SHARON P. JOHNSON

LCSWA, LCAS, CEO & CLINICIAN



Sharon P. Johnson is a Master Level Social Worker, Licensed Clinical Social Worker & License Clinical Addictions Specialist. Sharon is an Entrepreneur, Consultant, Writer, Psychotherapist, CEO and Chairwoman of both for-profit, Top Priority Care Services, LLC. and non-profit, Top Priority Community Outreach Services, INC.

Sharon is a lifelong resident of Winston-Salem and is married to James Johnson. She is the mother and grandmother of one son and 5 grandchildren. She is the eldest of 3 brothers and 1 sister. Sharon was born to Willie Patrick, Sr and raised by her mother and stepfather, James and Shirley Salter.

She received her BA from Winston-State University (Sociology/Social Welfare & Psychology). She received her Master of Social Work from NC A&T and UNCG.

Sharon began her CARF- Nationally Accredited Agency, Top Priority Care Services, LLC. in October 2003. Top Priority Care Services is a Behavioral Health agency that provides mental health and intellectual development disabilities services to children, adolescents and adults.

Top Priority Care Services is located in Winston-Salem (corporate office), Greensboro, High-Point and within 48 surrounding counties in NC, 2 new offices in Oxon Hill, Maryland and Akron, Ohio. Sharon and her husband, James operates a Transition House for Men in Winston-Salem. Sharon and her husband James are members at Evangel Fellowship COGIC, Pastor Otis Lockett, Jr where she serves on The Mass Choir and Women's Choir. She and her husband are both Small Group Leaders and Facilitators of Divorce & Separation Group held at the Church.

Learn more at
www.topprioritycareservices.com

RENA COMER



Sharline S Schneider-Comer, aka Rena, is a conference speaker, author and chief operating officer of Caribbean Crusade for Christ Worldwide, Inc. (CCCW) founded in 2012.

With a strong call for deliverance on her life, she has ministered throughout the United States and the Caribbean facilitating retreats and workshops on Deliverance and Inner-Healing.

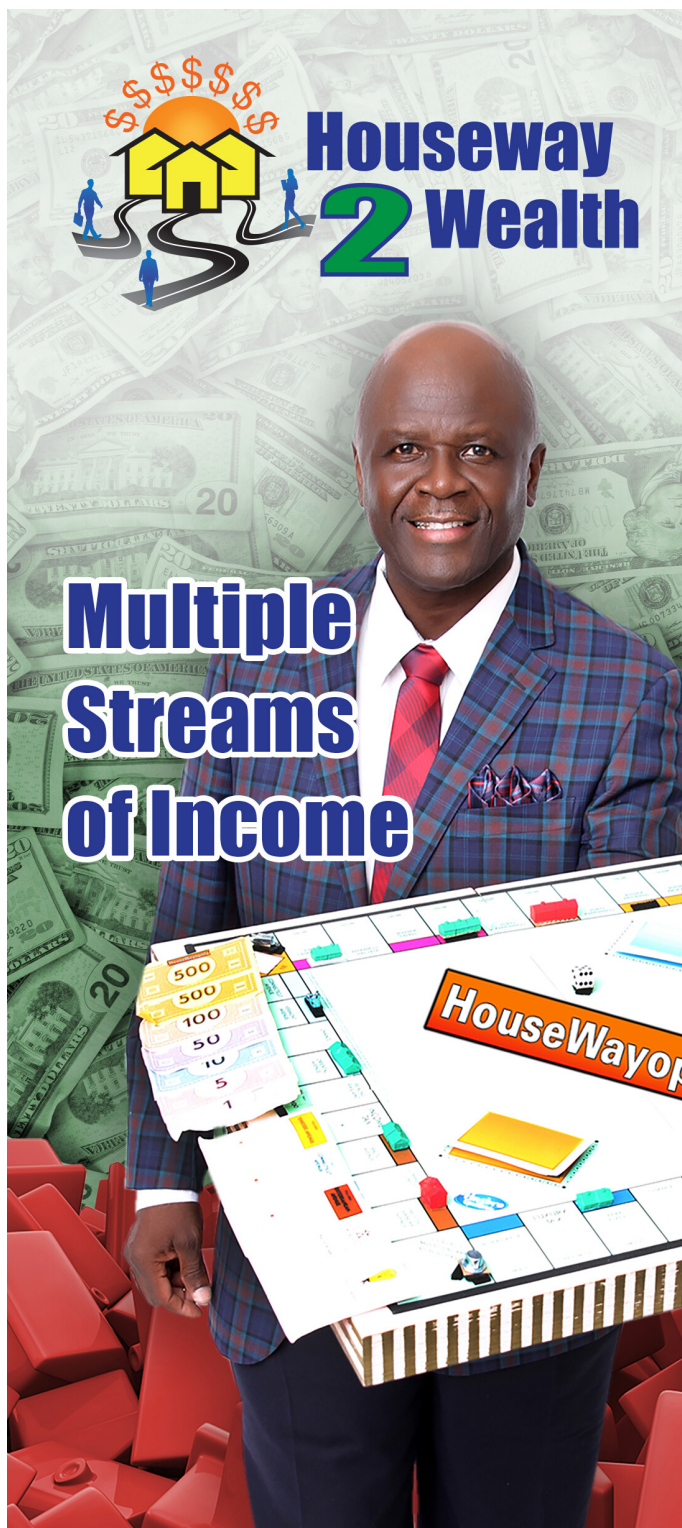
Rena has authored two study guides, "Basic Training for Deliverance Ministry," a manual designed to help build a biblical understanding of deliverance and "21 Days after My Encounter," a daily journal designed to help you overcome the inconsistencies in your prayer life and develop a life of prayer. She also hosts a monthly blog talk radio broadcast, Spirit Matters with Rena, that provides the empowering message of kingdom living and deliverance. Rena is a native of St. Thomas, U.S. Virgin Islands and now resides in North Carolina with her beloved husband Luke for over 30 years and her two amazing sons, Carlos and Sean.

Visit Rena at
www.caribbeancrusadeforchrist.com

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- Past Trauma becomes Present Clarity
- The Present & Future Subsumes into one
- Helps Facilitate the Mind, Body & Spirit Connection

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2019 BEST OF JACKSONVILLE AWARD IN THE CATEGORY OF PERSONAL TRAINER; CERTIFICATIONS IN PERSONAL TRAINING, FITNESS NUTRITION SPECIALIST, WEIGHT LOSS SPECIALIST, NEUROMUSCULAR STRETCHING, BALANCE TRAINING, CORE TRAINING, REACTIVE (POLYMETRIC) TRAINING, RESISTANCE (ISOMETRIC) TRAINING, CARDIO FOR PERFORMANCE, TRANSFORMATIONAL & SOLUTIONS FOCUSED

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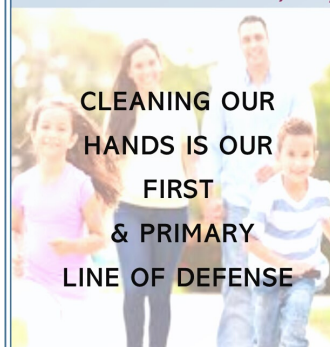
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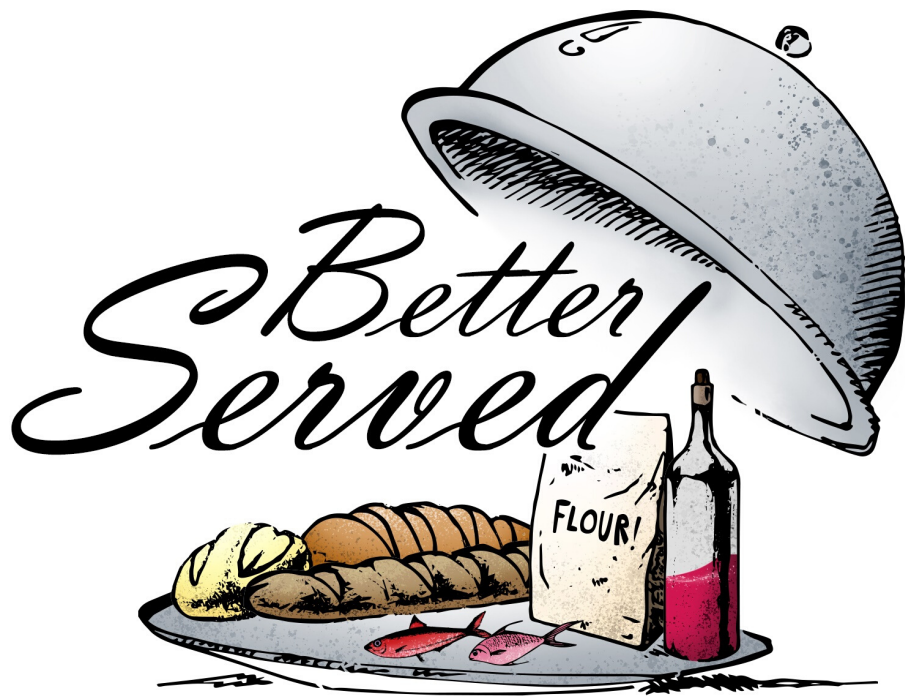


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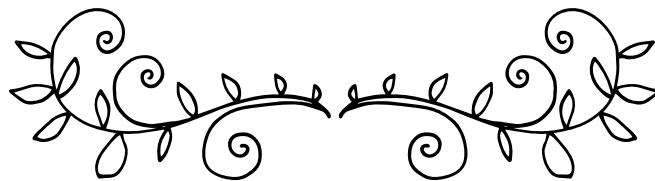


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EVERYONE HAS A UNIQUE STORY

Behind every story is a purpose for Gods glory. If you are interested in helping someone else by sharing your story, please contact www.ehaus.unique@gmail.com



**Marriage Maintenance
Mini-Camp**
with Chip and Thursday Rice

Thursday May 7th - 7:30 PM

Injury, Surgery, Recovery
What happens when we don't resolve recurring issues?
What steps can we take to resolve issues with minimal conflict?

Register On [Eventbrite](#)

The poster features a pink background with a large, faint heart shape. In the foreground, a man (Chip) and a woman (Thursday Rice) are smiling. The man is wearing a black suit and a red bow tie. The woman is wearing a black top. A red banner at the bottom contains the text 'Thursday May 7th - 7:30 PM'. The logo for 'thursday's truths' is visible in the bottom right corner of the poster.

Chip and Thursday talk about how to resolve recurring issues. They use their real life situations and share how they were able to overcome Injury with practical and relevant advice. And they laugh a lot too! You'll enjoy this easy and entertaining lesson via online recording. And you'll learn something too! **Visit www.thursdaystruths.com**

Workshops/Events

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Christ Worldwide

Workshops

2020 Online Deliverance Training Workshops

ONLINE SESSIONS – 4 Cohorts

Monday, October 5, 2020

Monday, October 12, 2020

Monday, October 19, 2020

Monday, October 26, 2020

Online Log-In & Materials will be sent upon registration!

COST: \$55

(\$65 After September 28th)

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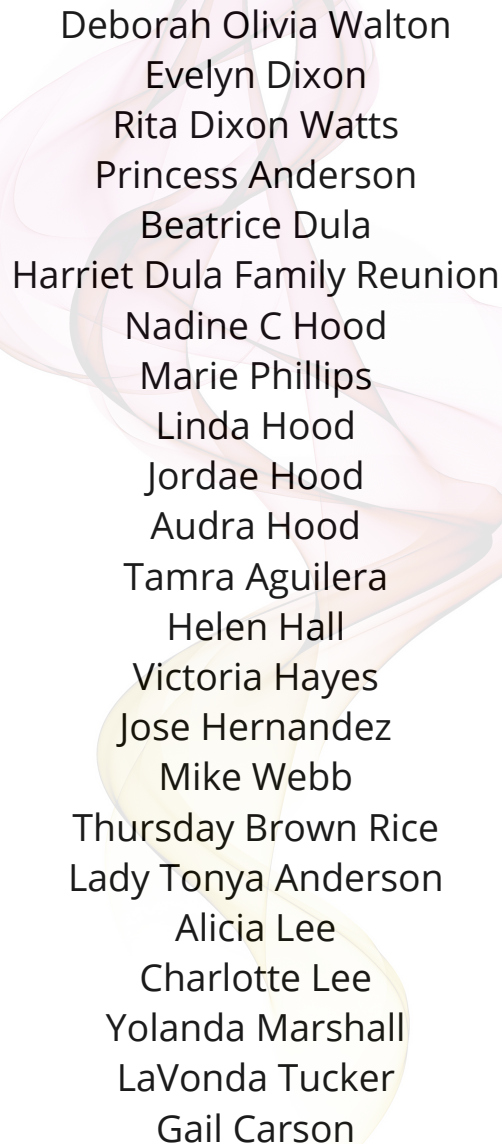
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Victoria Hayes
Jose Hernandez
Mike Webb
Thursday Brown Rice
Lady Tonya Anderson
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Gail Carson

Thank you to those who have supported us that we may have missed.

We Appreciate You All!

Special Thanks to the Board, Speakers Staff & Volunteers

Board

Yvonne Howard
Sharon Johnson
Dr. Merlyn Griffiths Gray
Margaret Phillips
Frances Phillips
Anthony Robinson

Speakers

Rena Comer
Thursday Brown Rice
Sharon Johnson

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Virtual Party Planner

Melissa Jakes
www.melissajakes.com

Virtual Photo Booth

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GOD'S PROMISES

Heart

"I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." Ezekiel 36:26

Test me, LORD, and try me, examine my heart and my mind; Psalms 26:2

Times of Trouble

"Then they cry unto the Lord in their trouble, and He saveth them out of their distresses." Psalm 107:19

"Cast thy burden upon the Lord, and He shall sustain thee; He shall never suffer the righteous to be moved." Psalm 55:22

"Fear not, for I am with thee; be not dismayed, for I am thy God. I will strengthen thee, yea, I will help thee, yea I will uphold thee with the right hand of My righteousness." Isaiah 41:10

"Though I walk in the midst of trouble, Thou wilt revive me; Thou shalt stretch forth Thine hand against the wrath of mine enemies, and Thy right hand shall save me." Psalm 138:7

"And God shall wipe away all tears from their eyes, and there shall be no more death, neither sorrow nor crying, neither shall there be any more pain; for the former things are passed away." Revelation 21:4

"God is our refuge and strength, a very present help in trouble." Psalm 46:1

"Commit thy works unto the Lord, and thy thoughts shall be established." Proverbs 16:3

"For I will contend with him who contends with you, and I will save your children." Isaiah 49:25

"Though I walk in the midst of trouble, You will revive me; you will stretch out Your hand against the wrath of my enemies, and Your right hand will save me." Psalm 138:7

HELPING A LOVED ONE WITH TRAUMA

When a loved one has suffered trauma, your support can play a crucial role in their recovery.

Be patient and understanding. Healing from trauma takes time. Be patient with the pace of recovery and remember that everyone's response to trauma is different. Don't judge your loved one's reaction against your own response or anyone else's.

Offer practical support to help your loved one get back into a normal routine. That may mean helping with collecting groceries or doing housework, for example, or simply being available to talk or listen.

Don't pressure your loved one into talking but be available if they want to talk. Some trauma survivors find it difficult to talk about what happened. Don't force your loved one to open up but let them know you are there to listen if they want to talk, or available to just hang out if they don't.

Help your loved one to socialize and relax. Encourage them to participate in physical exercise, seek out friends, and pursue hobbies and other activities that bring them pleasure. Take a fitness class together or set a regular lunch date with friends.

Don't take the trauma symptoms personally. Your loved one may become angry, irritable, withdrawn, or emotionally distant. Remember that this is a result of the trauma and may not have anything to do with you or your relationship.

To help a child recover from trauma, it's important to communicate openly. Let them know that it's normal to feel scared or upset. Your child may also look to you for cues on how they should respond to trauma, so let them see you dealing with your symptoms in a positive way.

KNOW YOUR SCORE

Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever** ...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

****Share with Your Doctor and/or Counselor**

HOW THE SCORE COULD INCREASE HEALTH RISKS

Related Odds of Having a Physical Health Condition

Health Condition	0 ACE's	1 ACE's	2 ACE's	3 ACE's	4+ ACE's
Arthritis	100%	130%	145%	155%	236%
Astma	100%	115%	118%	160%	231%
Cancer	100%	112%	101%	111%	157%
COPD	100%	120%	161%	220%	399%
Diabetes	100%	128%	132%	115%	201%
Heart Attack	100%	148%	144%	287%	232%
Heart Disease	100%	123%	149%	250%	285%
Kidney Disease	100%	83%	164%	179%	263%
Stroke	100%	11400%	117%	180%	281%
Vision	100%	16700%	181%	199%	354%

*Matthew Doll, PHD

*Join Us In 2021
For The
3rd Annual Promise
Tea*



Stay connected with us and learn more as we
plan the next dynamic and empowering
Promise Rainbow Tea

www.transformingwings.com