

Lynnea Waselenko posted this letter for a friend

This is not my letter but the writer entrusted me with it and asked me to share it on this flat form as well as sending it to AB workers and overseers. If you wish to share with your local workers you're welcome to. It is a hard read and there is a trigger warning part way through it.

Thoughts

This letter is for everyone but especially those in the ministry. I hope and pray you're willing to read this until the end. This doesn't come from a bitter place but from a loving and kind place but also a place of righteous anger. The purpose of this letter is to help those who have thankfully never suffered abuse to try and understand what victims go through.

God is angry right now but we're still in a time of his loving kindness and mercy, although I don't know for how much longer.

The hypocrisy from the ministry right now is ASTOUNDING! How can you choose to seek professional guidance on one thing (Covid) but not on another matter (child sexual abuse and sexual abuse) that you have admittedly said you don't know enough about? I can only wonder what your answer might be.

A professional would be able to answer the question "should a perpetrator of child sexual abuse and/or sexual abuse be allowed around children/men/women again in a vulnerable state (meetings/conventions/special meetings) but I will give you a short answer and short explanation. The answer is NO!!

The thought process perpetrators go through, beginning at a thought/desire to then an act of abuse is something they will NEVER recover from. Read that again and then again and again.

That doesn't mean they are beyond the mercy of God but it does mean they will have lifelong consequences!! Also someone who has truly repented and found the mercy

of God would Never want to harm someone again and so would willingly remove themselves from temptation. ESPECIALLY meetings, conventions, special meetings.

That wasn't easy to share but pales in comparison to what I feel moved to share next. I hope you have a desire to understand, understand with your heart not your mind.

*Trigger warning *

I'm going to attempt to share with you some of what it's like living as a survivor of child sexual abuse and sexual abuse.

It's like constantly being at war

Fighting a battle of feelings,

Feelings of worthlessness so much so that I consider taking my own life

Feelings of shame to the extent that you never share your thoughts even good spiritual ones

Feelings of guilt that cause you to draw away from others even those you love very much.

Feeling alone even when surrounded by others

Those are actually surprisingly the easier ones to deal with. There's also,

Feelings of sexual desire

Feelings of fantasy of being raped so much so that you have nightmares about it.

And these feelings you loathe and so the battle begins again.

I can easily slip into depression and have anxiety

I constantly blame myself for things that were not my fault

I don't trust easily

I'm awkward in a crowd and get tongue tied easily

I shut down mentally when faced with hurt feelings.

It's taken a toll on my body and it's suffering physically because of these things. My feet feel like I'm stepping on pincushions first thing in the morning or after I've been sitting for a long time, my body swells and is in a constant state of inflammation

I have digestive issues that cause acid reflux so bad I'll throw up.

I constantly have the urge to pee.

I have chronic pain.

I have an unnatural desire to please people.

I'm over weight because it's easier than having to worry about and deal with inappropriate comments, which are another form of abuse.

Those are the current things, as a child I constantly had nightmares, so bad that I was over the age of 8 and still seeking the comfort of my mom at night. I sought validation from others and constantly second guessed myself, I wished I was a boy, I had a lot of fears, I hated wearing skirts/dresses they made me inwardly uncomfortable. I know I missed some things and other victims could probably add even more.

All these things I've worked on and it's ONLY by the grace of God because I love Him and believe on Jesus that I am still here. I have and do, feel the love and care of God so strongly and it's that that keeps me trying. I've been thankful that i haven't carried on the chain of abuse, I have a wonderful loving/patient/kind husband and two amazing children. They also give me strength to keep going.

There are so many many times in the Old Testament God gave a time for people to turn and repent and change and be doers of His will. If they didn't, God showed them His wrath.

Please, please, turn from the thinking that has led us to this time we're in and seek, seek, seek God's will until you find it and DO it.

The way forward is in Love, please, please, ask yourself, search your actions and words and consider if they are in Love.

Love from a wife, mom, daughter, sister, friend.