

The main themes we cover in class are:

- Exposing the lies we believe about God and ourselves
- Relinquishing the role of provider, protector and power source to God
- Understanding God’s perspective and why it is different from ours
- Shedding our victim identities and learning to live victoriously
- What to do with the hard feelings like anger, bitterness, shame and fear
- How grieving and forgiveness fit into the healing process
- How to trust God when life and everyone in it have let us down.

What others are saying ...

“This class changed my life. It healed old lies and replaced them with God’s Truth. I felt God’s love for the first time in my life.”

“This program is magnificent. Clearly it’s of God, because no mortal could put it all together so well. My life already was good, but now it’s much better.”

“The Healing (Journey) Class penetrates the very heart and soul. It targets the deepest and darkest issues that keep us from the love of God. It is truly a beginning step to freedom!”

The Healing Journey Class Goals -

How to have a

- Peaceful mind that knows the truth and a heart that is whole, healed, and filled with peace, joy and hope.

So that we can

- Be in an intimate relationship with God and enjoy being the people God made us to be

Only then can we

- Relate to people through grace, mercy, honesty, truth, and love, and serve in God’s kingdom from a heart that worships Him.

The Healing Journey Class -

A 29-week comprehensive Bible Study designed to help people heal from emotional, mental and spiritual wounds. The curriculum is designed for both men and women who want to learn God’s principles for healing. It brings its students closer to God and equips them to identify and heal from wounds caused by:

- | | |
|-------------------------|---------------|
| Abandonment | Divorce |
| Lost loved ones | Unforgiveness |
| Abortion | Addictions |
| Sexual orientation | Self-hatred |
| Anger | Shame |
| Depression | Adoption |
| Bitterness | Rejection |
| Dissociation | Abuse |
| Difficult relationships | Pornography |

... and more.

Class Information

Cost: TBA

Location of class:
Auburn Church of the Nazarene
East Genesee St. Rd., Auburn, NY 13021

Date and Time: TBA

Start Date: TBA

For more information, please contact:

Women's leaders:

Abby Riggall
riggall72510@gmail.com
315-406-0174



Men's leaders:

Ray Gould
gouldrayj@gmail.com
315-730-3813



Jeffrey Riggall
315-604-0006
ajrlover@gmail.com

We are here for any questions you may have.



Abigail Riggall
LCSW-R
Licensed Clinical Social Worker and Healing Journey Leader
riggall72510@gmail.com

Abby has been a social worker doing individual, family and group counseling since 2006. She has worked the past 8 years at Cayuga County Mental Health Center helping adults and children with difficult life issues such as divorce, grief and loss, physical/sexual/emotional abuse/neglect, substance abuse and dependence, anger management, trauma, depression, anxiety, and domestic violence. Abby has longed for God's healing to be taught and shared within the church in practical ways, and found the Healing Journey bible study class through the ministry of the Family Life Network in Bath, NY. God has placed the desire to share and lead this class so that others can experience an intimate relationship with God and be the person that God made you to be.



Jeffrey Riggall
Healing Journey Leader
315-604-0006
ajrlover@gmail.com

Jeff Riggall has gone through the healing journey himself this past year and felt as though learning how to identify and communicate his feelings to others has been a lifelong struggle. Learning to be vulnerable with other men in a safe environment where he can spiritually grow and get beyond the surface has also been hard. This class helped him learn what core beliefs he struggles with in regards to his relationship with God and others, helped him to be a stronger Godly leader in his family, and he wants to give that opportunity to other men as well."



Raymond Gould
Retired Postal Worker,
Missions President and
Healing Journey Leader
gouldrayj@gmail.com

Ray has served at the Nazarene Church as teacher, organist, board member, Missions President, SS Superintendent. He has always enjoyed teaching and learned about the opportunity to share God's Word in a healing manner through "The Healing Journey". Presently he serves in the Auburn Church of the Nazarene and cares for two of his grandchildren.

I am a single parent of four adult children and five grandchildren.



Gail Van Wagner
Healing Journey Leader
Licensed Massage Therapist
Licensed Real Estate Salesperson
Dual Bachelor's in Accounting & Marketing
315-729-0033
gail.vw@yahoo.com

Gail has had a calling of God to minister to women most of her adult Christian life. She has lead women's Bible studies, couples Bible studies with her husband and worked at Cayuga Seneca Community Action Agency as an advocate for victims of domestic violence. Here she led support groups for these women as well as advocated for them in court settings. Gail has personal experience with domestic violence, sexual assault, anxiety, agoraphobia and PTSD and has a special heart for these issues women face.

Gail is a mother of four and a grandmother of 12.



HIS HEALING LIGHT
MINISTRIES

The Healing Journey

Bringing God's Plan for Healing to Your Life

***Starting September 8, 2019
at Auburn Nazarene
Men's and Women's Groups
Check fln.org this summer for more***

*"Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is,
and walk in it,
and you will find rest
for your souls."*

Jeremiah 6:16 (NIV)

Auburn First
Church of the Nazarene
3360 East Genesee St Rd.
Auburn, NY 13021
315-253-9300

Email: church@auburnnaz.org
Website: www.auburnnaz.org