

Media Kit:

Walk with Mara on Her Healing Journey
21 Steps to Emotional Resilience

Elaine Ricker Kelly

Christian Self-Help and Devotional
Empowering women sidelined and silenced by the faith community

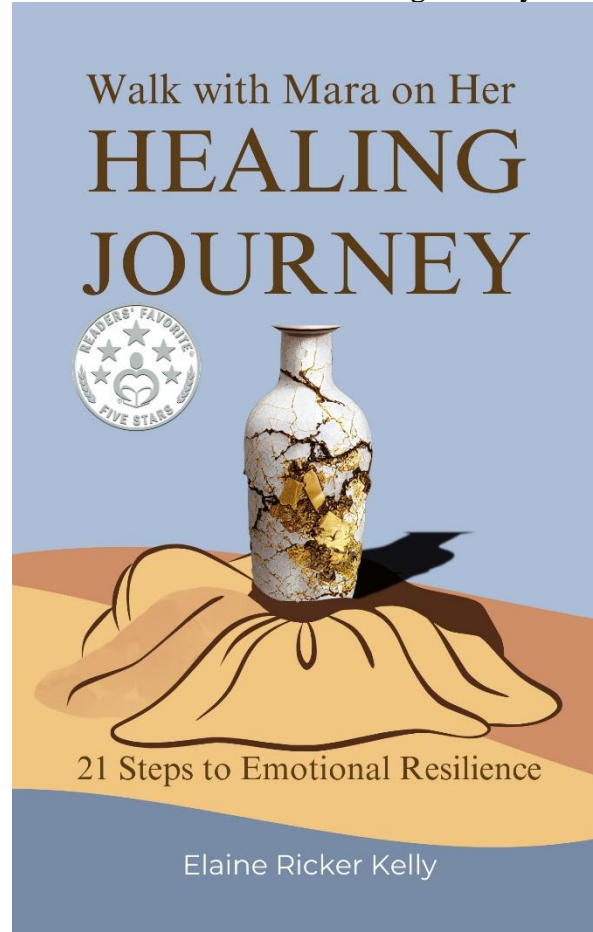
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Info Sheet for Retailers:

Elaine Ricker Kelly

Walk with Mara on Her Healing Journey: 21 Steps to Emotional Resilience



Mara is a fictional character healing after years of submission and abuse have left her feeling unsure, anxious, doubting herself and even God. In this stand-alone guide, the author reveals 21 practical steps Mara takes that will help you on your emotional and spiritual healing journey. Tools from psychology and new, empowering ways of seeing Scripture are illustrated with the author's real-life experiences and stories from her fictional character. This self-help book earned a 5* Review from Readers' Favorite. Walk with Mara: take these steps towards healing from the hurts of everyday living and transform your life with the power of emotional resilience.

Benefits:

Release and accept emotions and be who you are
Overcome anxiety, stress, self-doubt, and sadness
Break barriers to improved relationships
Address doubt and pain caused by church teachings
Identify and reframe harmful beliefs
Boost confidence in your worth and equality
Turn shame and self-loathing into self-love
Rebuild your self-esteem after adversity

NON-FICTION

Self-Help/ Women's Christian Living
Psychology & Christianity, Devotional
123 pages, B/W, 6x9 inches

Released on Amazon August 7, 2024

<https://www.amazon.com/Walk-Mara-Her-Healing-Journey-ebook/dp/B0D96WYJMM/>

Retailer Discounts directly from author
[Paperback](#)

ISBN 978-1-7388233-4-5 Paperback
Retail List Price US\$8.99 (approx. C\$12)

[eBook](#)

ISBN 978-1-7388233-5-2 E-Book
Retail List Price US\$4.99 (approx. C\$7)

In this stand alone book, you will find:

- How to navigate relationships and establish boundaries to strengthen your mental health
- Practical psychology and behaviour therapy techniques to overcome emotional hurts
- Sample deconstruction of harmful beliefs and reframing Scripture in new, healing ways
- Insights on how the Bible endorses equality, empowers you to speak and act boldly
- Prompts for self-reflection, journaling, prayer, or devotionals to envision fulfilling your purpose
- Personal stories to renew your faith and build resilience against the hurts of everyday living

Don't suffer from shame or self-loathing another day! Step towards emotional healing, renew your faith, and transform your sores into beautiful scars.

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Excerpt from *Walk with Mara on Her Healing Journey*

Excerpt

Mara doubts, partly because it seemed God did not answer her childhood prayers for protection. Then she thinks Jesus broke his promise because after Jesus told the disciples they would work miracles, her son Jamie (James the Less) cannot heal a boy with seizures (Matthew 17:16; Mark 9:18). Mara's prayers for safety and protection were not answered when she was a child, but when she married Clopas, he advocated for her.

My earliest memory of praying for something was when my teddy bear lost a googly eye. I prayed for it to get better, but each morning my bear still only had one eye. My mother asked me why I was crying and then sewed on a button for the missing eye. It wasn't a googly eye; my teddy bear was scarred but repaired. That's when I learned prayers are not answered the way we expect.

My sister was living in Tanzania and prayed faithfully that a young baby would live. When he died, she felt God had betrayed the promises of the Bible. It raised such doubts that it threatened her faith. Her faith was restored, but the memory left a scar and made her faith different and more resilient.

... What can we do when a prayer seems unanswered, and we begin to doubt? Accept how you feel. Pray honestly....

Prayer is a healthy way to express our full range of emotions. Lay it out before God. After we spend all our tears in prayer, we may get to the bottom of the well and find Jesus holding us up.

Scripture:

- “My God, My God, why have You forsaken Me?... The congregation of the wicked has enclosed Me. They pierced My hands and My feet... They divide My garments among them, and for My clothing they cast lots.... All the ends of the world shall remember and turn to the LORD... He has done this” (Psalm 22:1, 16–18, 27, 31).
- “Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life” (Ephesians 4:26 MSG).

Take the Next Step:

When do I tend to feel like God has abandoned me?

What is one thing I can remember and hold onto to encourage myself?



Author Photo and Bio:

Bio:

Elaine Ricker Kelly is an award-winning author bringing healing and hope to those who feel forgotten, sidelined, or silenced. She empowers women at home, church, and society by writing about women in the Bible and church history and how the Bible advocates for equality for all.



Elaine Ricker Kelly HBA MBA brings a research-based approach to her writing from her thirty years as a financial advisor and business owner. Kelly and her husband enjoy hiking with their dog, tennis, pickleball, music, and have three adult daughters. They live near Hamilton, Ontario, and worship in the mainline Protestant Christian tradition.

www.elainekelly.ca

Her books include:

**Forgotten Followers from Broken to Bold*, a Silver EVVY award-winning spiritual fiction offering healing from trauma and hope, set in the Gospels.

**Because She Was Called from Broken to Bold, book 2, A Novel of the Early Church* shows women acting on their call to speak and teach, healing from grief, and torn between romance and following God's call, set in Acts 2-11.

**The Sword: A Fun Way to Engage in Healthy Debate on What the Bible Says About a Woman's Role*, provides 104 flashcards showing the rationale for diverse views on gender roles.

**Healing Journey: 21 Steps to Emotional Resilience*

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Info Sheet for Podcasters/YouTubers

Elaine Ricker Kelly

email: elainekellyauthor@gmail.com

Author of:

- Forgotten Followers from Broken to Bold, a Silver EVVY award-winning historical fiction
- Because She Was Called: from Broken to Bold, Book 2, a Novel of the Early Church empowering women as leaders
- The Sword: a Fun Way to Engage in Healthy Debate on What the Bible says about a Woman's Role
- Healing Journey: 21 Steps to Emotional Resilience

Located near Hamilton, Ontario.

Available for Remote or face-to-face interviews

Categories:

- Biblical equality
- Gender equality
- Women in the first century
- Christian theology about women's roles

Topics I can discuss:

- Women in the Bible
- Jesus educating, equipping, empowering women
- Jesus extending the family of God to all people
- First-century culture and religion
- Genesis creation story and its impact on women
- Complementarian and Egalitarian perspectives
- Anxiety, worry, self-confidence, healing from trauma
- Research and the writing craft
- Art and theology; fiction and the power of story

Benefits to your Podcast/YouTube Channel

- An informal, conversational tone, putting complex concepts in everyday language.
- Content pertinent to those interested in Christianity or deconstructing their faith
- Promoting your finished interview with my website, email list, Twitter, Instagram, and Facebook

Let's Connect:

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Instagram @elaine_kelly_author

Facebook @ Elaine Kelly Author

www.elainekelly.ca



Find out more on YouTube:

www.youtube.com/@ERK4Canada

The Local Churchology Podcast: A Conversation with Elaine Kelly

<https://youtu.be/GbqN9BDx6Nw>

Regency History: Elaine Kelly – Author Interview

<https://youtu.be/8YuF2Ehq7cc>

Reluctant Christian Feminist: Jesus and Women Disciples

<https://youtu.be/Wzz6aSk6T44>

Behind The Story with Elaine Kelly

https://www.youtube.com/watch?v=qSI9QuzEO_Q

Tru316 with Elaine Kelly

<https://www.youtube.com/watch?v=-kKDMCocGoU>

Feminists of Faith Chat with Elaine

https://youtu.be/aa-slShfYFE?si=mwSUF_kR2wYuiVse

Beacon of Light Podcast with Elaine

<https://www.youtube.com/live/wVDDZ6c8bko?si=gEOJwRetL7AJD6kL>

Media Coverage

The Hamilton Spectator November 26, 2022: [A Christian-based novel addresses inequality and gender roles](#)

News Now January 5, 2023: Author launches [historical fiction empowering women](#)

Suggested Interview Questions

1. Why do you think readers today need a book about emotional resilience?
2. Why walk with Mara on her healing journey?
3. What motivated you to write this book?
4. How is this self-help book different?
5. If Christians promote getting help from God, does it go against Christianity to promote self-help?
6. Do you suggest Christians may be in greater need of self-help?
7. What are the main themes that you explore?
8. Why do you include LGBTQ+ in your book when most Christians are not affirming?
9. Who would enjoy reading this book?
10. What other writing are you doing?

Q & A with the Author

1. Why do you think readers today need a book about emotional resilience?

Jesus came to bring abundance, yet the church has often limited women from living life to the fullest. Many women and minorities have moments when they feel broken or discarded, forgotten. I hope my book can show broken people how they can be restored, scarred but beautiful, and able to function again.

2. Why walk with Mara on her healing journey?

Mara is a character in my historical fiction, *Forgotten Followers from Broken to Bold*. She is based on Mary of Clopas, who is mentioned in the Gospels but often glossed over as unimportant. I created a fictional backstory for her where she is overcoming the trauma of a high-control religion, an authoritarian father, and an abusive teacher. She begins alone, isolated by walls of worry. When she has to leave home, she joins other women who support and encourage her and give her steps to improve her mental health. If readers follow these same steps, I believe it will help their emotional healing and self-care.

3. What motivated you to write this book?

I want to write to bring healing and hope in whatever format is best for the reader. I first put these concepts into fiction to make them more accessible, showing how Jesus empowered female disciples. In my fiction, *Forgotten Followers from Broken to Bold*, Mara is overcoming emotional and spiritual trauma. She heals as she develops new ways of thinking about God and relationships. I put these ideas in my new non-fiction because some readers prefer to see the steps to emotional resilience laid out clearly with examples.

4. How is this self-help book different?

It is a very personal, vulnerable book. At first, I thought I would simply pull quotes from Mara's healing journey to illustrate each tool or technique that she learns for her mental health and emotional wellness. As I described each step, I thought of times in my life when I have been emotionally upset and how I've been able to use the techniques described to restore my peace of mind. I thought my experiences weren't valuable, weren't true trauma. What qualifies as trauma? Any event that impacts your physical or mental health. Some people have major reactions to minor things. People sometimes hurt each other inadvertently. Sometimes, religious teachings bring down our self-esteem. I share my own stories together

with psychology and theology to help readers heal from the wounds of everyday living. The personal and fictional illustrations make this book unique. Besides the personal stories, the book is unique in that it incorporates both secular and Christian tools, with psychology advice as well as biblical references and prompts for journaling.

5. If Christians promote getting help from God, does it go against Christianity to promote self-help?

It's funny because Christians usually have no problem praying for God's help with physical illness and at the same time accepting medical treatment as well as advice on steps we can take for a healthy diet and exercise program. Unfortunately, some Christians don't treat mental health in the same way. I recommend that people seek professional, personal treatment. However, just as with our physical health, there are proven steps we can take for healthy self-talk, self-esteem, and self-confidence. Some of the biblical advice has actually harmed our mental and emotional health, so we need to re-think harmful doctrines and reframe ideas to see how God loves us, shelters us from harm, and empowers us to act.

6. Do you suggest Christians may be in greater need of self-help?

Psychology seems to be an area that Christianity has largely sidelined, not recognizing its credibility. At the same time, over the last several decades, some Christian organizations have promoted concepts that have harmed their own members. Back in the 1970s, there was a trend towards more women using their gifts in churches and becoming ordained as ministers. My mother frequently was a leader and speaker at events for Christian men and women. In the 80s and early 90s, Canada, the UK, and India had their first woman prime minister. I felt betrayed as I discovered that women's rights were being threatened in the early 2000s and that these new restrictions were originating from Christianity. I felt an urgent call to write about how the Bible endorses equality, how Jesus equipped women as disciples, engaged them as his financial advisors and empowered women to go out and speak. I have the compassion to align with those who are excluded and sidelined by the church, and to speak for those who are silenced. I want to show them God still loves them and seeks them.

7. What are the main themes that you explore?

In *Forgotten Followers*, the main themes are women overcoming trauma from sexism and racism. I also show a mother learning to accept her son's orientation.

In *Because She Was Called*, I portray women advocating for their right to speak, preach, and lead as church-planters. I also show LGBTQ+ characters adopted as equals in the early church.

In my non-fiction, *The Sword*, I show the origins of both patriarchal and egalitarian views of controversial biblical passages about women and Christianity.

In this non-fiction about Mara's healing journey, I start by identifying emotional and spiritual abuse, encouraging readers to name their emotions honestly, seek acceptance of an advocate and set boundaries. Once you're in a safe place, there is work to do with learning who you are, accepting yourself, and learning methods to take care of your mental and emotional well-being. I reclaim mindfulness and meditation, which are ancient Christian practices. I look at a number of false teachings which make women seem secondary, identifying ideas that hurt your well-being and replacing these with healthier ideas. I introduce techniques to stop self-critical talk and to think positively. I conclude with discussions of how to interact with others, including a marriage partner, as neither a servant nor a master, but as an equal.

8. Why do you include LGBTQ+ in your book when most Christians are not affirming?

Many of the LGBTQ+ community have been hurt by the non-affirming stance. If my book is to bring healing to the marginalized, it needs to acknowledge Queer people's existence. Part of healing is understanding that orientation is not a sin; it's how God forms some people. Your morality is related to

your choices, not your orientation. In my fictional novels, I felt it was important to represent LGBTQ+ characters because they exist in our society both today and in the first century. There are potential LGBTQ+ characters in the Bible and it is important for Queer seekers to see themselves in the Bible and literature. Representing eunuchs and gay men shows they belong, even if my novels no longer belong in the Christian fiction genre. The early church provides a model for us today in how to break barriers in ethnicity (Jews/Gentiles), class (citizen/slave), and gender (men/women/ eunuch).

9. Who would enjoy reading this book?

I write for readers who have questions or doubts about God, Christianity, or the church. Perhaps they have been hurt by certain doctrines or relationships. Perhaps they feel alone, sidelined, and silenced. Perhaps anxiety, shame, or worry have broken their self-confidence. I hope that some of the ideas in this book help them re-construct their faith, to leave behind the harmful teachings without losing Christ. It means being ready to rebuild a faith that is restored but different, that shows their scars as beautiful and empowers them to fulfil their purpose.

10. What other writing are you doing?

I have already mapped out a plot for Book 3 of From Broken to Bold, in the timeline of Acts. I am writing a 40-session devotional based on the harmony of the Gospels called What to Do When You Feel Forgotten. I also write blogs on church history and biblical interpretation.

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Press Release

FOR IMMEDIATE RELEASE:

New Christian Self-help book overturns Christian teachings

Writer addresses church hurt in new self-help, *Walk with Mara on Her Healing Journey: 21 Steps to Emotional Resilience*

[Grimsby, Ontario, August 7, 2024] It may seem contradictory that a Christian self-help book identifies and overturns certain doctrines as harmful, presenting alternative doctrines to help mental health. If your self-esteem and self-confidence have been hurt from being sidelined and told to be silent and submissive, this book is for you. If you are a spiritual wanderer, ex-vangelical, or feeling sidelined by religion, you may find fresh hope in this new release by Elaine Ricker Kelly.

Kelly has also been advocating for equality in her fiction writing. *Forgotten Followers from Broken to Bold* put female disciples overcoming trauma at the forefront of the Gospel stories, showing Jesus calls them. *Because She Was Called, from Broken to Bold*, book 2, shows women acting on their call to speak and teach, advocating to take action based on God's call. However, she has also entered non-fiction writing with *The Sword: A Fun Way to Engage in Healthy Debate on What the Bible Says About a Woman's Role*.

"I write to bring healing and hope in whatever format is best for the reader. I put concepts into fiction to make them more accessible. The fictional character development of Mara shows how she gains confidence from new ways of thinking about God and relationships. I wrote this non-fiction because some readers find it easier to apply Mara's steps if I pull them out of the story and lay them out clearly."

The new release, *Walk with Mara on Her Healing Journey*, reads a bit like a memoir, with Kelly sharing personal stories about times when she was emotionally upset, and how she applied steps to restore peace of mind and build emotional resilience. This stand-alone book is unique not only because each technique is illustrated by the fictional character, Mara, and from the author's own life, it is also a unique combination of spiritualism, pop psychology, and theology.

"Some valuable, proven psychology tools have been ignored by Christians holding to the false idea that prayer alone is the only allowable help for mental health. Christians can benefit from practicing secular tools for naming and handling emotions, reclaiming ancient practices like meditation and mindfulness, and re-interpreting passages that have been used to shame, blame, and silence people, particularly women and minorities."

Elaine R. Kelly and her husband live near Hamilton, Ontario, and have three adult daughters. She and her husband worship at an affirming church and enjoy hiking with their small dog, appreciating the Niagara escarpment, playing tennis, pickleball, and music.

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