



Hilda Thomasine Wren's *A Plain Brown Wren* is a clear and chilling reminder of the pain and struggle of the human condition and the hope that exists for all people as they begin to confront the issues that keep them from an awareness of their spiritual essence. Her courageous story helps us all to find the courage to move past the pain of our pasts, and find our true selves that live beneath the veneer of self-judgment. This is a story of courage and hope. It gives us all the courage to find meaning in the challenges that we face, and looks unflinchingly into the conditions that create deep challenges for many. It provides hope that the issues

that formed our consciousness do not have to be debilitating, but that they can be used to find a deeper meaning, a deeper connection and a deeper healing that can be used to help heal others as well. This book gives hope to all that they can overcome and heal the scars of their experiences and get to know themselves only as beloved.... Regardless of their pasts.

Rev. Jim Webb  
Senior Minister  
Takoma Park Chapel

What does it take to get over an abusive childhood? Can those who have been victimized ever be fully whole again? Yes, says Hilda Thomasine Wren in her stirring and inspirational memoir, *A Plain Brown Wren*.

Wren was born into a severely dysfunctional family. Beaten and sexually abused as a child, and denied the love and acceptance she so desperately needed, Wren ran away as a teenager. She soon was thrust into a life of prostitution, and began a series of damaging relationships with unavailable, brutal or uncaring men. Yet, in midlife, she began to realize that there was a higher power who might help her.

With great courage and strong faith, Wren began to rebuild her life, becoming so successful that she started a foundation, Spiritual Connections, Inc. to help other women and children recover from the terrible tragedy of sexual abuse.

This is a heartfelt, heart wrenching, and deeply inspirational book for anyone who has ever suffered abuse or known someone who has. Wren's memoir proves that it is never too late to succeed, and that, where there is faith, there can always be hope.

#### Author Biography:

Interfaith minister Hilda Thomasine Wren is a 2005 graduate of All-Faith Seminary International. She holds workshops for victims of abuse and is a chaplain at a Maryland hospital. She also volunteers as a victim's advocate for another hospital in the Washington, D.C. metropolitan area, performs weddings, baby namings and blessings, and spiritual counseling. She lives in Owings, Maryland.



# A Plain Brown Wren

## A Spiritual Journey of a Survivor of Childhood Sexual Abuse

A Plain Brown Wren

Hilda Thomasine Wren



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