

Author Uses Experiences To Stand Up Against Abuse

The title of the book is Celebrating God, but Agnes Somuah reveals so much more than her faith in her writing.

The 38-year-old Ghana native has been away from her family, including three young children, for nearly three years as she travels around the world to share her book and spread her experiences about how to deal with troubling family times.

I found when I traveled out of Ghana that (there are) so many resources that help mothers to deal with stress, even to help potty train,” she said. “We don’t have that there.” Somuah grew up in an abusive home at the hand of her mother and her empty childhood experiences began to take a toll on her when she started her own family.

Her search for answers brought her to God, which has taken her on a journey to teaching drama school in Ghana, teaching full time, and working for both a women’s and children’s program at a radio station.

The radio gig is what took her out of Ghana in December of 2006. She traveled to Cyprus where she discovered an agency that would allow her to come work in Canada as a nanny. She arrived in Beaumont last year.

Her contract with the caregiver and nanny agency will be up in May of next year, at which time she will finally return to her family.

“I moved straight from an abusive home and I started a family,” said Somuah. “I didn’t have any means of controlling myself. I thought no matter how small my story is, mothers like me may find solace in this. That’s huge power.”

The book is moving. During the first half of the 120 pages, Somuah describes in vivid detail some of the horrifying abuse she suffered at the hands of her mother and her boyfriends and other men. She describes the breakdown she felt in regards to her self-confidence and celebrates how she rebuilt herself in the last half of the book.

There is a lot of reference to HIV and AIDS because Somuah was leading a lifestyle that easily could have led to her contracting the disease.

Though she never did, she watched many others suffer through it.

“I want to assure and encourage that because of a past mistake, there isn’t no hope for (people),” said Somuah. “I believe people need to face their problems and search for help.”

Somuah has done just that, and has written a book she hopes to republish in better English and distribute more widely.

She attended a book signing in Edmonton on June 20, aimed at women and youth ministry workers. She will sign more books at MaryBeth’s Coffee House in Beaumont on July 17 from 7 to 9 p.m. “Thirty-eight years back, I suffered,” said Somuah. “I want to speak against what deprived me of so many opportunities.”

*Posted By Heather McIntyre
26th June 2009*