

When I was 6, I announced to my mother and the entire female population of my church, “that when I grew up I was going to be pastor’s wife because they always got to eat first and never got stuck with those *nasty* devil ham spread finger sandwiches.” The punishment I received for making this announcement in the middle of the ladies auxiliary’s silver anniversary tea made me rethink this vocational choice.

When I was 9, I wanted to be Nancy Drew. But I wasn’t blonde and I didn’t know what a roadster was, so I thought maybe I needed to reconsider

At 12, I decided I was going to be a psychologist, and for 20+ years I tried to be the best psychologist I knew how to be. Then one morning I woke up and realized that what matter most was that I strive to become the psychologist that the Creator meant for me to be. At that moment Rise Sally Rise® was born.

Little Sally Walker
Sitting in a saucer
Weeping and moaning like a turtle dove
Rise, Sally, Rise
Dry your Weeping eyes
Put your hand on your hip and let your backbone slip
Oh, shake it to the east
Oh, shake it to the west
Oh, shake it to the very one that you love the best

Too many women are in the same place as Sally Walker, stuck in their own saucers of depression, anxiety and fear and believing they lack the knowledge, courage, and tools to break free. So they sit bemoaning their fate and uttering the saddest words known to womankind, I used to be.

Too few women know what the women encircling Sally know; you don’t have to stay in the saucer. Within you lies the power to rise and there is no

sin and no shame in asking for help. And when help arrives, you realize the only thing you used to be was too poor in spirit to love yourself best.

In this our 5th year, I am so grateful to all the women who have benefited from the work we do at Rise, Sally, Rise. Moreover, I am grateful to all the people who encircle me and remind me as I now remind you to Keep Rising.

Rise, Sally, Rise!

Dr. Angela