

OVERCOMERS OUTREACH CANADA INC.

Newsletter - April 2013

A Spiritual Awakening

Step 12 begins with the words: "Having had a Spiritual Awakening...". All Christians desire a spiritual awakening. For Christians who have been buried in the debris of addictions, this goal is desired even more.

Spiritual awakening has become very personal to me just over the past few weeks. I now get up each morning with a prayer, sometimes proclaimed out loud, "Lord, I can hardly wait to see what you have in store today!" I'll be the first to confess that, in the past, when I have heard others talk like this, I have reacted with skepticism and mild irritation. Skepticism, because I had never really seen the Holy Spirit work like that in me, and irritation ... for the same reason! After all, I have been a Christian for more than two decades, I have been in addiction recovery for more than four years, and I have been President of Overcomers for more than two years. Shouldn't the Holy Spirit have been in me before now?! Scripture does assure me that the Holy Spirit came into me upon my confession of faith in Jesus Christ (Acts 2:38). And to be sure, the Holy Spirit has been visible in my life many times over the years. However, Scripture also points out that sin and self-will can "stifle" the power of the Spirit (1Thess. 5:19 NLT). In my life, I have gone through long periods of drought but my walk with Jesus has been different over the past four weeks. I now have more energy and discernment for the things that God wants me to do (even the ability to rest, when God gives the opportunity). I now have less interest for the things that do not interest God.

Will there still be trials in my life? Sure. I know this because Jesus said in John 16:33, "*Here on earth you will have many trials and sorrows.*"* (NLT) Am I confident that I will survive, and thrive, in spite of these trials? Yes, because Jesus went on in the same verse to say: "*But take heart, because I have overcome the world.*"

(*Note that Overcomers Outreach takes its name from John 16:33)

Chris B.
President
Overcomers Outreach Canada Inc.



Sharing Together

I would like to thank our God for all He has provided in our ministry this past year:

First – our group leaders; without you there is no ministry.

Second – the wonderful support of our dear friends in the Promise Keepers ministry. They have given OO exposure from NL to BC. May God bless you!

Third – all who support us with their finances. I don't know who you are, but God does. So may God bless you, because without you we could not be in ministry!

Those of us who, by the power of our Lord Jesus Christ and the tools of the 12-Step program, have been set free from addictions and compulsions, are now in a position to carry the message to others. By now we have learned, to some degree, the warning signs of additive and compulsive behavior of those around us, as well as in ourselves. So now we face the challenge of sharing our message with other people in bondage. In doing this, we must learn to always speak in the language of love and not condemnation.

The Bible tells us in Galatians 6:1-2, *“Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ.”* (NLT) and again Jesus said in John 13:34, *“So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.”* (NLT) Jesus is our example of love and He commands us to love others, as He loves us. Let us all remember that love is not just mere words. Sometimes the best love is unspoken, as we listen to others share their pain, not condemning them for their bondage to addictions. When we do speak to others of their problems, love should also help carry the weight of their burdens. Praise Jesus, we all can be part of a support network to help carry our friends until they, by surrendering to Jesus and His power, can walk on their own. May God bless all who read this newsletter.

In Christ

Ken S.
Executive Coordinator
Overcomers Outreach Canada Inc.

Treasurer's Note

The opportunity for meaningful ministry continues to grow at Overcomers Outreach Canada. There is growing interest, and new groups are starting in BC, Alberta, Saskatchewan, Ontario and elsewhere.

While we have been encouraged by the way finances have come in, especially to help with the costs associated with traveling across the country and having a visible presence at Promise Keepers events, we are experiencing a shortfall in monthly support for our Executive Coordinator, Ken Sundelin. Ken has stepped out in faith, going full-time with the Overcomers ministry since 2012, but his ability to continue on in a full-time capacity is dependent on regular monthly support for him. Will you consider a one-time gift to help us in this area, or would you become a regular supporter of Ken so that he can continue to dedicate his time and effort to this ministry?

Donations to Overcomers Outreach Canada can be made by cheque or online through [Paypal](#) – just click on the Donate link on our website. Please add a note to designate the area of ministry you wish to support, and provide us with a mailing address for receipting purposes. We are thankful to all those who faithfully support this ministry of Overcomers Outreach Canada.

God bless you

Leo Jansens
Treasurer

A Hunger for Healing: The Twelve Steps As A Classic Model for Christian Growth

Written by: J Keith Miller Copyright 1991

This is a good book to add to your library for studying the Twelve Steps. Each chapter looks at one of the Steps and then, at the end of the chapter, there are some exercises to guide those who would like to begin taking the steps. (pg 8)

In the author's own words: "This book describes how certain Christians, even without a specific substance addiction, can apply the Twelve Steps as a powerful model and "medicine" in their lives for alleviating emotional pain and stress and for practical spiritual development in Christ." (pg 2)

We are offering this book for \$20.00, shipping included. Offer ends May 31, 2013.

Order your copy today at resources@overcomersoutreach.ca.

Testimony from an overcomer in progress

Hi, my name is *****, I'm an an addict? No, that can't be right. I'm not an addict? Am I? I'm well into my fifties and I don't drink or do drugs or gamble, I don't have a pornography habit and I don't smoke. Well I used to drink (sometimes too much), never did drugs (they always scared me), still don't care to throw my money away at the VLTs, yes, have looked at the odd naked lady picture and I smoked up until four years ago, but I don't do those things anymore.

I always told myself that I could quit smoking anytime that I wanted to. I even made a deal with myself that I would stop smoking when I developed that "old man cough" – you know, that cough that sounds like your lungs are going to end up in your lap and you end up with a wheeze and a mouthful of spit (or something). Well I woke up one morning and realized that I had that "old man cough", so ok, time to quit smoking. Hmmm, not that easy; tried all the recommended methods – no luck. I tried smoking other people's cigarettes, which worked for a little while.

After quite a period of trial and error, I was at Step 1: "We admitted we were powerless over *cigarettes* – that our lives had become unmanageable". I went on to Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity". I moved on to Step 6: "Were entirely ready to have God remove all these defects of character". I don't know if smoking is a defect of character, but I also realized that I could not quit unless God was going to help me. I humbled myself and asked God to take away my craving for cigarettes and to help me not to smoke anymore.

I have not smoked for over four years and I have God to thank for that. It was not always easy to be a non-smoker, as God did not take away my ability to make choices. I have not gone through all of the Steps as of yet. I always thought that my smoking did not "hurt" anyone other than myself. Now I wonder if my children's asthma has anything to do with my smoking in the house when they were small. If I hadn't spent money on cigarettes, would they have been better dressed and had fewer colds in the winter months?

So I'm going to work my way through the 12 Steps. Pray for me as I do, because as you all know, it is scary to sit down, actually look at yourself and to realize that things just aren't right and some things need to be fixed.

God Bless

Testimony from D'Arcy T.

My story is probably a lot like yours. My mother and father were Christians, I was brought up in the Lutheran tradition and I had a relationship with God from the time I was a small child. But for me, my curiosity about girls peaked at a young age. It started with a Sports Illustrated Swimsuit issue and soon became an obsession with finding hidden Playboy magazines on the lower shelf at a local bookstore.

I was really living in two worlds: my faith in God and my worship of the god of this world. As I grew up, my curiosity became an addiction and a daily habit.

The turning point for me was a perfect storm of unrelated events. In 2000, I graduated from Queens University in Education. About three weeks before my final exams my stepfather called and said my mother was missing. We never found her and assumed she committed suicide, as her car was found near Niagara Falls and her identification was found in the car. A few weeks later my fiancé told me she was leaving me for another guy. Later that fall, my student loan payments started to come due, and because of an old traffic ticket, my driver's licence was suspended. These events forced me to shut down my fledgling business and claim personal bankruptcy. The following year my grandmother passed away. What should have been one of the happiest years of my life turned into a complete nightmare and I was on my own, really on my own, to figure it out.

I turned to an old Friend Whom I hadn't been really honest with in awhile. The deal was, "show me a way, Lord, and I will make a commitment to follow Your way and abandon my way".

That was a turning point.

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