

# OVERCOMERS OUTREACH CANADA INC.

## Newsletter - November 2013

### Humility

This past Sunday morning, one of our worship songs was "When I Survey the Wondrous Cross".<sup>1</sup> I was suddenly impacted by the last line of the first verse, "... and pour contempt on all my pride." At that point I became much more involved in the song (I don't know if you are like me, but sometimes, regrettably, I simply sing words without pondering their meaning). It suddenly became clear that fully two of the four verses of this hymn are an appeal to become humble as we approach the cross of Christ.

Humility is essential to recovery in Overcomers. The attitude, itself, is directly referred to only in Step 7: "Humbly asked him to remove our shortcomings." However, this attitude is a thread that runs through all of the 12 Steps. In fact, every person who walks in the door of a 12-Step meeting for the first time, has come to a point of humility. Sure, this person exhibits a number of other characteristics including nervousness, bravado, fear and reluctance. But they only initially come through the door because they have been humbled by their powerlessness to their addiction or compulsion.

For me, overcoming pride to the point of humility was also essential to accomplish Steps 4, 5 and 9. Step 10 states: "Continued to take personal inventory and, when we were wrong, promptly admitted it". Step 10 regularly requires me to "pour contempt on all my pride".

I have had the privilege of watching many people overcome their addictions and compulsions over the past five years. Every successful Overcomer in Christ has one trait in common. That trait is genuine humility. "So give yourselves humbly to God ... then, when you realize your worthlessness before the Lord, he will lift you up, encourage and help you". James 4:7-10 (LB)

**Chris B**  
**President**  
**Overcomers Outreach Canada Inc.**



<sup>1</sup> [Isaac Watts](#), pub.1707, Copyright: [Public Domain](#)

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### Right Man for the Job

*A woman left work right away after receiving a call that her daughter was at home sick with a fever. She stopped by the pharmacy to get some medication but discovered, when she got back to her car, that she had locked her keys inside. She didn't know what to do, so she called home and told the baby sitter what had happened. The baby sitter told her that the fever was getting worse and suggested, "You might find a coat hanger and use that to open the door."*

*The woman looked around and found an old rusty coat hanger that had been left on the ground, possibly by someone else who had locked their keys in their car. Once back at her car, she had no idea what to actually do with the coat hanger, so she bowed her head and asked God to send her some help.*

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*Within five minutes an old rusty car pulled up, with a dirty, greasy, bearded man who was wearing an old biker skull rag on his head. The woman thought, "This is what you sent to help me?" But, she was desperate and also very thankful for the assistance.*

*The man got out of his car and asked her if he could help. She said, "Yes, my daughter is very sick. I stopped to get her some medication and I locked my keys in my car. I must get home to her. Please, can you use this hanger to unlock my car?" He said, "Sure". He walked over to the car, and in less than a minute the car was opened. She hugged the man and through her tears she said, "Thank You So Much! You are a very nice man." The man replied, "Lady, I am not a nice man. I just got out of prison today. I was in prison for car theft."*

*The woman hugged the man again and, with sobbing tears cried out loud, "Oh, Thank you, God! You even sent me a Professional!"<sup>1</sup>*

God can use anyone, including you and me, to help others. Are you willing to be that helper?

<sup>1</sup> Taken from "praise: the all-in-one christian community" [www.praize.com](http://www.praize.com)

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## Report from Ken

To all our Newsletter Friends

In real life, it is sometimes very hard to stay on the path of light in Jesus. Why is this so? Well, I think it's because we give in to all kinds of repeated sins and emotions. Sin is displayed in a lot of us through addictions such as drugs, alcohol, lust, smoking, food, gambling, etc. Then there are compulsions that control our lives, like anger, fear, guilt, shame, lying and denial. There are many more that can affect our walk with Jesus and keep us in darkness. Many of us are in a frantic struggle to cover up our situation so other people will not find out about our hidden sins. So what is the answer to staying on the path of light in Jesus? We hear all kinds of advice on how to do this: pray more, read the Bible more, go to church, get involved in a Bible Study group, etc., and these are things we all should be doing. I would also add: try to find a place to serve the Lord and to help others.

Even if one does all these things, a lot of Christians still stay in their problem of repeated sin. This is where OO comes in to help us overcome our struggles. In our meeting rooms, we can find that safe place where we can share what we are dealing with, in open honesty. It's not until we get honest with God, ourselves, and others that we can overcome our fight with sin. In our meetings, we can share that we are powerless over addictions and compulsions and that areas of our lives are unmanageable. Then, we can agree with God, Who said in His word, *"We felt we were doomed to die and saw how powerless we were to help ourselves: but that was good, for then we put everything into the hands of God, who alone could save us."* 2 Cor 1:9 [LB]. We move on in our walk with Jesus to what we find in James 5:16, *"Confess your sins to each other and pray for each other so that you may be healed."* Then we can start to overcome and have victory in Jesus, because we are not in the battle alone anymore. What we kept hidden for so long is out in the open, and the burden of covering up has been removed. So, with the help of new friends in our group, we will find the support we need in order to keep us on the path of light in Jesus. My prayer is that, for all who claim that Jesus is their Lord, this indeed would be true in every area of their lives.

See you at your OO meeting.

In Christ

**Ken S**

**Executive Coordinator**

**Overcomers Outreach Canada Inc.**

## Testimony from Bev T

Many people know that I never battled a physical addiction, but my battle was every bit as real as those lost souls struggling with alcohol or drugs or any other addiction. I looked across the breakfast table every morning at my wife, whose beverage of choice was vodka and orange juice. I endured her drinking for over eight years, before she died of alcohol poisoning.

Allow me to go back to the beginning of this downhill spiral of drinking, often accompanied by verbal threats. I'm a non-drinker and always have been. I had been recently divorced from my first wife when I met a pretty redhead, who was 10 years younger than me. I was attracted to her, we began dating and, within months, Melanie and I were married. Her drinking habits, which began early in our marriage, surprised me. I knew she drank socially, but was not prepared for what came next.

There were good times, but they were short-lived, followed by long periods of heavy drinking along with verbal threats. When I finally persuaded Melanie to enter the hospital for detox, she agreed. After her release, following a week's stay, she was sober for about a year before the drinking began again. When it appeared that Melanie was ready to "attack" with her barbs, I retreated, often leaving our home to walk in the neighbourhood in the dead of night. I stayed away from the house until I thought she had passed out, but that rarely happened, so I would end up returning to her verbal attacks. Even while the two of us were in bed, I would pretend to be asleep, hoping she would run out of steam.

By this time, I was deeply depressed, on medication, and under a doctor's order not to work. I was employed in the newsroom of the Winnipeg Free Press and received regular phone calls from the editor, checking to see how I was doing. My doctor was instructed to be in touch, in writing, with the Free Press management, so that my pay would continue. On one occasion he left for vacation, failing to report, and I lost earned wages. I felt the Free Press management was playing games with me, and my life. They would reinstate me, find errors in my work, and then suspend me. This happened on several occasions. Eventually senior management bought me out and, a year later, I retired. In the end, I lost nearly everything including my job, my house and my dignity. It was a lot to endure.

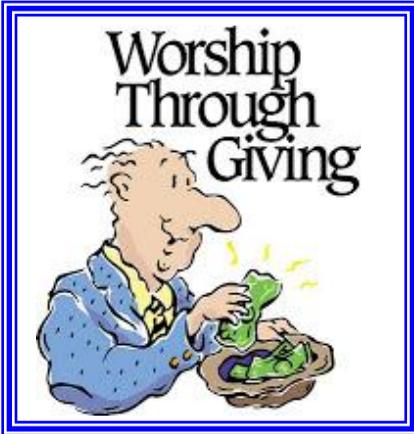
The year was now 1995 and, while my trials continued, my wife Melanie got sicker. Then the next-to-final blow fell. One morning I found her collapsed beside the bed. I immediately called 911 and the paramedics arrived to rush her and me to the hospital. I knew it was serious so I began calling our families. Many gathered at her bedside for a vigil. During our marriage, neither Melanie nor I were religious, but a nun was one of the first to come see her at the hospital. The parish priest arrived later. She had contacted the priest weeks before she died, seeking spiritual help. 24 hours after she entered the hospital, she passed away - all her organs shut down.

Even though I was not living for the Lord during my marriage to Melanie, who was not a believer, I had gone forward in a Leighton Ford crusade in my early 20's and accepted Jesus Christ as my Lord and Saviour. Then, in 2000, I rededicated my life to the Lord as the result of attending Overcomers Outreach. A married couple in Teulon encouraged me to go to the meetings held by this 12-Step Christian ministry for recovering addicts. I had never attended a 12-Step program. While I was married to Melanie I heard about Al-Anon for the family of addicts, but never went to their meetings. My first OO meeting in Teulon didn't really inspire me. I thought it was nice of this couple to drive me to and from the meeting, but I wasn't sold on Overcomers. However, that was then, and now today I've been in the Overcomers ministry for nearly 13 years, and I thank Almighty God for always being there for me.

**Humility**

*Pride ends in humiliation,  
while humility brings honor.*

Proverbs 29:23



## Supporting Overcomers Outreach Canada Financially

Overcomers Outreach is a faith ministry – we depend on the Lord and His people for the ongoing financial support needed to operate and expand this ministry. Financial support can be designated to a specific ministry area:

- 1) Executive Coordinator's support  
(Ken Sundelin's salary and expense)
- 2) Travel and Conference expense  
(cross-Canada expansion)
- 3) General operating expenses  
(telephone, website, office expenses, etc.)
- 4) Or simply designated as "wherever needed".

Donations may 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 your mailing address; a receipt will then be sent out early in the new year for donations made in this year.

Thank you for your support of this unique and important ministry!

To see a price list of the Overcomers Outreach resources, please go to Resources on our Canadian website or contact [resources@overcomersoutreach.ca](mailto:resources@overcomersoutreach.ca).

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