

OVERCOMERS OUTREACH CANADA INC.

NOVEMBER 2014 NEWSLETTER

GRACE AND TRUST

I recently took part in a panel discussion with other addicts, around the issue of rebuilding trust with your spouse after the addict has entered recovery. In the discussion, it became clear that grace was first shown by the sober spouse. Sometimes this grace was shown immediately, as happened in my case; for other marriages, grace took time. I would suggest that grace is shown at the moment the non-addicted spouse concludes that the relationship is worth saving and pursuing.

Trust, on the other hand, always takes longer. Trust is shattered, because addiction is accompanied by lies and deceit. As recovery takes place, the sober spouse is always contemplating, "I wonder what else has been lied about?!!" The addict rebuilds trust one honest decision at a time, over the rest of his or her life. In the end the non-addicted spouse makes a decision to trust.

Nate Larkin, who wrote "Sampson and the Pirate Monks", was addicted to pornography and prostitutes for much of his married life. After many years of purity, he still recognizes that he is at risk. Even though he travels to speak at events all over North America, he will not occupy a hotel room by himself. Nate's wife has solidly re-established her trust in him and he quotes her as saying, "I now trust you, simply because you cannot trust yourself".

Chris B
President
Overcomers Outreach Canada Inc.



God's Grace

But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)
Ephesians 2:4-5 (NLT)

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PRAYER AND MEDITATION

As I look back on my life and the lives of all the hurting people who attend our meetings, I can see a pattern in the lives of those who slip back to the old way of life. Far too often it is because they forget about Step 11: prayer and meditation, as I used to do years ago. When we do that, we slowly start to leave Jesus out of the picture and resort to living in our own power again, and then fears and resentments creep into our minds, and thoughts of lust can consume us. We can become bored and frustrated, start to miss meetings and drop out of going to church. The result of this is that guilt and shame rear their ugly heads and then we start to isolate ourselves from loved ones. At this point, we are ready to go back to all the false comforts of our addictions. So I encourage all of you to turn to God in prayer. Philippians 4:6-7 (TLB) says: "Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus."

So, now, as we start to focus on God again, let us try to remember that what we allow into our minds will shape the direction we go in our lives. This is where meditation comes in. We need to focus on the things that will keep us on the Jesus pathway. Philippians 4:8 (TLB) says: "And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about."

Now, as we reconnect with God in prayer and start to refocus by meditating in God's word, there is one more thing we must do! Philippians 4:9 (TLB) says this: "Keep putting into practice all you learned from me and saw me doing, and the God of peace will be with you."

I pray this will help us all on the road to recovery in Jesus.

Till next time

Ken S.

Executive Coordinator

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on our website

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TESTIMONY BY JOAN

When I first started attending Overcomers meetings, I went strictly to 'help out', because I *certainly* didn't have any 'issues' myself that needed to be addressed. How wrong was that thinking! When I read Step 1 for the first time – “We admitted we were powerless over (my anger, my food consumption, etc) and that our lives had become unmanageable”, I realized that Overcomers was indeed for me. Powerless and unmanageable – those two words described my life. While I was not dealing with chemical addictions, I had to admit that I was under the control of compulsive behaviors and that areas of my life were definitely unmanageable.

I have tried to change my behavior with regards to anger and food for many years. “Will power”, “Won't power” - nothing worked. But now, by admitting that I am indeed powerless over my angry outbursts, I am beginning to see some differences. I am working to understand what preceded an outburst, relinquishing control over my adult children's choices, and seeking to understand the root of my anger. By letting go of some areas of 'control', I am feeling less tension and anger in my life.

As I have admitted to God and others in our group about my anger, I believe that God has begun to remove that anger from my heart, but I know that I still have a long ways to go. I have really come to appreciate the honesty and vulnerability of our group. We don't try to fix each other; instead, we listen without judging, and we pray for each other. I find it very comforting and encouraging that others care enough to pray for me. I am grateful to be on this journey, one step at a time.

To see a price list of the Overcomers Outreach resources, please go to "Resources" on our Canadian website or email resources@overcomersoutreach.ca.

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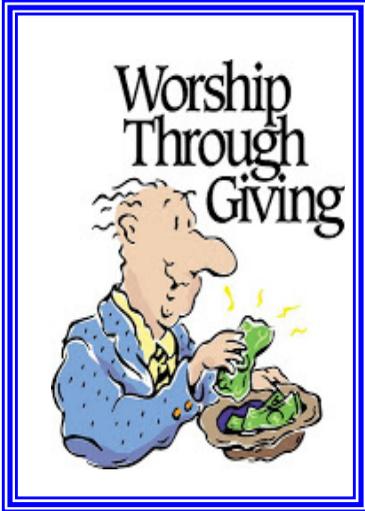
Overcomers Outreach is a faith ministry – we depend on the Lord and His people for the ongoing financial support needed to operate and expand this ministry.

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!



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