

# OVERCOMERS OUTREACH CANADA INC.

## MAY 2015 NEWSLETTER

**“ ... what you are dealing with this week ...”**

In the Overcomers “Meeting Format”, there is one item under instructions for the “Sharing Time” that reads: “ ... keeping your sharing in the here and now – what you are dealing with this week ...”.

When someone new comes into the program, during sharing time they usually share victories, or confess ‘slips’, relating directly to their presenting addiction. After some time in the program they will have nothing to report relating to their addiction – usually manifest in the words, “I’ve had a pretty good week.” Often these people will then rehash some of the old stories from their addiction.

These people have not clearly understood that their addiction issues are caused by **life issues**.

One time I was discussing, with a friend of mine who happens to be a plumber, the concept of **H.A.L.T.** (never get too **H**ungry, **A**ngry, **L**onely, or **T**ired). He immediately responded that I just described his life situation: “I am just starting my business in an area where there is a great deal of demand, which means that I am constantly tired and hungry. I sometimes encounter customers that leave me angry with no useful way to release it and, although I see 10’s of people every day, I am desperately alone.”

Life situations are virtually always the direct cause of relapse into addiction. Life situations tend to illuminate the “defects of character” that we are asking God to remove. By confronting, each week, the “here and now” related to our lives, we conform to Our Lord’s plan for healing laid out in James 5:16.

At my home group meeting last night I noted that not one person shared about their addiction, but we all shared, honestly, what was going on in our lives. It was a good meeting!

**“...confess your sins to each other and pray for each other so that you may be healed”**  
James 5:16 (NIV)

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



## TESTIMONY BY MARK

### MY TESTIMONY ON WHAT OVERCOMERS HAS DONE FOR ME AND WHAT IT IS STILL DOING FOR ME.

I discovered Overcomers through a local church sometime in 2012 after I had relapsed back into alcohol and drugs following five plus years of good sobriety.

Since I was a strong believer in Jesus Christ and had experienced victory in many areas of my life, it's hard to believe that I would try to walk away from my God and Saviour. But one day, after allowing my business to consume me and quitting the AA program, I was in a southern state on business and the heat got the better of me. Within a few days, I was on a 40-ouncer a day and, soon after that, was mixing it with potent prescription drugs. I went on a two year bender which led to a few suicide attempts and many near death experiences. I wrecked vehicles everywhere. I had many serious charges laid against me, but that didn't stop me. My family finally left me for their own safety. Finally after smashing up my daughter's car, and a few others, I landed in prison. I was on suicide watch for the first six weeks and neither ate nor slept the whole time. I had many experiences of real life hell.

I slowly crawled out of my hole through the intercessory prayers of others and was bailed out of jail to await trial at Forward House Ministries, where I was given a strict curfew. I found my way back to God through the program at Forward House, and was reunited with my family. I spent nearly two years in their program proving to society that I could stay sober, but then I had a short relapse and was put back behind bars. That was the best thing that could have happened to me since I was still too proud and rebellious to be used by God in the addictions ministry. I spent more than six months in prison after being sentenced, which was also a good thing. My time in prison taught me true submission to authority, which I lacked in many ways. It also drove me to God's Word as I studied through the Bible three times and learned the importance of obedience and prayer. I was able to start an AA group and a Bible study group in prison, which was a huge blessing. I saw firsthand the great need for prison outreach, the hopelessness of the inmates and the vicious cycle that they are on with almost no help whatsoever available to them.

Some of us inmates bonded in many ways, so in a sense, it was actually hard to walk out of those prison gates. However, God showed me my great need to stay involved in rescue ministry fellowships. Just like a Christian needs to share his faith in God, I need to share my sobriety in order to keep it. Being back in the fellowship of Overcomers Outreach is a lifelong commitment. Wherever God wants to use me, it's up to Him to open the doors, and He will, as I grow in Him and in my sobriety. I've gone from the brink of death and a sure eternity in hell to a joy and peace that only JESUS CHRIST can give. He has given my family and our business back to me and is blessing us richly. I love Him with all my heart and owe Him everything.

"THEY THAT WAIT UPON THE LORD SHALL RENEW THIER STRENGTH...THEY SHALL RUN, AND NOT BE WEARY...THEY SHALL WALK, AND NOT FAINT." ISAIAH 40:31 (KJV) I learned to wait upon the Lord in prison, but I still need to stay vigilant and watchful. And most of all, I need to share what I have found with others, wherever God leads me.

## FREEDOM IN CHRIST

“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 Corinthians 1:9 (TLB) The minute we admit we have a problem with any kind of addiction or compulsion, we are saying we need help, and that help is found in God. However, a lot of times, we also need the help of other people. The main role of Overcomers is to help people find freedom in Jesus from all life-controlling sins. We all need to let go of ourselves and to let God be in control. To be sober and clean from all addictions is a must if we are to be the people God wants us to be. We, in Overcomers, do this by meeting in small groups on a regular basis to study God’s Word, and to share our struggles and victories in a totally safe place, where we know what we say will stay in our meeting room. Then we pray for each other, as we soon learn that only God can provide the power we need to overcome our struggles with repeated sins. We also need the loving support of family and other people who can hold us accountable and help give direction to our lives.

Here is a brief outline of how our ministry operates:

1. Jesus is the head of our ministry.
2. Our group leaders are very important, because without their leadership we could not operate.
3. We have those who attend the meetings. If we didn’t have hurting people coming to our groups, what purpose would there be for Overcomers?
4. Our support people have committed themselves to support us with finances and prayer.
5. The OO board is a group of very committed people doing a great job running the ministry and giving direction.
6. Our paid workers have the responsibility of seeing that we are doing what we can to make sure hurting people are getting their needs met.

**Ken S**

**Executive Coordinator**

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

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## 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!



I/we would be pleased to be a part of the Overcomers Outreach support team through prayer and with the following financial support:

A one-time gift of \$ \_\_\_\_\_ or regular monthly support of \$ \_\_\_\_\_

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