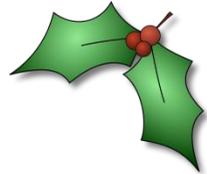


# OVERCOMERS OUTREACH CANADA INC.

## DECEMBER 2015 NEWSLETTER



### "... the Reading of Scripture ..."

One sentence in the Overcomers Preamble reads: "The loving support and genuine caring of fellow members, coupled with daily prayer and the **reading of Scripture**, prepares us to experience total serenity in Christ, no matter what our outward circumstances might be."

The **reading of Scripture** is a very important part of recovery, yet I regularly encounter Overcomers who still struggle with spending time each day in God's Word.

May I offer the following suggestions?

- Set aside time when you wake up each morning to pray and read God's Word. Our Program Consultant, Ken S, has done this for decades. For many people, this may involve setting the alarm clock for 30 minutes earlier, just to spend time with God.
- Find time during your day to look into God's Word. One summer I had a business contract that resulted in having to clear airport security every single day. The lines were long, so I used that time to read Scripture on my smart phone. Commuters, whether by car or public transit, also have an opportunity to turn that lonely time into a time with God's Word. If you are a driver, make sure to have an audio version of the Bible, and keep your eyes on the road!
- Acquire a daily devotional, and let it keep you on track each day of the year.
- Pick up a "read-through-the-Bible-in-a-year" plan from your church, or download a plan. January 1 is coming soon. Consider making that commitment to our Lord for 2016.

*Continued on page 2*

**Merry Christmas and a Happy New Year  
from all of us at Overcomers Outreach**

**May Christ not only be the reason for this  
season but the Lord of your life everyday.**



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).

*"... the Reading of Scripture ..." continued from page 1*

- Acquire your own copy of the Life Recovery Bible, which we use as a regular part of our Overcomers meetings. This NLT Bible has a fabulous study plan that takes you through each of the 12 Steps with both Scripture and an encouraging devotional, which can be completed in as little as five minutes. (The study starts on page 25, in Genesis 16. The last sentence of each devotional points you to the next in the series). There are seven studies for each Step, so you study one Step each week! In three months you will have studied each of the 12 Steps.

In Step 2 it says that we "Came to believe that a power greater than ourselves could restore us to sanity." That power is Jesus Christ. **Reading of Scripture** is one of the ways that we come to know and surrender obedience to Jesus Christ.

**Chris B**  
**Director of Operations**  
**Overcomers Outreach Canada Inc.**



\*\*\*\*\*

***Share each other's troubles and problems, and so obey our Lord's command. Gal 6:2 (TLB)***

We now live in a time where all of us, whether or not we are in the church, are under attack from the evil one. Just watch the news or read the daily papers and it's all about negative things that are going on in the world. Much of the news is related to violence and the breakdown of the family unit and home. Kids are involved in gangs, addiction is running rampant in all kinds of forms and there is abuse of great magnitude going on in many homes in our country.

I speak at many churches and hear the frustration of church leadership about knowing what they can do to help those who are hurting so badly in their church family and community. This is where we, at Overcomers Outreach, can help - we are here to offer ourselves and our ministry in a loving way. Our desire is to come alongside the church and those who are hurting by gently showing them that, in Jesus, there is a way out of their pain. We can share how, while attending OO meetings, Jesus helped us by putting other hurting people in our lives. Then, by studying the Word of God together, praying for each other and just sharing the pain that we are going through, we can heal, in time, and be set free from our troubles and problems. I pray that all of us in Overcomers will be a help to the church, the body of Jesus, and to the communities we live in.

**Ken S**  
**Program Consultant**

**Overcomers Outreach Canada Inc.**  
NEW ADDRESS: Box 1933  
Beausejour, MB R0E 0C0  
  
Phone: 1.866.881.2480  
  
Email: [info@overcomersoutreach.ca](mailto:info@overcomersoutreach.ca)  
Canadian Website: [www.overcomersoutreach.ca](http://www.overcomersoutreach.ca)  
US Website: [www.overcomersoutreach.org](http://www.overcomersoutreach.org)

## Testimony By Margaret

It is May 2015; I'm writing my testimony and I have not had a cigarette for three years. How is this possible?

I started smoking off and on with a girlfriend in my early teens, and when I was sixteen it was not a secret anymore. I smoked openly in front of friends and family. We all seemed to do that in the 50's. It was "cool" and was made very easy for us because our local café would sell cigarettes one, or two at a time, for as little as a nickel. Smoking was a part of my life for 53 years.

I look back at the many years I continued to smoke. I remember how our oldest son would not sit at the table if there was an ashtray on it. He had seen and heard at school about the negatives of tobacco smoke. I continued to smoke cigarettes but never thought of myself as addicted. There were times when I thought of quitting, but then I just smoked more than ever and saw that my smoking increased, especially when I was anxious, angry or frustrated.

I was a Christian, but I knew a lot of Christian people, like myself, who smoked, so that was not a deterrent.

I suffered from high blood pressure all my adult life and was on medication for it. I asked my doctor if I should try the nicotine patch. He told me that if I had the patch on, and took a cigarette, that I would be in worse shape than I was by just smoking alone. I thought that, if I quit smoking, then I wouldn't need my medication for hypertension. The doctor agreed to stop my medication for six weeks. I went those six weeks without meds or cigarettes but my blood pressure remained high. I had to go back on my pills and, in frustration, bought my next carton of cigarettes.

In past years we could smoke at our desks at work. Then, we were only allowed to smoke in the coffee room on our breaks. There were two scheduled break times; the early group was non-smokers and the smokers went last. I happened to be on the late shift, which made it easy to continue.

When our building went to non-smoking, we had to go outside on our breaks if we wanted to smoke. There were many products on the market to help a person quit. I tried, not once, but several times, with these stop-smoking remedies. At one time, prescriptions were paid by our company's health plan. I tried this at their expense and then again at my own expense, but failed each time. I realized that I really was addicted.

Smokers had now become a minority and we all felt out of place. Homes, except our own, became non-smoking areas. I felt guilty, and at other times angry, because of the changes in society. When everyone was telling me to quit, (even my little grandson), I knew something had to be done. My family doctor wanted both me and my husband to quit because of health problems. He spent time with us on this subject and had a respiratory technician talk to us at length. It didn't work.

At this time, I was attending a local weekly Bible study group. In one of our sessions, an elderly gentleman shared that he had been a smoker but that God had taken away his desire to smoke and he had successfully quit. I thought to myself that if God would do that for this person, then why couldn't He do it for me? I found out that He could and He would.

*Continued on page 4*

*Testimony By Margaret continued from page 3*

There was an Overcomers Outreach group meeting at the church once a week. At that time, I had breathing problems, chronic bronchitis, and had been in hospital with pneumonia. I decided to attend and I felt the support and encouragement of the group. I picked a quit date and CHAMPIX® was prescribed by our family doctor, paid for by Pharmacare, and used as a tool. But it was the spiritual help and prayers of family and friends that helped me quit, and a few weeks later my husband also quit. My family found it hard to believe that I had stopped smoking and thought it would not last. Although I have other health issues, respiratory problems are no longer one of them. I am now a non-smoker. With God's help, I'm free.

\*\*\*\*\*

### 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) Program Consultant's salary and expenses (Ken S)
- 2) Travel and Conference expense
- 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 \$\_\_\_\_\_

Please use my/our gifts for \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_ P. Code \_\_\_\_\_