



# OVERCOMERS OUTREACH CANADA

Fall | 2019 Newsletter

## President's Message

Have you ever felt that your journey through recovery feels like you are in a maze? If we liken it to a physical maze that we are in, where we cannot see over the walls to navigate our way through? How do we ensure we do not endlessly return down “blind alleys” where we have already been to before?

Now what would it be like if we had a way to mark the paths we had already gone down, or learn from our past mistakes? What if someone gave us a map of the layout of the maze? What if we had a bird's eye view of the maze as if it were a copy on a page so we could see the obvious dead ends before revisiting them; like we do with our compulsions and addictions? Would we actively use these “job aids” to help us navigate to recovery?

Many of you will recognize this excerpt from the FREED preamble: “We practice the suggested 12-Step recovery program of Alcoholics Anonymous, Al-Anon and other 12-Step groups because we believe these to be the practical application of these life changing principles which are so clearly set forth in the scriptures.”

Meeting with other people who have been in the maze as well and found victory in Christ reinforces that there is hope. There is only one who can walk with us through our own maze as it is unique to us. That person is Jesus. Here is what the Bible says in regard to what Jesus will do for us if we keep our focus on him:

- Trusting in the Lord: Proverbs 3:1-6 (NLT) *“My child, never forget the things I have taught you. Store my commands in your heart. If you do this, you will live many years, and your life will be satisfying. Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart. Then you will find favor with both God and people, and you will earn a good reputation. Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”*
- Psalm 16:11 (NLT) *“You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.”*
- Psalm 119:105 (NLT) *“Your word is a lamp to guide my feet and a light for my path.”*
- 1 Peter 5:8,9 (NLT) *“Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith.”*

So how can what we learn from the Bible help us when we get into the maze of Life?

Ephesians 6:10-18 (NLT) The Whole Armor of God "A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these,

*hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."*

Overcomers Outreach gives people in traditional 12-Step programs a way back to the church of their choice.

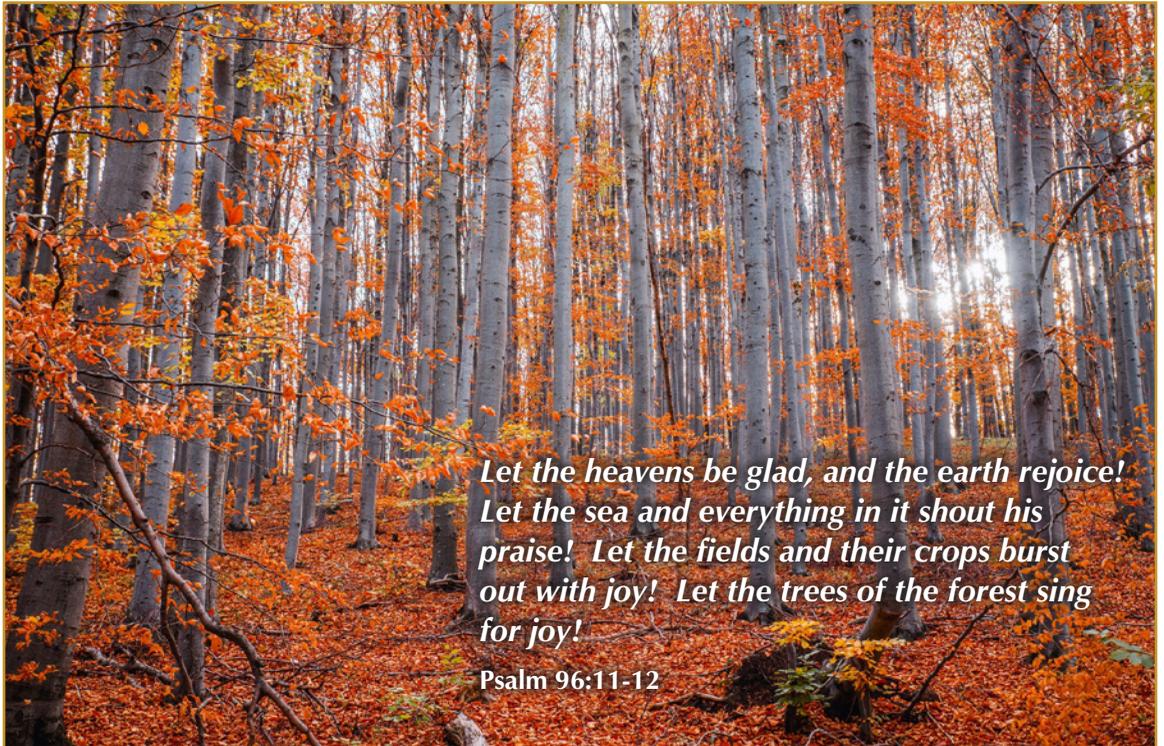
Overcomers Outreach provides a vehicle for people in the church to find additional help in traditional 12-Step groups. \*

Praying that you feel the presence of Jesus walking with you today.

\*From FREED

**Phil Van Bergen**

President, Overcomers Outreach Canada



*Let the heavens be glad, and the earth rejoice!  
Let the sea and everything in it shout his  
praise! Let the fields and their crops burst  
out with joy! Let the trees of the forest sing  
for joy!*

Psalm 96:11-12

## FREED book, Guideline to set you free

In Overcomers Outreach, we have a book called the FREED Book. In this book the whole program of the 12 steps is given to us. It tells us that in Jesus Christ we can be set free from all addictions and compulsive behaviour. It lists all the scriptures related to the 12 steps and also gives us a list of topics that all people struggle with in life. And the FREED Book gives us a complete guideline where to look in the Bible for the scriptures that will empower us to be set free.

We live in a world today where a lot of people have bought into that big lie “if it feels good do it.” If it looks good try it, if it takes your mind off your troubles it must be good! Some will even think it’s a God thing. They use different scriptures to defend themselves: *“I can do anything I want to if Christ has not said no, but some of these things aren’t good for me. Even if I am allowed to do them, I’ll refuse to if I think they might get such a grip on me that I can’t easily stop when I want to.”* (1 Corinthians 6:12, TLB)

And that’s the big question in life... have I crossed a line of overdoing something to the point of no return? If we have, then we have a problem and it is called addictions and for some it’s a negative compulsive disorder. And my Sisters and Brothers in Christ Jesus we are not immune to this happening in our lives.

So if we find out that we have crossed over that invisible line from being controlled by the power of Jesus Christ to being controlled by some mood altering substance or compulsive disorders, we must go back to the scriptures and see what God says we can have if we get the loving support we need. *“For dear brothers, you have been given freedom: not freedom to do wrong, but freedom to love and serve each other.”* (Galatians 5:13)

That’s where Overcomers Outreach can be the support group that will love you back to freedom. And it’s there where we can learn to turn back to obedience and serenity. There is another power that we need if we are to stay free. *“I advise you to obey only the Holy Spirit’s instructions. He will tell you where to go and what to do, and then you won’t always be doing wrong things your evil nature wants you to do.”* (Galatians 5:16)

So in conclusion, I encourage everyone who reads this, if you find yourself in a struggle that you can’t seem to overcome, please feel free to join a local Overcomers group. Then with the loving support of each other, the power of Jesus Christ and the indwelling Holy Spirit, we all can have Freedom.

### **Ken Sundelin**

Addictions Consultant, Overcomers Outreach Canada

## News from our Overcomers families across Canada

- On the Sagkeeng FN, 90 miles north of Winnipeg, an Overcomers group was started. Ken Sundelin, Addictions Consultant, has been assisting the group as they begin to meet weekly.
- Inquiries from Regina and Ontario have been made as people see the need and healing power of Christ in these locations

If you see a need in your church and community for this important program, contact us and we would be glad to help and support you getting started. Contact us at: [Overcomersoutreach.ca](http://Overcomersoutreach.ca)

## Supporting Overcomers Outreach Canada Financially

Donations may be made by cheque or online through Paypal. Just click on the Donate link on our Website. Please advise us of your mailing address; a receipt will be sent out early in the new year for donations made in this year.

Financial support can be designated to a specific ministry area:

- Addictions Consultant's salary and expenses (Ken S.)
- General operating expenses (telephone, website, office expenses)
- Or simply designated as "Wherever needed"

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

I/We would be pleased to be a part of the Overcomers Outreach team through prayer  
and with the following Financial Support:

A one time gift of \$ \_\_\_\_\_ or Regular monthly support of \$ \_\_\_\_\_

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