



# OVERCOMERS OUTREACH CANADA

December | 2020 Newsletter

## President's Message

### Why are the 12 Steps of AA so important and why have we adopted them in Overcomers Outreach Canada?

At Overcomers Outreach Canada, we take the 12 Steps of AA seriously. Early on in my walk through the 12-Steps I saw how we need to take them to heart seriously and do them the way our FREED Book explains. Having grown up in a conservative church myself that practices these biblical principles, I had already accepted the seriousness of them as they were all based on scriptures.

My first experience with AA was in late 1979. I believed in the importance of having a sponsor and possible clergyman to help me through the mess in my life using the 12-Steps. My first choice of my higher power was JESUS CHRIST. I had grown up knowing about him and in my relapse years I always knew in my heart that the only way out of my serious dilemmas was through complete 12-step work. Yes, it took effort and humility but my God was always there and I could feel his presence every time I broke down and cried out to him. Please believe me when I say it took a lot of effort. Especially when I was completely devastated by mental illness. It took many hospital stays (medical and mental), treatment programs and finally prison before I really broke down and saw the seriousness of my situation. It was then I realized that if I died while in my sin I was bound for an eternity in hell. God would not be mocked and I would reap what I had sown.

Doing Step 4 **“Made a searching and fearless moral inventory of ourselves”** was always easy for me. But moving on to Step 5 was where I got held up many times, **“Admitted to God, to ourselves and to another human being the exact nature of our wrongs”**. James 5:16 teaches, *“Confess your sins to each other and pray for each so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.”* (NLT)

Study these bible verses for yourself. Galatians 6:1-3, Psalm 32:1-5, Proverbs 28:13. Examples of confessions can be found in 1 Samuel 15:24, Matthew 3:1-6, Acts 19:13-20. Also the need for honesty can be found in Romans 12:17 and Hebrews 4:12-16. It's only in doing Step 5 properly that we find the power behind it. Please don't try to find a perfect, sinless person to do this step with but a humble spirit filled person. Ask God to show you the right person and he surely will. He has done it for me many times over. God is so faithful and just in these issues that sometimes my small mind does not want to accept his promises.

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## President's Message continued

Having grown up in a very religious work-oriented society and being taught that by works we are saved, still makes it hard for me to accept God's grace and that it is free. Yes works are important and seem to come automatically after a person accepts JESUS CHRIST as their higher power and Saviour. In James 2:26, the Bible teaches faith without works is dead, also in Matthew 7:16 it teaches by their fruits you shall know them. I believe in doing the steps thoroughly so we will have much good fruits in our lives and people around us will rejoice with us. And the angels in the heavens will sing loud praises. Please take Step 5 very seriously. I speak this from much experience.

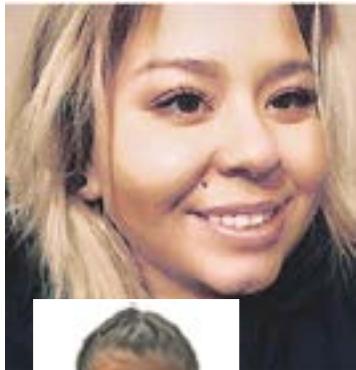
May God bless us all.

### **Mark Kleinsasser**

Acting President, Overcomers Outreach Canada

## A Life Bound by Addiction to a Life Restored by the Grace of God

*"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (2 Corinthians 5:17, NLT)*



My name is Chelsea Hart. I am the daughter of Joey and Frances Hart, and Cameron and Sylvia Catcheway. I was raised in Fisher River Cree Nation. I am the oldest child, I have 4 brothers and 5 sisters. I have one daughter, her name is Danis.

I grew up in a loving home, with praying parents. My Mom served the Lord since I was 3 years old. I had a good childhood, my parents made sure all of my needs were met. I always felt safe and secure. Throughout my teens I was active in sports and recreation. I was very outgoing and could be friends with anyone who crossed my path.

Upon becoming an adult, I chose to go down the wrong path. For 10 years I lived a life bound by drugs. I experienced many hardships. My marriage failed, I lost jobs, homes, vehicles, CFS became involved, I was BCR'd from my community. Many friendships became broken.

Through it all, that lifestyle was not what I wanted. I desired to live a life free from addiction. I tried to change my life many times on my own, it became a cycle that I was helpless to change. Going to treatment did not work for me.

I began seeking prayer from my parents who I am so blessed to have. They prayed for me day and night. Even though there were times I asked myself if God was real, I began calling upon Him myself. I also reached out to praying people and friends who I remembered from my childhood. Prayer is powerful.

*"I prayed to the Lord, and he answered me. He freed me from all my fears." (Psalm 34:4, NLT)*

In December 2019, a miracle took place. "God stepped in", there was deliverance. I never understood what deliverance was till it happened for me.

I accepted prayer, I believed God might be able to fix my life and He did. I remembered how forgiving He was and that He is a miracle worker and a healer.

I am here to tell you that if you are struggling with addiction and you think you have tried everything; I encourage you to try JESUS. You too can be set free. Seek prayer and believe. God not only set me free from addiction but has begun to restore my life, He has healed me in areas that I didn't think could ever be healed. It has only been 9 months since I got saved and God has already done so much for me.

My daughter and I have never been so happy. There was a time when she and I went days without smiling. By the grace of God, we are now healing, living life to the fullest, enjoying the outdoors, enjoying God's many blessings. I am currently learning how to study and apply the Word of God. I attend Bible study and Overcomers Outreach once a week. Both are available here in Fisher River. He turned me into a teachable person. He has given me a new heart, and I want this for everyone. I pray that my testimony encourages you. There is hope in Jesus Christ.

## A Word from Ken

As I write this article for the Overcomers Outreach newsletter I can not help feeling sad. This summer a very good friend of mine, Phil Van Bergen, who was president of Overcomers Outreach, went home to heaven after a brief illness. Phil was only 55 years old. Phil was a very important part of our ministry; as president he chaired board meetings, prepared agendas and gave direction to the ministry. He looked after all the social media we use to promote the ministry, took care of our website and did some writing for special events. He also contacted group leaders to offer encouragement and make sure any questions they had were answered. He also filled in as a speaker wherever needed. Phil was always an encouragement to me personally and his passing has left a huge void in our ministry. Thanks to our Vice-President, Mark Kleinsasser we have been able to continue moving forward.

November is the 11th month of the year and a lot of our groups will be focusing on Step 11. The two main themes are praying and meditation to help us grow in our relationship with Jesus Christ and learning to know His will and the power to carry that out. I know a lot of you who receive our newsletter have never struggled with addictions or life crippling negative compulsive behaviours. But I know you still need to grow in your relationship with Jesus Christ, and we all know this doesn't end till we draw our last breath here on earth and make our final journey to our heavenly home. I ask you to pray for our ministry as we seek God's direction for the future of Overcomers Outreach, and that God will meet all our financial needs as well, so that many people can be set free from sin and have eternal life. I encourage all of us to seek God's will by meditating on His word. I will close with these words from God.

*"Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the Lord; and you will gain knowledge of God."* (Proverbs 2:3-5, NLT) May God bless you all.

**Ken Sundelin**

Addictions Consultant, Overcomers Outreach Canada



**Merry Christmas**  
and many  
**Blessings**  
in the  
**New Year!**

**Overcomers Outreach Canada**

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To read this newsletter online  
please go to  
“Resources” on our website.

**REMEMBER**

There are many resources you or  
your group might find helpful.

To see a price list, visit

“Resources” on our website,  
or email

[resources@overcomersoutreach.ca](mailto:resources@overcomersoutreach.ca)

### **From some of our groups across the country:**

The COVID-19 pandemic continues to put stress on everyone, everywhere. We continue to pray for all our Overcomers group leaders and members, that they will call out to God for help.

*"They shutdown all the groups on the reservations as of Sept. 7th. That closed down those meetings. And we went into lockdown across a lot of Canada."*

*"We met via Zoom in spring, then in summer we met distanced. In fall we were grateful to be able to meet in the church again. For some, the requirement to wear masks for the whole meeting added a lot of stress."*

*"Our group stopped meeting. Some people don't have a phone so there is no contact unless I meet them on the street."*

*"We haven't met since the new rules came into effect. I wonder when we will be able to meet again with everyone."*

### **"Consider it pure joy, my brothers, whenever you face trials of many kinds."**

(James 1:2, NIV)

Few men suffered more than the apostle Paul. He learned to live in joy no matter what his circumstances were, even in a prison cell. We can do the same during this time of COVID, even though we are being physically restrained by lockdowns across our country. I know there are many people in our ministry who do not have the technical equipment to join Zoom meetings, probably 50% have a cell phone with only phone calls and text message technology. Many days, I spend 2-3 hours on phone calls and text messages. I really encourage everyone who gets this newsletter to pray for all of us in recovery. Let us remember we can refuse to allow our circumstances get us down. In the midst of our difficulties there still can be the hope of joy.

You might ask how? And I say we must look at what Jesus said in John 16:33, *"I have told you all this so that you will have peace of heart and mind. Here on earth you will have trials and sorrows; but cheer up for I have overcome the world."* (TLB) We need to trust Jesus to get us through this time of COVID, no matter our circumstances. Sounds hard but with Jesus Christ we shall overcome.

#### ***Ken Sundelin***

Addictions Consultant, Overcomers Outreach Canada

### **Something to look forward to in the New Year... (besides a vaccine!)**

Overcomers Outreach is looking forward to a new resource becoming available.

Ken Sundelin has written a devotional book, with daily insights and encouragements for those dealing with addictions, co-dependency, compulsive behaviours. Editing and design work is continuing, with a planned launch date in the New Year. We are excited that we will have a new resource to share with you, especially one written by Ken who has been in recovery for over 40 years!

# Overcomers Outreach Canada

## Supporting Overcomers Outreach Canada Financially

As a faith-based organization we partner with supporters who understand the practical need to assist those who have been affected by addictions or compulsions. We would like to thank you who have been faithful in providing funds to continue to undertake the work that God has collectively entrusted to us. One specific area we have continued to see doors open to help those in recovery is in our First Nations communities.

*"For God does not show favoritism."* (Romans 2:11, NLT)

From a practical standpoint this means that when God provides a way to help the lost, Overcomers Outreach endeavours to bring the good news of Jesus Christ and His healing power to those hurting no matter what their race, background, or addiction.

Please prayerfully consider if you could make a year end donation to ensure we can continue tangibly reaching those looking to break the cycle of addiction in the New Year.

God Bless you in 2021.

**Mark Kleinsasser**

Donations may be made by cheque or online through PayPal. Just click on our 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:

- Addiction 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 \$ \_\_\_\_\_

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

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