

OVERCOMERS OUTREACH CANADA INC.

OCTOBER 2016 NEWSLETTER

“Fuhgeddaboutit”

Fuhgeddaboutit is a word used by New York mafia types, in the movies anyway, that translates to “forget about it”. When a mafia boss, think Don Corleone in Godfather 2, uses “fuhgeddaboutit” there is also the strong implication that **“failure to do so will be injurious to your health”**.

When an addict is in the early days of recovery, he or she learns a number of phrases that help refocus the mind when it wanders into old ways of thinking. The alcoholic learns “first you take a drink, then the drink takes a drink, then the drink takes you”. Porn addicts learn to “bounce their eyes”. And the list goes on.

It is interesting how the techniques we have learned in recovery can be applied to other areas of our lives. Over this summer my weight kept creeping up and I realized that I needed to eat better and exercise more. One of my problems was snacking in the evening. One evening as I was struggling I suddenly heard “fuhgeddaboutit” and I got through the evening without a snack. A little victory, but a victory none the less!

As recovering Christian addicts, we will go through the spiritual awakening talked about in Step 11. As we surrender more and more of our lives to God, the Holy Spirit becomes much more powerful within us and we find that “we are transformed by the renewing of our minds” and the old us passes away.

Through this process, as our mind wanders, the Holy Spirit may very well tap us on the shoulder and say: fuhgeddaboutit!

Chris B
President
Overcomers Outreach Canada Inc.

Overcomers Outreach Canada Inc.

Box 1933
Beausejour, MB R0E 0C0

Phone: 1.866.881.2480

Email: info@overcomersoutreach.ca
Canadian Website: www.overcomersoutreach.ca
US Website: www.overcomersoutreach.org

SUPPORT ONE ANOTHER CONFERENCE

On October 29th Overcomers is having their annual conference in Winnipeg, and the whole day will focus on the support needed in the church for those of us who have struggles with addictions and compulsions. The list is almost endless of people who are in a real life spiritual warfare, and the standard advice most people get is pray, read the Word, and find a Jesus-believing church to attend. This is very good advice, I must say, but what if that is not enough for some people, then what? I have been sober and in recovery from addictions for over 38 years, and a Christian for 36 of those years, yet I still need men in my life to support me when things seem overwhelming.

2 Corinthians 1:3-4 says: *What a wonderful God we have - he is the Father of our Lord Jesus Christ, the source of every mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials. And why does he do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them the same help and comfort God has given us. (TLB)*

So I challenge all who read this to get more involved in the lives of those you know who are in the fight of their lives, trying to overcome whatever they are struggling with. It might be a family member, a friend, or a fellow sister or brother in your church. Or dare I say this, could it be yourself? Over the years, in Overcomers Outreach, I have seen many miracles of men and women who have been set free from their personal demons and now are walking in victory with Jesus, and in every case there has been someone in their lives encouraging them on to victory in Jesus. Whatever God has brought you through just might be what someone you know needs to hear about from you, so they too can overcome. If you are interested in learning more about how you can help others, check us out on Saturday, October 29th, 9 am to 4:30 pm. You will hear testimonies of how people have been set free from all kinds of addictions and compulsions. Join us at Kilcona Park Alliance Church, 1977 Norris Road (off Lagimodiere). It's all free and we provide a great lunch for \$5.00. Hope to see you there.

Ken S

Addictions Consultant

Overcomers Outreach

Mark your calendars and join us for our SUPPORT ONE ANOTHER Conference

For anyone interested in addictions and recovery
No fee for attending but registration is required

Register by calling 1.855.849.9947
or go to www.overcomersoutreach.ca

Kilcona Park Alliance Church
(1977 Norris Road, Winnipeg – off Lagimodiere)

Saturday, October 29, 2016
9:00 am to 4:30 pm
(1 hour lunch break - \$5 for lunch)

Freewill offering will be taken
Worship time, testimonies and training sessions

Testimony By Chris J

Executive Coordinator, Overcomers Outreach

My father was an alcoholic, so I know first-hand the destructive effects of addiction upon a family. By the age of 5, my biological father was so consumed by his addiction to alcohol, that he abandoned me, my mother and my two younger sisters. So I grew up in a dysfunctional single-parent family without a dad.

As I headed into my high school years, I was like many typical teenagers - looking for love in all the wrong places. Like my father before me, I turned to alcohol and relationships with girls to fill that missing void in my life, but to no avail. One night at an all-night drive-in, the fall after I graduated from high school, I said to some of my friends, "There's got to be more to life than getting drunk, dating girls and partying." Thus began a quest for the meaning of life.

My journey took me from my hometown in Rouleau, Saskatchewan (home of the classic Canadian sitcom, *Corner Gas*) to Calgary, Alberta, where my dad was now working in a casino. Although the geography was different, everything else was the same - I found myself getting drunk, chasing girls, but still feeling that emptiness inside of me. However, after two weeks of spending time getting to know my biological dad, I went to visit a friend of mine I had met the previous summer at my first ever job working at McDonalds.

It was in that farmhouse outside of Lacombe Alberta where I heard the Good News - the Gospel of Jesus Christ - for the first time. My friend told me that there was a God Who had created me, and Who loved me so much that He had sent His Son, Jesus, to die on the Cross for me, to pay the price for my sins to be forgiven. And boy, did I know that I was a sinner! I knew what was wrong with me, but no one had ever told me what could be right with me.

On that night, I recognized that my life had become unmanageable, that there was no way I could change my broken life even if I wanted to. But I also discovered that there was a power greater than myself that could restore me to sanity. And on that summer's night, I made a decision to turn the care of my life over to my higher power - Jesus Christ, and my life has never been the same!

Since then, I spent 24 years in full time pastoral ministry, and now serve as a guidance counselor and academic advisor for a Christian School in Surrey, BC. I also currently serve Overcomers Outreach of Canada as the Executive Coordinator. Today, there is no greater joy in my life than helping other people find the same freedom in Christ that I have experienced. No matter who you are, or how far you've fallen, or how greatly you've sinned, I want you to know that there is a God Who loves you and has a wonderful plan for your life. Why don't you surrender to Him today?

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

To read this Newsletter online, go to "News" on our website

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 _____