

OVERCOMERS OUTREACH CANADA INC.

SEPTEMBER 2015 NEWSLETTER

CHANGES AT THE CANADIAN CENTRAL OFFICE

We trust that everyone had a great summer. Here at Overcomers it gave us the opportunity to finalize a number of changes that have been in the works for several months.

First, we have changed our mailing address to:

P.O. Box 1933 Beausejour, MB R0E 0C0

(if you donate through the mail, please send cheques to this new address).



We have also had a number of changes to our Board of Directors:

Earlier this year, both Walter (Wally) Roberts and Leo Jansens left the board. They each have about one and one-half decades of service! Big shoes to fill!!

Joining the board are: Mark Kleinsasser (businessman), Joan Griffith-Parker (data analyst with a Provincial Crown Corporation), and Chris Jordan (Pastor, author).

The executive has also seen a number of changes:

Chris Boyle, continues to serve as Director of Operations (new title, same responsibility).

Willie Froese is now Assistant Director of Operations.

Peter Gerbrand is the Treasurer.

Chris Jordan is the Secretary.

We have also been fortunate to obtain the volunteer services of Rey Schellenberg as Accountant. Rey is a retired banker and has extensive experience both as a church treasurer and as an accountant with another non-profit organization.

Rey joins the existing service team of:

Ken Sundelin - Addictions Consultant, Donna Jansens - Administrative Assistant, and Bev Boyle - book store coordinator.

Tradition #2 states: "Our leaders are but trusted servants; they do not govern".

Please pray for these servants.

Chris B

Director of Operations

Overcomers Outreach Canada Inc.

OVERCOME! Conference

For anyone interested in addictions and recovery

- Saturday, October 3, 2015
- 9:00 am to 4:30 pm (1 hour lunch break - \$5 for lunch)
- Kilcona Park Alliance Church (1977 Norris Road, Winnipeg)
- no fee for attending but registration is required
- a freewill offering will be taken
- worship time, testimonies and training sessions

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

TESTIMONY BY DOUG

You've heard it said that a picture paints a thousand words. Some words, however, paint a thousand pictures: Adult movies, XXX, Penthouse, Playboy, strip clubs, etc. Pornography has a way of burning images in one's mind that are hard, if not next to impossible, to remove.

I was exposed to pornography in my early teens when my boss thought it a good idea to bring me to a strip club and encouraged the dancer to touch me. I refused, but the very thought left me feeling uneasy and dirty. He proceeded to take me back to his apartment where he handed me a pile of porn magazines. Relief came easy. He let me take a bunch home with me. What a nice guy! ...NOT! Little did I realize how detrimental pornography was to my relationships, my sense of self-worth and my perception of women.

I struggled with being accepted among my peers at school. Having lived abroad for several of my early years, kids back home could not fathom my enthusiasm for my expat experiences. I was just weird to them and so I tried many things to get "in" with the crowd: smoking, smoking up, vandalism etc. Yet, when things were not going my way, pornography was a quick release.

When I got married, the need for pornography disappeared ... until a phone call sent my wife into a downward psychological spiral fraught with suicide attempts and repeated hospitalizations. Pornography reared its ugly head and I easily rationalized using it since normal sexual relations were not possible. I learned that to rationalize is to tell myself "rational lies". In spite of counselling and the encouraging counsel of pastors, friends and family, that marriage ended eight years later.

I remarried a few years later and once again I thought I had beaten the pornography scene when some colleagues and I went out to a restaurant. Afterwards, they insisted we all go to a strip club. Although I said "no" several times, I eventually gave in. Pornography rushed back in with a vengeance. I started to talk to my pastor about this struggle and he prayed with me. That was when my healing process really started: I admitted I was powerless to tackle this problem on my own.

A few years had passed and I was experiencing a fair amount of freedom from pornography but occasionally an image would pop to the forefront of my mind and I would fail again. I attended a Promise Keepers event a few years ago and one of the speakers spoke on pornography. I discovered Overcomers Outreach at that conference and participated in the noon hour session and a training session the following day. I recognized the value of this program and decided I had to go this route.

I now find it encouraging to meet with other men in Overcomers Outreach knowing that all have struggled with some sort of addiction or compulsion. I no longer feel alone in this struggle. Silly as it may sound, the fact that pornography is a multi-billion dollar industry is proof that I'm not the only one who has viewed pornography. Reading the scriptures and commentary outlined in the FREED book, along with the devotionals in the Recovery Bible, have proven to be useful in refocusing on that which is pure and lovely: Jesus Christ and His love for sinners like me. Thank God, He takes us as we are but does not leave us as we are.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. Philippians 4:8 (NIV)

OVERCOME

It's been over 35 years since Jesus set me free from my addiction to alcohol, drugs and pornography. It's been a wonderful experience to see how God has set me free through the power of His Son, Jesus Christ, and the 12-Step program of Overcomers Outreach. It's also amazing to see how God is using me to help set up support groups in churches across Canada, where people can find healing and freedom from their addictive and compulsive lifestyles.

My journey started with a complete sense of brokenness. Until I came to that place in my life, my whole world revolved around the fear that consumed me. Just like a little child who is afraid of the dark and hides under a blanket, I was always trying to hide under the "blankets" of the false gods of alcohol, drugs and lust. I would hide there until my fears would vanish under the false sense of "feeling good for now" that was created by mood altering chemicals or immoral sexual activity. I was so desperate for that "feel good god" which gave me the "comfort" that all was well in my life for now.

However, when I came down from feeling good, anger would surface and I would be mad at God, myself and the whole world. Then I would go on a self-pity trip - there is no hope for me; I am a useless no-good; who cares about me anyway. Next, guilt and shame would overwhelm me and I would be asking, "how could I do this to myself and hurt the people I loved so much; how could I have no respect for God's values?"

Finally the day came when I was totally broken in spirit, mind and body. Psalm 6:6-7 described me: *I am worn out from groaning, all night long I flood my bed with weeping and drench my couch with tears, my eyes grow weak with sorrow. They fail because of all my foes.* (NIV) My character flaws were my foes: fear, resentment, lust, guilt, shame, selfishness and no self-esteem, all covered up by denial and lying. I called for help and God used one recovered addictive person to put me on the pathway of recovery to a great new life through the power of Jesus Christ and the tools of the 12-Step program. Praise God!

Indeed in our hearts we felt the sentence of death, but this happened that we might not rely on ourselves but on God who raises the dead. 2 Corinthians 1:9 (NIV)

Today, I know that my value lies in what God thinks and says about me. Psalm 139:17-18 says that He is thinking about me all the time; Psalm 17:8 tells me that I am the apple of God's eye; Deuteronomy 7:6 says that I am "His treasured possession"; and John 3:16 declares that He died for me, because He loved me.

Now I pray that anyone who reads this will also call out for help so that they too can have a brand new life in Jesus Christ – a life everlasting.

Ken S
Addictions Consultant

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

Overcomers Outreach Canada Inc.

NEW ADDRESS: 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

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) Addictions Consultant'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!

Worship Through Giving



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 _____