

OVERCOMERS OUTREACH CANADA

Summer | 2023 Newsletter

Jesus said *“And you shall know the truth, and the truth shall set you free”* (John 8:32 TLB)
You, too, can be set **FREE!**

Overcomers Outreach's is a **BRIDGE of HOPE** for people between traditional 12-Step support groups and those within churches of all denominations.

- We are here for Individuals within the church who have kept their problems hidden or have been reluctant to attend recovery groups in the community and who can come to a Christ-centered Overcomers Outreach group where they will find a safe place to share and encouragement through faith in Jesus Christ.
- We are here for people within traditional 12-Step programs where they are offered a fresh look at the “higher power” they have been seeking, in the person of Jesus Christ.

Overcomers may also serve as the primary resource for healing whenever traditional groups are inappropriate or unavailable.

Overcomers Outreach support groups are sharing groups that offers hope and recovery for those struggling with anger, drug addiction, alcohol, shame, guilt, fear, insecurity, depression, eating disorders, anxiety, resentment, mental health issues, pornography, gambling or whatever you may need help with.

You do not need to be alone! If any of these struggles relate to you or you know someone that might benefit from Overcomers 12 step recovery group, please reach out for additional information to find a support group near you.

Step 12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and practice these principles in all our affairs.*

Lisa Switzer

President, Overcomers Outreach Canada



Nicole's testimony

I was in a very dark place and did not know where to turn, Five years before I had a sudden nervous break down and as a result was hospitalized on and off for 5 years. I was misdiagnosed and received the wrong medications and shock therapy which turned me into a "zombie" with partial amnesia. I lost custody of my beautiful daughter and was not able to be there for my 18 year old son. I lost some relationships in my family and was kicked out of my home by my roommate.

In January of 2022 I felt God telling me I would not ever recover unless I stopped taking my medications. This is not the way for everyone it is just that I happened to be on the wrong ones. As the medications left my system, my head started to clear, emotions started to come back and a small percentage of my memory came back. In some ways this was great. In other ways it was like waking up into a nightmare. I realized what I had been like, went through and the excruciating realization that my daughter was gone.

In March 2022 I had a medical episode and was rushed to the emergency, where I was diagnosed with MS. They found lesions on my brain and spine which were the cause of my mental health symptoms which no medication could have helped.

I had a suicide plan. A note written and my funeral plan written out. I heard about Overcomers. I thought I would try one last time. I would attend and if I found any hope at all I would delay committing suicide. I attended and met Ken and the attendees. They all showed me empathy and support. One member in particular, showed me friendship and faith in me. I put my suicide plan on hold and decided to give myself a year for things to turn around. Through the support of the group I found a lot of healing and support.

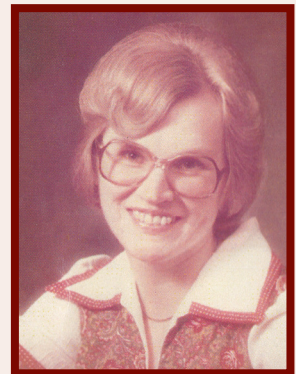
One year later I am engaged to the member who reached out in friendship. I still struggle with anxiety but have skills to now deal with it. I am working part time and am slowly rebuilding a relationship with my children.

Do not give up my friends. There is help and support. Ask yourself....What if? What if change, help and hope is around the corner. God has held me in his hands and been there as I turned a corner.

In Loving Memory

It is with deep sadness we announce that Ken's beloved wife Judy has gone home to be with her Lord and Saviour Jesus Christ. After a long illness with Parkinson's she passed away peacefully surrounded by her family on Thursday April 27, 2023.

Judy will be lovingly remembered by her husband and family and many friends as a quiet, gentle and patient person who loved Jesus and her family, she was a devoted mother and grandmother. She was also a faithful partner to Ken in all kinds of ministries, praying and quietly encouraging everyone.



FREEDOM in Christ

YES, it is indeed possible to be freed from addiction to alcohol, drugs or pills. It is also possible for family members to be freed from their obsession with their loved one's dilemma. It all seems to start with "letting go and letting God". Though we have talked about this in our churches many times, problems of addiction and compulsion have been covered up because we have been too ashamed to discuss them, or to trust Him to handle our situation. Yet, He is the only One who can effectively handle it!

What can we do?

If you have been concerned about these problems in your church, or know of others who might be interested in starting a Christian support group for people struggling with addictions or compulsions, we have developed a simple guidebook called FREED, which will pave the way for anyone who wishes to begin such a ministry. We suggest that the group leader be involved in an Overcomers support group or a traditional 12-Step group in the community and have been in recovery for at least one year.

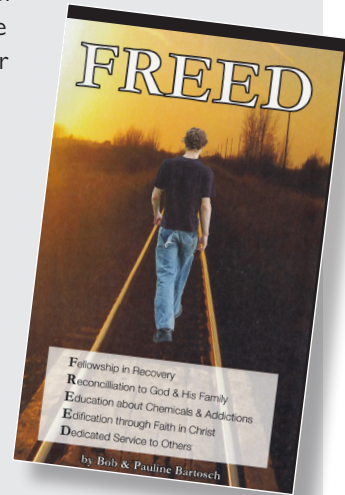
The FREED booklet contains step-by-step instructions on how to start a group, the 12 Steps of AA with corresponding Scriptures, and the Overcomers Outreach Meeting Format. This booklet is designed to provide the easiest possible method to get a group started in your church and fully equips you with all needed materials for the content of each meeting. If the outline is followed as suggested, anyone who has this burden for Christians, who are suffering from addictions or compulsions, CAN HELP!

You will soon discover that you will become "addicted to miracles!"

How would I get started?

- find a church whose leadership is prepared to support the initiative, and confirm that they will host a group
- contact our Program Consultant(Ken Sundelin) at 204-770-7999 or email: info@overcomersoutreach.ca
- if possible, attend a meeting at another church in your area
- organize a small leadership group
- hold your first recovery meeting

There is small financial investment for the starter kit containing the resources and literature that will be needed. More information can be found on our website. As you become established, subsequent support, training and coaching will be available.



June 1

Are You Ready?

STEP SIX

“We’re entirely ready to have God remove all these defects of character ”

Giving up some of our pet character defects can be hard when we have hung onto them so long. We have done our step five and confessed it to God and another trusted human being. We now are ready to move forward to a newfound freedom that we never thought possible. And we will need God’s power to make this possible because step 6 uses the tiny little word all! Yes all defects will have to be removed. So we shall invite God to help us in this massive undertaking.

Prayer for today:

Dear Lord Jesus. I invite you into my life more than ever to help me overcome all my character defects. Thank you Jesus. Amen.

Scripture for today:

So give yourselves humbly to God. Resist the devil and he will flee from you... Then when you realize your worthlessness before the Lord, he will lift you up, encourage and help you. (James 4:7,10 TLB)

(Excerpt from Coming out of the Darkness)

Coming out of the Darkness



by Ken Sundelin

To order email
info@overcomersoutreach.ca

Supporting Overcomers Outreach Canada Financially

We are a faith-based non profit organization bringing hope to those struggling with any forms of addictions or compulsions. Your Financial support goes toward various areas such as:

- general operating expenses and administration (telephone, website, office expenses etc)
- addictions consultant’s salary/expenses
- resources and educational literature or simply designated as “wherever needed”

We would like to thank you who have been faithful in supporting Overcomers Outreach Ministry which is seeing lives changed and families healed.

Donations and Financial support

Please visit: www.overcomersoutreach.ca

Cheques can be mailed to: Overcomers Outreach, Box 1933, Beausejour, MB R0E 0C0

E-transfer: info@overcomersoutreach.ca (please include your name and address in the message section for tax receipt purposes)

Debit/Credit Card or **Paypal** click the DONATE button,

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