

# OVERCOMERS OUTREACH CANADA

December | 2023 Newsletter

## “I Give Up”

### Step 1

*“We admitted we were powerless over our addictions and compulsions – that our lives had become unmanageable”*

“In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead” 2 Corinthians 1:9 (NLT)

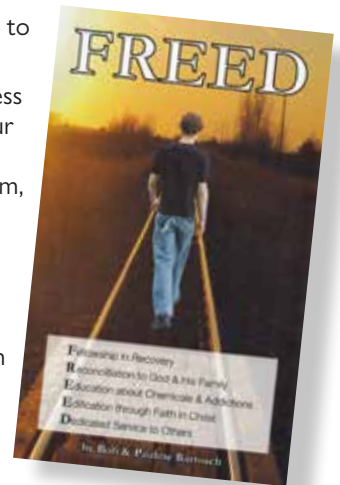
Step 1 allows us to be honest with and about ourselves. When we admit we are powerless we are saying that we do not have the strength and/or resources necessary to control our behaviour regarding a specific substance or action. When this behaviour has a negative impact on our manner of living, our lives have become unmanageable – we have a problem, and we need help with it.

Once we “give up” (surrender) - that’s when God steps in and does for us what we can’t do for ourselves. Jesus said, “come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

When we admit our powerlessness and unmanageability, we recognize there is a problem and can ask for help. We have taken a step towards the truth in our situation.

“I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate.” Romans 7:15 (NLT)

If you are struggling in this season of your life with any addiction, compulsion, depression, or loneliness, know that you don’t have to go through this alone. Overcomers is a Christ-centered 12 step program support group where you can find encouragement through faith in Christ and fellowship with others! May you find freedom in Jesus Christ!



### Lisa Switzer

President Overcomers Outreach Canada



## Testimony – Denis Chabbert

I grew up on a farm, then married my high school sweetheart and moved to Winnipeg to find steady work. Lived in Elmwood area for 10 years, earned my professional accounting certification and then moved to the acreage on which we still reside and grew our family to include 2 sons and a daughter and now 6 grandchildren.

Things looked good, but life was about to change, both for the worst and the better. Today I look back and call this period my “Season of Transformation”. Relationships soured, raising kids was a challenge, work was getting hard and testing my skills and I visited church every Sunday out of habit. I tried to keep all aspects of life running as best as I could by using the only approach I knew – “Take Control and Push Through”

Breaking point 1, occurred when God stood in front of me and made it very clear that I had to knock down some walls, let new ideas come into my spirit and to let go of many of my old patterns, otherwise I was at risk of losing all those I loved and cherished.

Breaking point 2, occurred at the same time as I was losing control of my life, when my wife found a church where our kids would be exposed to Christian values while being in an Evangelical youth group. The church congregation was friendly and welcoming, the pastor provided bible-based teaching, I picked up my dormant bible and we were asked to join a bible study group.

Angels come in different forms, mine were common folks who knew their bible, had a relationship with God and lived out what they learned. Their conversations were sprinkled with words of gratitude, prayer to and in awe of their great God. This all helped to mentor us through the process of growing our faith.

My wife and I grew in our individual relationship and developed one with God. I changed and grew in spirit, enough to confidently express publicly my commitment to God in May 97.

The result of that season, is that I became a more understanding and compassionate man, and a better father and husband and a follower of Christ. I now relate with and rely on my God, daily.

Lord, Thank you for the journey,

*Yours truly, Denis Chabbert*

## Walking the talk

As we approach the Christmas season, we all will face all kinds of temptations. For a lot of people, it is more about parties than celebrating the birth of Jesus Christ. And it is a proven fact more people slip back to the old way of life, from December 20th to January 1 than any other time of the year. So, I encourage all of us to focus on the example Jesus left us.

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus; who being in nature God, did not consider equality with God something to be used his own advantage; rather he made



himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Philippians 2:3-8

So, I pray that we all will be humble, obedient servants all the time, because when we put our focus on the needs of others it helps us keep away from negative thoughts and emotions. And it will help us from seeking after what others have or are doing, because that can distract us from doing the will of God. In Overcomers Outreach we call this doing our step 12 work.

Praying that everyone will have a joyful and sober Christmas season.

*Ken Sundelin*

## Winning Over Gambling Addiction

Whether you bet on sports, scratch cards, roulette, poker, or slots – in a casino, at the track or online – a gambling problem can strain your relationships, interfere with work, and lead to financial disaster.



**Compulsive gambling** - is the uncontrollable urge to keep gambling despite the toll it takes on your life even when it has negative consequences for you or your loved ones.

**Problem gambling** - is any gambling behaviour that disrupts your life, spending more and more time and money on it, chasing losses, or gambling despite serious consequences in your life.

Gambling can affect the part of our brain that releases dopamine. A 'feel good' hormone that creates feelings of pleasure and reward. When we win a bet, our brain gives us an emotional reward. This may cause you to even do things you never thought you would, like running up huge debts, leaving bills unpaid or even stealing money to gamble.

Gambling addiction or problems are often associated with other behaviour or mood disorders. Many problem gamblers also suffer with substance abuse issues, unmanaged ADHD, stress, depression, anxiety, or bipolar disorder.

## It Is Never Too Late to Make Changes for the Better

Although it may feel like you're powerless to stop gambling, there are plenty of things you can do to overcome the problem, repair your relationships and finances, and finally regain control of your life. Reach out and get the help you need if you:

- feel the need to be secretive about your gambling – lie about how much you gamble
- have trouble controlling your gambling – you cannot walk away
- gamble even when you don't have the money – you spent your last dollar

No one needs to be alone in their battle! If you are ready to get help by taking the first step “we admitted, we were powerless over our addictions and compulsions – that our lives have become unmanageable,” Overcomers Outreach 12 step support group can provide the help and encouragement you need!

JANUARY 25

## The Surrendered Life

### STEP ONE

“We admitted we were powerless over our addictions and we are separated from God and our lives have become unmanageable.”

Most of us who have struggled with addictions, depended on them to bring enjoyment to our lives. It took away our shyness with the opposite sex and helped us to have a good time; or so we thought. Our addictions gave us a physical pick up and gave us a mental rush when we felt down. If we had an argument with our spouse or a bad day at work, we used our addictions to give ourselves a moral boost so we could feel normal. We were dependent on our addictions for almost everything. So, we must ask ourselves—are we ready to surrender our addictions to Christ Jesus?

#### Prayer for today:

*Dear Lord Jesus, I pray that You will help me to surrender all things in my life to You and seek Your power to help me do Your will. Amen!*

#### Scripture for today:

I have been crucified with Christ: and I myself no longer live, but Christ lives in me. And the real life I now have within this body is a result of my trusting in the Son of God, who loved me and gave himself for me. (Galatians 2:20, TLB)

*(Excerpt from Coming out of the Darkness)*

## A gift for Christmas

A devotional with thoughts, prayer and scripture for each day



\$12  
Plus  
Shipping

To order email

[info@overcomersoutreach.ca](mailto: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](http://www.overcomersoutreach.ca)

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

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