

OVERCOMERS OUTREACH CANADA

September | 2025 Newsletter

Being Humble

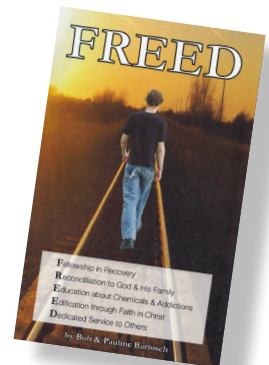
“Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time”
1 Peter 5:6-9

That is the place where step 7 brings us too...Humbly asked Him to remove our shortcomings.

We know if we ask God for anything in Jesus' name, He will hear and answer us. We may not be accustomed to portraying a humble attitude, so this may seem strange at first. True humility doesn't mean meek surrender to an ugly, destructive way of life – it means surrender to God's will. We may think that if our shortcomings are removed, we may lose our identity altogether! But having walked through Steps 1-6 we've begun to experience so much peace that we are willing to continue on, asking God to unload all those defects from the darkest crevices of our being. We begin to experience a new lightness, a new life, a breath of fresh air! We are freed up to be who we really are – made in His own image!

(taken from the Freed book)

Scripture tells us in 1 John 1:9 “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”



Lisa Switzer,
President



Freed, Testimony by Ryan G

A heart filled with love and gratitude satisfies the soul and expels the lonely emptiness that creates a desperate desire to be whole, and complete. We are born into this broken world that is occupied by broken people seeking to silence the restlessness of our hearts. Pursuing an endless chasing after the wind, like trying to capture our shadow, we end up on a quest trying to find peace that will sustain and calm our longing for transcendence, only left to be found wanting.

We are all on this global quest together, no one is exempt or holds immunity from this plight that haunts the human heart. Some seek wealth, position, prestige, status and fame, trying to build an identity for all to notice, love, respect and adore. And then there are those of us who fall short of affluence and greatness and find themselves on the other side of the tracks with the afflicted, with those who are marginalized and outcasted by societal norms.

Dreams of grandeur had started off on the right foot but only landed amongst the latter, in a land where dreams go to die, they were replaced with failure, regret, shame and brokenness. Where dreams turn to nightmares, and all things that were once beautiful are nothing but vapor. Darkness enveloped my heart and mind, enslaved to addiction I found myself lost, empty, and broken. I gave myself over and became a slave to addiction that nearly took my life and stole everything I loved.

Majority of my life was dominated by alcohol, and I was the subject of an evil master that was set on destroying me with my permission. It stripped me of my identity, my hope, my desire for life and plunged me further into chaos that pushed away everyone and everything I loved. Alcoholism eventually morphed into hardcore drug use, and I found myself attempting to purge the pain of brokenness from the tip of a needle.

Until one night, light pervaded my soul, and I came to my senses like the prodigal son who spent all his inheritance on wild living. It was a defining moment that changed me forever; I was called out of the slums by the one who bore my shame upon himself, who took my sin to the cross and bore my filth in exchange for a robe of white and a ring, rejoicing, saying my son is alive, embracing a wretch like me is amazing grace. The love he showered upon my soul is inexpressible beyond words. I can only express it through how I live my life and the way I love those around me.

He freed me from all my shame and guilt, giving me a new identity, instantly healing me from addiction, breathing life into my heart and opening my eyes to the reality of His Holy Spirit being filled with His love, hope and a reason for living. I have purpose, and a heart filled with a deep profound gratitude that has calmed the storm that raged in my heart. The restless heart will only become still when it rests in Jesus.



Honoring Ken Sundelin

A servant of the Lord, who brought Overcomers Outreach to Canada in 1996.

Ken served over 30 years in Overcomers Outreach ministry, bringing many to Christ and helping countless others be freed from all sorts of addictions and compulsive behavior. Overcomers outreach family and friends celebrated this milestone with Ken at his retirement dinner showing our deepest appreciation of his unwavering commitment and dedicated service for the kingdom of God.

Friend and vice president, Mark Kleinsasser, expressed his gratitude from his heart with a presentation speech that can be embraced and shared by the many who were there that day.



"I speak on behalf of this group and the many others whose lives were touched by Kens' life and examples. Kens life showed us that long term lifelong sobriety was possible as he stressed Jesus Christ as the one true higher power. The word of God was Kens main way of solving issues. He had a vast knowledge of God's word. He used it boldly when he faced issues. He used one scripture that has helped me through much, the Truth shall set you free. Kens love in life were, Jesus Christ then came Judy and family, next came food, Toyota and of course, his cows. As the addiction's consultant for Overcomers Outreach of Canada, Ken gave it his all. His love for the addict was endless, no miles were too far, no time was too late, no phone call was too long.

And for that we love you Ken as you showed true agape love to the addicted, the sick and mentally ill. Kens' own life experiences taught him how to deal with such issues. I, myself am a huge benefactor of Kens great love of Jesus. So, Ken, we thank you for working tirelessly for so many years in Overcomers Outreach of Canada".

We wish you many blessings Ken, and all the best, as you walk into a new phase of life that God has called you on!

Supporting Overcomers Outreach Canada Financially

Donations and Financial support

Cheques can be mailed to: Box 28142, Winnipeg, MB, R2G 4E9

E-transfer: info@overcomersoutreach.ca

include your name and address in the message section

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Please visit www.overcomersoutreach.ca

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Lisa Switzer,

Administrator/Support Worker

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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:

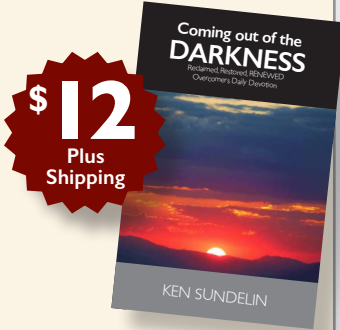
- general operating and administration expenses (website, advertising, office expenses, etc)
- Overcomers Outreach recovery support worker's salary
- resources, educational literature, printing and distribution costs or simply designated as "where needed" determined by the Board.

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

Don't Ask, Don't Seek His Help

Coming out of the Darkness

A Daily Devotional with thoughts, prayers and scripture for each day written by Ken Sundelin



To order email
info@overcomersoutreach.ca

STEP SEVEN:

Humbly asked Him to remove our shortcomings.

Here I stew in my frustrations just because two of my old shortcomings reared their ugly heads! I had a fairly simple decision to make but wasn't quite sure what the right thing to do was. At first, I told myself to just not do anything, it will take care of itself, but it didn't. By now my pride was fired up and I wasn't going to ask anyone for help, not even God! And now because of my procrastination and pride, my simple problem had become a real issue that needed immediate attention. So down on my knees I had to go once more before my Higher Power, Jesus Christ, and humbly ask and seek His help.

Prayer for today:

*Dear Lord Jesus, I am sorry I put off asking You for help and for not seeking Your will in my life again. Please forgive me and help me to do the right thing.
Thank You Jesus. Amen.*

Scripture for today:

"Ask, and you will be given what you ask for. Seek, and you will find. Knock, and the door will be opened. For everyone who asks, receives. Anyone who seeks, finds. If only you will knock, the door will open. (Matthew 7:7-8, TLB)

(Excerpt from, Coming out of the Darkness, July 14)

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