

# OVERCOMERS OUTREACH CANADA

APRIL | 2026 Newsletter

## Are You Going Around the Mountain again?

The Israelites' journey from Egypt to the Promised Land of Canaan, meant to take only weeks, lasted 40 years due to their lack of faith and disobedience.

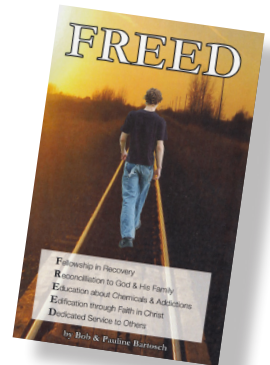
No matter where you are on your journey there will come times when you feel like you're not getting anywhere, and you find yourself right back in a place you don't want to be. You might even start thinking that things will never change. I'm feeling mad, sad, and angry again. Why? Sometimes this place can be lonely and lead you right back into old habits, leaving you with guilt and shame all over again.

What do we do when faced with these kinds of circumstances. We look to God and ask for help. God is love and He cares for us. We need to spend time in prayer, read His promises, and believe that it is true for us today.

*“Trust in the LORD with all your heart and lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. Do not be wise in your own eyes; Fear the Lord and depart from evil; it will be health to your flesh, and strength to your bones. “ Proverbs 3: 5-8 NKJV*

In my own life I have gone through some rough times, I know it is so easy to get discouraged and feel like giving up. I have learned to ask God for help because I knew I couldn't get over this by myself. He showed up faithfully every-time and my bad days were getting shorter. I continue to learn and grow every day to overcome any struggle or life challenge by praying and asking God for help. No more going around the same mountain again and again. Praise God!

**Lisa Switzer**  
President



# Finding Freedom in an Overcomer Support Group

## Members testimonials

“For a long time, I used to let my circumstances define me. I allowed my past mistakes, my failures, and voices of doubt to tell me who I was. I am not a mistake. I am created by God. I am chosen, not forgotten, forgiven, not condemned as an overcomer. It doesn't mean I don't face battles. I am not fighting alone. I have told myself tomorrow will be a better day. That's how get through.

As an overcomer, I have gained a lot of positive influence from others who were in the same situation. I get a lot of positive feedback as life isn't always as loving as we want it to be.

Whatever is told to us, we must remember that gossip doesn't happen. I try to look at the light at the end of the tunnel and tell myself tomorrow will be a better day. I have a lot of positives by attending this group”. Kerry

*Jesus answered, 'I am the way, the truth, and the life. No one comes to the Father except through me'.*

John 14:6 NKJV



*Then you will know the truth and the truth, shall make you free.'*

John 8:32 NKJV

“Hi everyone, I'm Dan, and I have been in Overcomers in Selkirk, Manitoba for over six years now. It has been a great blessing for me in my recovery over alcohol addiction and other addictions I was facing at the time. It has also helped me in my walk with the Lord and understanding the scriptures that guide me with overcoming addictions and compulsions.

I've been a Christian for 25 years now, although for 19 of those years I have fought with my addictions of alcohol and other addictions that go hand in hand with that. You can be a Christian and have addictions you may be wondering about? Yes absolutely, I for sure had found Christ, was saved, baptized, and had received the holy spirit. When I received salvation, I was delivered from many sins but the strong chains to alcohol were not broken. Years of alcohol abuse and living in the lifestyle were all I knew, and it was not completely wiped out. God was not finished with me however and is still not.

My early years as a Christian were good and I was a regular member of Selkirk Alliance Church (now Crossroads Church). I was even very active with ministry, building committee, and even as an elder at the Church, however I was drinking to get drunk approximately 2 - 3 times a week. Wow, talking about living a double life, it started taking its toll on me. God was also convicting me about drunkenness and there are many scriptures he pointed out to me (Gal. 5 19 -21, 1 Peter 4 - 3). I prayed a lot for him to help me, and he did. One day I started going to prayer meetings at the Church and it just happened to be the same night Overcomers meetings were being held in the basement. Well, one day as I was leaving a prayer meeting, God whispered to me and told me I should start going to Overcomers. I was a little reluctant but decided this may be the thing I need to finally break the bondage of addiction. As I started attending, listening to Ken S. and others speak, praying and going through the 12 steps, I was finally able to overcome my addictions.

Since being sober for six years I can honestly say that they have been the most memorable. I've been an active member of the Church, served as an elder again, helped build a large addition to the Church, been a better father and husband, and been able to help others with their walk with addictions. Of course, I still have problems just like other people and still fight temptations, I am better equipped to overcome them thanks mainly to the Lord and Overcomers Outreach. God Bless

# Overcomers Outreach Recovery Group



- Is a Christ centered nonprofit organization.
- Is dedicated to reaching out to people with all types of addiction or emotional struggles and those affected by them.
- Is a bridge between 12 step groups and the church.
- The FREED booklet contains step by step instructions on how to start a group using a 12 step biblical approach format.
- The FREED booklet is designed to provide the easiest possible method to get a group started at your church and fully equip you with all the needed material.

## Fellowship in Recovery

Do you struggle with any of the following?

**Anger; drug or alcohol addiction; anxiety; eating disorders; guilt; shame; lust; compulsive behavior; loneliness or any habitual sin.**

If so, **please call** for additional information to find a group near you.



## Supporting Overcomers Outreach Canada Financially

OVERCOMERS OUTREACH CANADA

📞 1-877-250-4904

✉ [info@donatecar.ca](mailto:info@donatecar.ca)

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For more information, visit our website at  
[www.overcomersoutreach.ca](http://www.overcomersoutreach.ca)

# Overcoming Despair

## STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

I have been sober from alcohol and clean from drugs for many years now. But I can still remember when I was in the fight of my life: white-knuckle fight for sobriety and staying sober moment by moment. I wondered if it would ever get any better; would I ever be able to live in some sort of peace and serenity? But now years later, I can say with the help of Christ Jesus, I have a great life full of many blessings and the love of family and many other people. So, I encourage all of you to turn to our Lord and He will help you to build a brand new life.

### Prayer for today.

*Dear lord Jesus please lift me out my despair and the hopelessness of my struggles to stay sober and clean. Thank you Jesus. Amen.*

### Scripture for today:

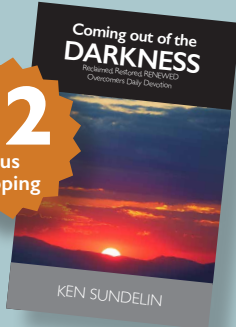
I waited patiently for God to help me; then he listened and heard my cry. He lifted me out of the pit of despair, out from the bog and the mire, and set my feet on a hard firm path, and steadied me as I walked along. He has given me a new song to sing, of praises to our God. Now many will hear of the glorious things he did for me, and stand in awe before the Lord, and put their trust in him. (Psalm 40:1-3 TLB)

(Excerpt from, Coming out of the Darkness, April 11)

## Coming out of the Darkness

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

**\$12**  
Plus  
Shipping



To order email  
[info@overcomersoutreach.ca](mailto:info@overcomersoutreach.ca)

## 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](mailto:info@overcomersoutreach.ca)

include your name and address in the message section

For tax receipt purposes or

Please visit [www.overcomersoutreach.ca](http://www.overcomersoutreach.ca)

Debit/Credit Card or PayPal click the DONATE button

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### How to reach us:

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We are a faith-based non-profit organization bringing hope to those struggling with any form 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.