

“Do not conform to the pattern of this world, but be transformed by the RENEWING of your mind.”

– Romans 12:2

WORDS FROM A MOTHER...

“I was truly blessed to attend my daughter’s recognition ceremony that occurred at the Stage 1 Life Recovery House. As I sat and heard many clients, staff, and outside community members speak of their interactions with my daughter and her recovery process at the house, I realized how special this place was for women who are suffering from addictions issues. My daughter has worked hard to stay clean and sober and besides the helpful and effective Life Recovery staff, she has found God again. Where we live there are no Stage 2 or 3 Recovery Houses and one of the main reasons we chose this place was because my daughter struggled with attending “short-term” (Stage 1) addictions services. My daughter was able to follow an effective daily routines provided by Life Recovery that included in-house meetings, counseling, and support groups. It is this routine that has saved my daughter’s life along with a comfortable home, stable living, and highly effective addiction staff members. I was able to sit, listen, and be present as I observed how my daughter’s life has become happier and healthier since she has been living at Stage 1 Life Recovery for over three months. I am happy to say my daughter has now transitioned to Stage 2 of Life Recovery, which is a sober living home, supported by staff and she has never been more excited and fully alive to open this next chapter of her life, one day at a time. As her mother, I am forever grateful for this addiction model that consists of Stage 1, 2, and 3 along with the wonderful hearts of the staff, and a place she can call home at each stage of her recovery process. Thank you. Yours Sincerely, Danielle L.”

Received by email following the Recognition Ceremony of her daughter, Jerrica, January 25, 2018.

The stories in this edition would not be possible without you, our supportive community. Please continue to pray for LIFE Recovery’s ability to help women with longer-term supportive recovery care. Pray as we strive to meet the demands of our waitlist & the expansion of our program. God Bless You All! Jeanne Murko-Wust, Executive Director



OUR MISSION is to provide a safe, structured & supportive Christian community for women who desire a lifestyle free from drug & alcohol addiction

OUR VISION is that all recovering women will live free from addiction through God’s Grace

OUR CORE VALUES
Hope | Abstinence | Transformation
Community | Integrity | Excellence



GALA HIGHLIGHTS

Our Most Successful Fundraiser Ever, Thanks To YOU!
LIFE Recovery Association would like to extend a very special Thank You!

To all our guests, sponsors, volunteers & donors for supporting our 11th Annual Fundraising GALA that raised over **\$72,000 this year!**

It was a blast & we hope you all join us next year for our 12th GALA in 2019!

Be sure to check out our Facebook page for more images. If you have some you want to share, please send: admin@liferecovery.ca, to be uploaded to our website.



SPECIAL NOTICES

2018 Membership Campaign & Annual General Meeting (AGM)

Consider becoming OR Renewing your **2018 Society Member** for only \$20.00.
 This tax-deductible membership donation will help support the work of L.I.F.E. Recovery association. *How?*

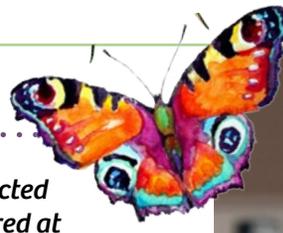
1. Your membership means support for a Christian organization with a dual focus: missional & recovery care for women struggling with substance abuse
2. Increased access & eligibility for membership-based grants
3. Eligible to vote & help shape the direction of LIFE Recovery at our yearly AGMs

Download an application form from our website & mail it in: www.liferecoveryassociation.com/membership
 OR pick up/drop off a copy from the 2nd-floor office at LIFE's Second Chance Thrift Store

Save-The-Date: This year's AGM will be held **Monday, April 23rd, 2018 @7pm @ Trinity CRC** (3215 Trethewey Street, Abbotsford). After April 2nd, hard copies of the AGM package will be made available at LIFE's Second Chance Thrift Store, or visit <https://www.liferecoveryassociation.com/updates-newsletters> for an e-copy.

GALA TESTIMONIES

The GALA's best moments involve hearing from those most impacted by His work in our homes. Two of the three stories that were shared at the GALA are presented here, shortened for brevity.



CRYSTAL

I've always been the boss. Outgoing, well-liked, trusted & loved but always an addict. I could party! Quit school in Grade 11, did beauty school & become the successful boss. At 30, I became a single mom of a daughter, Lyli. She is the best of me.

Lyli doesn't remember a normal Mom that was motivated, cleaned house & had a real job. Tragedy hit she was five. We lived in low-income housing, as my hands & back were wrecked from years of being in the beauty industry. I was trying a new career as an assistant Optician. Lyli was in school & daycare. One day a neighbour came to my door. He'd been drinking & was looking to make an alibi. I kicked him out of my house for inappropriate touching. Next day the police surrounded the complex. This neighbour had beaten the toddler of his girlfriend to death then killed her. His plan for an alibi failed, as I kicked him out. I was so emotionally & mentally broken; I didn't even realize it at the time of this tragic event.

In the beginning, I took opiates as prescribed due to my back & hand pain. After the murders, I started abusing them heavily while drinking. The doctors caught on; I was cut off. I turned to dealers. Without a job but with the need to pay for my self-prescribed meds, I used my transferable boss skills & became the drug dealer.

Evicted from the housing project just as my grandmother fell & my disabled mom needed my help, my life became unmanageable. Addiction controlled my life & it wasn't fun. If I was dope sick in the morning, nothing happened until I had pills. Lyli asked to move in with one of her Aunties, as I made her life unmanageable as well.

On Facebook, an old co-worker had made posts that resonated with me. She was a LIFE Recovery alumni. I called LIFE. Got on a Greyhound April 6, 2017, detoxed, & was picked up by LIFE staff.

My first impressions? I thought I had made a mistake. A recommended minimum of 3 months! I told them they had 6 weeks to fix me. I had things to do in Kelowna & needed to not be an addict anymore. They laughed; they know something I didn't. My problem wasn't drugs. Drugs had become my solution for my fundamental underlying issues. Within weeks I knew we needed to move to Abbotsford. I had developed a community & support here with LIFE Recovery. Lyli's reaction: "We don't know anyone in Abbotsford." "Exactly!". Problem: no affordable housing. We had no money, no furniture & no options. Lyli was sent to a friend in White Rock in June but she couldn't stay there. I was still in the first stage & couldn't bring her. Things came to a head at the end of July when Lyli threatened to move back to Kelowna. She couldn't tell but I was changing. We had to be together. How? I had made some dear friends through Trinity CRC. They gave Lyli & me a room, food, a home until LIFE offered me a solution. Our plight wasn't being ignored even though I had graduated first stage months ago. LIFE recovery heard the call: to help women stay safe, sober, supported, to become the mothers we've always wanted to be. My heart has always been for Lyli. I wish there were more places like ours (LIFE). I never lost my daughter to the ministry but if I can't stay clean & sober, I will lose her to the world. Time to be the boss again, because all mothers' deserve a second chance.

LYLI (Daughter of Crystal)

I have always been close to my mom but we were more like best friends. My dad was in my life but my relationship with him was on & off until I was 13, at which time I lost track of him. I grew up in low-income housing, not having food & worrying about the power being cut off. When we got evicted, we moved in with my grandma. I missed school because of mom. I do not recall ever living in a household where people were up before noon or had responsibilities like work. By grade 7, I started missing more school. All my efforts to seek help failed. My mother started selling drugs & I was present for all of it. When mom was not home people would pick up drugs from me. Mom's addiction got a lot worse & I found my grandma's house unbearable. There were 6 cats & no one cleaned. I could not deal with mom & or grandma so by spring 2017 I decided to move to my auntie's house. There I ate healthy, exercised, got a job & started going to school again. I was ready to disconnect with mom, so she decided to go to treatment. Saying goodbye was tough but she called me frequently. I was shocked to learn we were moving to Abbotsford but agreed, as there was nothing in Kelowna. With only my clothes, I said goodbye to all I ever knew & went to live with another auntie in White Rock until mom was ready for me. I still did not trust she was getting better. I needed to be with her. A family from a local church offered a room for us to share until LIFE Recovery offered us our own space. Life Recovery has given me the opportunity to be with my mom, which I am very grateful for. I am slowly learning to trust my mom. I am attending a learning center; made a few good friends. I have focused goals, achieving a 90% grade average & am planning on attending UFV nursing in grade 11-12. My anxiety has eased & my mom is doing well. I have seen what drug life does & I'm glad I didn't lose my mom to drugs like many children have.

HOW YOUR GIFTS CAN SUPPORT US

You can be a part of the ministry of LIFE Recovery — to help women turn their lives around.

BEST WAY TO HELP US? PRE-AUTHORIZED MONTHLY DONATION

Click on our website: www.liferecovery.ca, see monthly donations.
Print, complete, enclose a blank cheque with "VOID" written on it & mail to:

LIFE Recovery Association, PO Box 2652, Abbotsford, BC. V2T 6R5
QUESTIONS? Call 604.855.4440 or Email Admin@liferecovery.ca

ONE TIME DONATION

Tax receipts for donations of \$20.00 or more will be mailed after year end. Please provide the following information:

Name: _____

Street Address: _____ City: _____ Province: _____ Postal Code: _____

Phone Number: _____ Email: _____

I would like to make a one time donation: \$ _____

CREDIT CARD OR CHEQUE

(or online: www.canadahelps.org/en/charities/life-recovery-association)

CREDIT CARD INFORMATION: Visa Mastercard

Name on Card: _____

Card Number: _____

Expires: _____

Signature: _____

LIFE'S SECOND CHANCE THRIFT STORE

**#7 – 31550 South Fraser Way,
Abbotsford.**
Open Monday – Saturday
9:30 – 4:30
*(closed Sunday's and
statutory holidays)*

Come shop at or donate your gently used items to our thrift store.

Our truck will pick up donations of furniture and items from estates. Please contact Store Drivers at 778-548-7740.



LEAVE A LEGACY

A lasting way to support LIFE Recovery



Association is through a Legacy gift. Christian Stewardship Services (CSS) can help you set this up with a free, no obligation, and confidential visit to discuss your options. To find out how you can become a Legacy supporter go to www.cssservices.ca, email: admin@cssservices.ca or phone: 1-800-267-8890 for information or to request a visit.

Please contact me to discuss how I can support Life Recovery through planned gifts or my estate plan.



VOLUNTEER NEEDS

If you would like to be a part of our amazing team- we are always looking for new volunteers. Specifically:

- We are looking to train a few more Drivers for our delivery truck.
- On-call Handyman for any of our 3 facilities (all within 3km of the store)
- Small groups interested in short, mini projects like a bedroom makeover (painting, etc.)
- Professionals &/or Skilled Trades willing to donate some of their expertise
- Community volunteers to oversee mini-projects like a garden or crafting with our clients for an upcoming craft fair
- Join the thrift store team (in-store application)

STAY CONNECTED WITH US: Sign up to receive our newsletter at: www.liferecovery.ca/newsletter-sign-up

FOLLOW US: