




You are cordially invited
to the L.I.F.E. Recovery Association

20th ANNIVERSARY CELEBRATION


July 13, 2019 – 11:30 am

Trinity Christian Reformed Church
3215 Trethewey St, Abbotsford



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

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

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

IN HONOUR OF OUR HISTORY:
EXCERPTS FROM *L.I.F.E. Lines* – THE ORIGINAL NEWSLETTER OF L.I.F.E. RECOVERY ASSOCIATION

L.I.F.E. lines

Excerpts by Karl Zandberg

Editor/Producer of L.I.F.E. Lines
(Past Board Director/Supporter)

Step Four: Nov 2004 Vol. 6, No. 4

...In this section of the *The Twelve Steps – A Spiritual Journey*, the author invites us to take inventory of our lives on our way to recovery.

For many of us "denial" has kept us blind, and "low self-esteem" has kept us ignorant about the beauty and worth of our lives. All too often denial is a key survival skill that we have learned early in childhood. Denial protected us from our feelings and helped us repress the pain.

A prayer laid out for Step Four:

Dear God; "It is I who made my life a mess. I have done it but I cannot undo it. My mistakes are mine and I will begin a searching and a fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for strength to complete the task"...

KZ

From the Chair Oct 2002

"The heart is restless until it rests in Thee, Oh Lord." Big words from a man named Augustine. Huge words in the life of anyone on this side of eternity. Our restless hearts search and search for peace and relaxation, and there is none – until we find the haven of God's arms. There is no rest quite like that.

John Siebenga, Chair

**A Poem by a Past Client:
Nov 2004 Vol. 6, No. 4**

Reflections

Living in Denial
Insanity took over
Full force the spirit of God took over
Ending darkness, Glory of God shining through.

Re-entering the past with God by my side
Effective it was to win Denial.
Comfort it was to shut the Door
Overcoming weakness, replaced by strength.
Victory echoed as peace came over
Encouragement from God, the women and staff.
Recovery where God is always at work.
Yaweh! shouts forth His servant in praise!

When I came to Life Recovery Home my soul was broken. Today my soul is whole. My foundation I have today is in Christ – God is the centre.

The Twelve Steps and the skills I learned at the Home are my tools today. My choice today is a choice of life!

Vanessa Gortemaker, Winnipeg, MB

**Excerpts by L.I.F.E. Lines writer,
Tena Venema**

(Past Board Member/Supporter)

Christmas Reflections: Feb 2003 Vol. 4 No. 5

The Christmas season has come and gone...staff and volunteers experienced a tension in the air. What would happen to the next count? Would all be there? I felt the same tension as I headed for my Bible study class the first Friday after Christmas. We had prayed many times for everyone to stay clean..."Is everyone here?"

"Oh yes!" Fifteen proud faces. What a reason to thank God! One person said, "This was my first sober Christmas since I was 12 years old." And she is not a young girl.

The Bible Study: Nov 2004 Vol. 6, No. 4

Friday morning at 8:30 the phone rings...We turn to Psalm 103...We talk about David and the "pits" in his life, and how we all have experienced those feelings at one time or another. Time is up...Some women pray, others don't. But it never fails to amaze me how sincerely and from the heart their prayers are said. On my way home I pray that this morning may have served to make the women feel less like addicts and more like redeemed children of God.

Recovery Association.
P.O. Box 2652
Abbotsford, B.C. V2T 6R2
Phone (604) 855-4440
Fax (604) 855-6744
Executive:
John Siebenga, Chair

you would be able to meet
son you are helping. You
ness to the love Jesus Christ
you and help raise someone
of despair to a meaningful

Excerpt by Pastor Sid Couperus

"The Houses" – Blessing To Our House

Nov 2003 Vol. 5, No. 5

The Home of Life Recovery is an obvious blessing

to the women who go through the doors. But let me tell you how the "house" is a blessing to our house, Trinity CRC. Every Wednesday a group of us get together with the residents of Life Recovery... Our faith is nourished by getting to know the individuals who make up the residents of Life Recovery Home... I can say that their testimonies of renewal and transformation have added deeply to the presence of Jesus in our midst... May the house continue to be a blessing and may each house continue to bless God.

Reflections from Marian Nienhuis

Volunteering with L.I.F.E. Recovery for 20 years...

May 2019

...Night shifts at detox
...driving the women to meetings
...ALPHA and appointments
...working the weekend shift (Fri at 3pm to Sun 11pm,
...6 years serving on the Board, often at the Thrift Store.

It has been a privilege and a humbling experience to walk along, making connections and building relationships with the women over the years.

May God continue to bless L.I.F.E. Recovery and all those who walk through its doors.

Reach Out

*had a good response to the
to "Reach Out" to those
nt recovery but do not have
eans to become part of*

*controlled by the Spirit is
life and peace.*

**The mind of sinful man is death, but the mind controlled
by the Spirit is life and peace. ~ Rom. 8:6**

*A big thank from the clients, staff and
board of L.I.F.E. Recovery goes out to
have worked hard to
a success.*

"A Terrific High Tea" ~ Women for Women



We did it! Together, our participants & sponsors helped us raised enough money to cover the cost of the first stage security system and it's ongoing operations for the next few years!

A "Heart-Felt" Thank You to all:

The amazing ladies that made the afternoon so much fun!

The clients & staff who participated in the High Tea

Our Sponsors: Chiropractic Life Centre; Richardo's Pizza; The Co-Operators-A Better Place For You; GeoWest Engineering.

In-Kind Sponsors: Tanglebank Gardens/Brambles Bistro; Cobbs Bread; The Old Spaghetti Factory; Panago & Cam Taylor.



ABBOTSFORD COMMUNITY FOUNDATION (ACF) GRANT

On Thursday May 30th, ACF awarded a \$10,000 *Smart & Caring Community Fund Grant* to L.I.F.E. Recovery Association for our *Family Suite Transformation Project*. We cannot thank ACF enough! The project is a complete makeover to provide moms-in-residence with a comfortably furnished suite and privacy for overnight stays with their children.

L.I.F.E. has been greatly blessed by this wonderful gift, and we are deeply grateful to ACF.

Left to right: (L.I.F.E. Recovery Board Member) *Shelley Fast*, (Executive Director) *Jeanne Murko-Wust*, & Staff Member *Tracey Kucey*.

SAVE-THE-DATES

SATURDAY, JULY 13th (NEW START TIME: 11:30 am)

20th ANNIVERSARY CELEBRATION! Everyone is invited to the party! TRINITY CRC, 3215 Trethewey St., Abbotsford

Join us for a BBQ lunch and socializing followed by the celebration of stories, walking down memory lane, hearing testimonies, giving thanks and worshipping together.

We are delighted to have on this occasion, Pastor Sid Couperus sharing about God's faithfulness to the organization.

Supporting

LIFE
Recovery

ENTRY DEADLINE SEPT 10, 2019
~ LIMITED SPACE AVAILABLE ~

21st Annual
**CHARITY GOLF
TOURNAMENT**

SEPTEMBER 20, 2019 | CHILLIWACK GOLF & COUNTRY CLUB | 41894 YALE RD., CHILLIWACK

SHOTGUN START: 1 PM • TEXAS SCRAMBLE • DINNER: 6 PM

Go to

www.liferecoveryassociation.com/golf
to download entry form.

SUBMIT YOUR ENTRIES TO:

P. Vander Muelen,
29198 Huntington Rd.,
Abbotsford, BC V4X 1S7
or

petravdmuelen@shaw.ca
ph: 604.309.2317

ELIGIBLE TAX RECEIPTS FOR
CASH DONATIONS PROVIDED
BY LIFE RECOVERY ASSOCIATION:
PLEASE PROVIDE NAME & ADDRESS
FOR TAX RECEIPT TO BE ISSUED

20 YEARS OF L.I.F.E. RECOVERY TRIVIA

OUR LOGO IN 1999!



In the 20 years, L.I.F.E. Recovery has expanded from a volunteer run, male detox with 2 beds, to operating 4 homes, with 33 beds and 3 stages of recovery care for women only...

1999~Our first home – a 1st Stage residence with 18 beds
2013~Our second home – a 2nd Stage residence with 5 beds
2017~Our third home – another 2nd Stage residence with 5 beds
~ Our fourth home: a 3rd Stage residence with 5 beds plus a "Family Suite"

In response to the research & gaps in recovery care, the original program has evolved from 3 months to no time-lines; from first stage to second & third stages. Clients are encouraged to stay as long as possible, regardless what stage they are in.

L.I.F.E.'s Second Chance Thrift Store was born out of a need, many prayers & volunteers. The first of three stores were excited when it made \$200/day. Today, after the third move to a building of over 10,000 square feet, the store now brings in an average of \$1,800/day!

VOLUNTEER: www.liferecoveryassociation.com/volunteer



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

- A few more drivers for our delivery truck & our recovery program
- On-call handyman for any of our 4 facilities (all within 3km of the store)
- Small groups interested in mini projects like a bedroom makeover, painting, etc.
- Professionals &/or skilled trades willing to donate some of their expertise
- Volunteers to oversee mini-projects like a garden or crafting with our clients for upcoming craft fairs, etc.
- Volunteers for Second Chance Thrift Store. Pick up an in-store application.

HOW YOU CAN SUPPORT THE MINISTRY OF L.I.F.E. RECOVERY...

(Tax receipts for donations of \$20 or more will be mailed after year end, **December 31**)

☐ PRE-AUTHORIZED MONTHLY PAYMENT (*MOST HELPFUL*)

☐ ONE TIME DONATION

☐ LEGACY GIFT THROUGH CHRISTIAN STEWARDSHIP SERVICES:



go to www.cssservices.ca OR email to admin@cssservices.ca OR phone: 1-800-267-8890

Name

Street Address & City

Province

Postal Code

Phone

Email

☐ CHEQUE

☐ VISA CREDIT

☐ MasterCard

Name on Credit Card

Card Number

Expiry Date

Signature

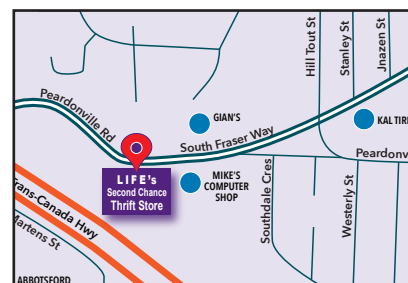
(You can also donate online at: www.canadahelps.org/en/charities/life-recovery-association)

LIFE'S SECOND CHANCE THRIFT STORE

Come in & shop, or donate your gently used items to our thrift store. Our truck will pick up donations of furniture & items from estates. Please call **604-854-5928** to arrange pickup.

**#7 – 31550 South Fraser Way
Abbotsford, BC**

Open Mon – Saturday, 9:30 – 4:30
(Closed Sundays and Holidays)



MAIL TO: LIFE Recovery Association, PO Box 2652, Abbotsford, BC V2T 6R4 | Ph: 604.855.4440 | Email: admin@liferecovery.ca

STAY CONNECTED WITH US & SIGN UP TO RECEIVE OUR NEWSLETTER AT: www.liferecovery.ca/newsletter-sign-up

FOLLOW US:



LIFE Recovery Association



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LIFE Recovery Association



Friday, May 31, 2019

INVITATION:

A 20 YEAR CELEBRATION ON SATURDAY, JULY 13TH @ 11:30AM @ TRINITY CRC, ABBOTSFORD

20 Years! L.I.F.E. Recovery Association is officially 20 years old as of February 22, 2019. In honour of this amazing timeline, we will be hosting a celebration event for all who have supported L.I.F.E.: volunteers, supporters, donors & staff. See our newsletter for details.

You are invited to join us for a BBQ lunch followed by a celebration & worship service. Please feel free to bring kids of all ages, as there will be games & family-fun activities, starting at 11:30 until 4 pm. To help us celebrate, Pastor Sid Couperus from Ontario will be joining us.

So, come, join the fun & let us give thanks together, for what God has done through all of you 😊

Included in this newsletter are excerpts from the past. As we reflect on how our clients are transformed with the love & hope they receive at L.I.F.E., we know it would not be possible without the many people that make up our history. Our clients are grateful to be alive, thanks to you & we cannot say "thank you" enough.

As we distribute these Newsletters in our supporting churches, you may have received more than one copy. Please pass it on to a someone who might be struggling with addiction or to someone you know is aware of a woman struggling. Consider leaving a copy in a public place like your doctor's office. Sharing about L.I.F.E. Recovery is one of the best gifts a person can give. L.I.F.E. is here to serve, thanks to your support!

SAVE-THE-DATES (see website & Newsletter for details):

JULY 13, 2019: Celebrating 20 Years with All: Alumni, Volunteers, Supporters, Donors & Staff

SEPTEMBER 20, 2019: LIFE's 21ST Annual Charity Golf Tournament

FEBRUARY 7TH, 2020: LIFE's 13TH Annual GALA Fundraiser

We covet your prayers & your help through volunteering, memberships and ongoing financial support. On behalf of L.I.F.E. Recovery Association, thank you again for your kindness and for walking alongside so many women in recovery!

In His service,

Jeanne Murko-Wust,
Executive Director