



LIFE

Recovery

2018 UPDATE ~ SUMMER

“But the one who received the seed that fell on good soil is the man who hears the word & understands it. He produces a crop, yielding a hundred, sixty or thirty times what was sown.” (Matthew 13:23)

Photo: Garden at 1st Stage Home, May 2018

SOWING & REAPING



Spring is here & the women at LIFE's homes have kicked into gear in many ways. Women in all the homes are mowing, trimming & clearing. It was hard to focus on whom to highlight. 1 Cor 3:7 comes to mind: "It is not important who does the planting

or who does the watering. What is important is that God makes the seed grow." And God is shining in the hearts of our clients.

Take Brandi S. & Fawny M. from 1st stage — together, they have turned, cleared, weeded, watered & planted food for the small army at the 1st stage home. When I asked them for a favourite verse, I was struck by the humble way these women reflected on various scriptures, as the verses were lessons they learned. They made the connection between the choices people make, how that will impact their future & the hope they personally had in how it applies to their lives. "He which sows sparingly shall reap also sparingly; & he which sows bountifully shall reap also bountifully." (2 Cor 9:6); and "Plant the good seeds of righteousness & you will harvest a crop of love." (Hosea 10:12)

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



We did it! After much growing pains, I am proud to report

that staff have moved LIFE Recovery, as an organization, to smoke-free properties. There are so many reasons why this change was made but, at the end of the day, these comments (paraphrased) from two of our clients say it all: "Thank you for implementing the smoke-free policy at LIFE. There is less gossiping, idle talk & thieving; I am now three months free from all my addictions," (Cylene). Jen, from 3rd stage, reports she is going on three weeks, motivated to change her habit as all the other women around her have. "The 2nd stage group is changing too, with three out of five working to stop. It helps when the smoke free supports start in 1st stage. The momentum of embracing this new way of living, this change, is growing amongst the clients of LIFE Recovery. Thank you LIFE!"



AGM HIGHLIGHTS

- Held Monday, April 23, 2018 @ Trinity CRC, Abbotsford, where about 30 of us sang, cried (following a client testimony) & rejoiced together in what God has done for LIFE
- Special "Thanks" to retiring board members: Dave Jansen & Marian Nienhuis.
- 4 newly elected for a total of 9 Directors (2018–2019): Co-chairs: Marian Vanderwal & Kevan Siggs | Co-treasurers: Shelley Fast & Chuck Poelman | Secretary: Janice Savoy | Jan Schutte | Len Visser | Frank Dykstra | Mary Anna Ouwenhand.
- Clinical Overview: record number of clients entering & completing stage one: 52%! Women are staying longer in our 2nd & 3rd stages; over 15% are Aboriginal; 50-60% are from the lower mainland; 1 to 2% from out of province for 2017.
- Financial overview: wonderful blessings include increases donations, grants, LIFE Second Chance Thrift Store, GALA & Golf fundraisers are all up from past years! "Heart felt Thank You" to all who gave & supported so generously!
- No summer student grants! As we did not check the attestation clause, we will not receive this grant. As our volunteers need a summer break & help is sparse, the board & store committee agreed to fund 2 of the usual 4 student positions. As this attestation policy violates our fundamental right to one's own freedom of beliefs & thoughts, any correspondence of opposition by email/mail (free) to Honourable Patty Hajdu, Minister of Employment, is strongly encouraged.
- Staff identified 4 key workplace values:
1) Serving Heart 2) Solution Focused 3) Win as a Team 4) Attitude of Gratitude

SEE OUR THERMOMETERS FOR
INSPIRATION TO HELP US
REACH OUR GOALS!

WHY?

More members
= increases our
chances for
grants



MEMBERSHIP

102
out of 200

More volunteers
= enriches lives
for all: our
clients, our staff
& YOU!



REGULAR VOLUNTEERS

115
out of 150

More monthly
donors =
means more
organizational
stability



MONTHLY DONORS

14
out of 50

"DO YOU BELIEVE IN ANGELS?"

by SUSAN M.

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My name is Susan & this is my 20-year recovery journey from my addictions.

I was cutting myself with a knife by age 10 & drinking by age 12. This was the start of hell for me.

As a child, I didn't grow up knowing God. At the age of 11, a friend introduced me to church but I chose alcohol & drugs because it felt like it helped instantly. I became "invisible" with no cares.

I ran away from home several times, starting at age 12. I had many unhealthy relationships that included four pregnancies & one surviving child. Finally, while in an unhealthy marriage, I abandoned it all: my marriage, my child, my family, my friends & became homeless over a two year period.

After a serious incident with my abusive boyfriend, LIFE Recovery

was suggested to me & despite many reservations, it got me off the cold streets. I got introduced to God at that time but I was still very confused. I left Life Recovery because I wasn't ready to change & I became homeless for about 6 months.

I returned to my abuser. I tried to commit suicide a couple of times but my abuser stopped me, saving my life. While hitchhiking, I came by a church which opened their doors to feed anyone who was hungry. This act of kindness triggered a memory: this is what the women at LIFE Recovery had meant about surrendering my will & my life over to the care of God. I surrendered that day.

Following a night in the pouring rain & a heated argument with my abuser, a lime green car drove by & then came back. A young man in his late 20's asked me if I was okay &, despite me giving him the warning to go, he

stayed & stood up to my abuser by stating that "he was a child of God & what you're doing to this lady was wrong." At that moment I knew God had heard my prayer the day before. I left with this stranger. We made 3 stops: a church for dry clothes, McDonald's for food & LIFE Recovery for help.

I do not know this young man's name nor have I seen him since but I know that he was my Angel from God that day. Since then, I have almost 8 years of sobriety, an amazing relationship with God, with my daughter, with my new husband, with my family & with my new friends. I am also serving as a responsible, contributing member of society with a job & paying taxes.

I am eternally grateful for the staff at LIFE Recovery because I wouldn't have the life I have today. They loved me. They told me the good & the bad about myself. They taught me how to change





& how to have a good relationship with God. They taught me how to live life on life's terms. Still, to this day, I know that if I am struggling, or even if something exciting is happening in my life, LIFE Recovery is still there for me.

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Susan's favourite verse: 1 Cor. 13:4-7, "Love is patient & kind... Love never gives up, never loses faith, is always hopeful, & endures through every circumstance."

LIFE recovery has grown from 2 to 4 homes to meet the need, all possible because of the support of many. Please continue to pray for this ministry, for more of His Angels & the fruit of LIFE's program. Helping us in whatever way God has gifted you means so much to women like Susan. God Bless You in all you do for LIFE!

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Jeanne Murko-Wust,  
Executive Director

## NEWSWORTHY NOTES

**ALUMNI Feature:** Alumni Debora J. & Tracy T. were clients from both 1st & 2nd stage homes. Debora J. was one of our first 2nd stage clients (2013). She is a casual staff member at LIFE plus works full time & just celebrated 5 years sobriety!

We are also so proud of Tracy T. After 33 years of addiction & only ever having 3 months of sobriety, Tracy now has 2 years of sobriety, just finished her Support Worker program through the Academy of Learning and is getting married this summer.

Way to go Debora J. & Tracy T!!!

**STAFF Recognitions:** After serving for more than 9 & 2 years respectively, Shelley Langelaar (Counsellor) & Ingrid Krueger (Administrator) are leaving us. We extend our best wishes & prayers for many wonderful adventures in the years to come to both women!

**GRANT WINNER:** Rotary Club of Abbotsford, District #5050 blessed LIFE Recovery with one of their Service Projects Grants, to help us cover the cost of replacing the generator at our 1st stage home. Thank you Rotary Club for shining your light into the lives of our women!



### SAVE-THE-DATES:

#### SATURDAY, JULY 7 (11-3pm)

APPRECIATION BBQ @ Matsqui Village Park, 6074 Riverside Street, Abbotsford. Celebrating our volunteers with our alumni. Kids/grandkids are welcomed as it will be kid-friendly with a bouncy castle, face painting, etc. Email: Admin@liferecovery.ca Subject line: BBQ & state # of people Or call: 604-855-4440. See website/Facebook for full details.

#### FRIDAY, SEPTEMBER 21 (from 1pm)

20th Annual GOLF Fundraising Tournament, Chilliwack. (See advert below.)

#### FRIDAY, FEBRUARY 1, 2019 (evening)

LIFE's 12th Annual Fundraising GALA, Quality Inn, Abbotsford.

### SUBMIT YOUR ENTRIES TO:

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

or

petravdmeulen@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



**ENTRY DEADLINE SEPT 11, 2018**  
**LIMITED SPACE AVAILABLE**

## 20<sup>th</sup> Annual CHARITY GOLF TOURNAMENT

SEPTEMBER 21, 2018 | CHILLIWACK GOLF & COUNTRY CLUB | 41894 YALE RD., CHILLIWACK

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



# 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](http://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](http://www.canadahelps.org/en/charities/life-recovery-association))

CREDIT CARD INFORMATION: ☐ Visa ☐ Mastercard

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expires: \_\_\_\_\_

Signature: \_\_\_\_\_

## 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](http://www.cssservices.ca), email: [admin@cssservices.ca](mailto: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:

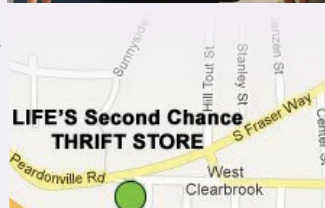
- We are looking to train a few more Drivers for our delivery truck.
- On-call Handyman for any of our 3 facilities (all within 3km of the store)
- Small groups interested in short, mini projects like a bedroom makeover (painting, etc.)
- Professionals &/or Skilled Trades willing to donate some of their 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)

## 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.



**STAY CONNECTED WITH US: Sign up to receive our newsletter at: [www.liferecovery.ca/newsletter-sign-up](http://www.liferecovery.ca/newsletter-sign-up)**

**FOLLOW US:**

**LIFE Recovery Association** **@liferecoveryassociation** **@liferecoveryasc** **LIFE Recovery Association**