



September 2022

ListenLovePray

Newsletter vol. 6, issue 8

Recovery, Healing, and a Life of Peace

In May of 2022, I began participating with LLP in the Rainbow of Love and Faith House Women's Recovery Groups. I had never worked through the 12-Steps of recovery, especially as done with integrating the listen, love, pray technique of LLP. This opportunity of ministry has been a great source of encouragement to me.

I have been able to learn more about how to *love others* from the examples of the godly women who are involved in these groups as they share the love of Christ. I feel that I am *engaged in true Christian community* within these groups, as many women are truly seeking positive change and spiritual growth by being transparent about their struggles. They are vulnerable in confessing shortcomings to one another and to God. Together, the group brainstorms root causes of wrong thinking, damaging emotions and sinful behaviors. This kind of loving and prayerful input from each woman has helped us to *"be His light"* to one another - exposing lies we believe or pride that keeps us from asking for help or identifying barriers to being ready to change.

The Monday and Wednesday night ladies' recovery meetings provide a *safe place* in which to share thoughts and feelings, to be heard, to receive love, and receive ministry from Holy Spirit. We know from Scripture that Jesus asked people questions and



LLP volunteers with Andrea's House residents

listened to them. We also know from Scripture that Jesus loved people!

Trauma specialist, Glenn Shiraldi, shares that *love* is what heals the traumatized brain.

The excerpt below is from his recent book, *The Adverse Childhood Experiences Recovery Workbook: Heal the Hidden Wounds from Childhood Affecting Your Adult Mental and Physical Health* (2021, page 18):

A guiding principle is that mature love, not time, is the healing agent! Love -sometimes called by its other names, such as

caring, respect, acceptance, compassion, loving kindness, gentle friendliness, or concern - changes the brain and body in beneficial ways. Love softens traumatic memories. And memories of being loved that we access or create help us tolerate suffering. As one of the world's foremost neuroscientists Richard Davidson (2009) remarked regarding love's capacity to reshape the brain, "It all comes down to love." If love was in short supply in the developing years, you can learn to supply it later in life.

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A Message from the Executive Director



Lucinda holding 23-day-old Dreama Jean next to her mom, Frankie

Our beloved son, Scott (age 28), died from an overdose on January 4, 2019. A few months later, I began to write a book about our 14-year journey through the horror of addiction. The tentative title, *When all the walls fall down*, was taken from Deuteronomy 28:52.

They will attack your cities until all the fortified walls in your land—the walls you trusted to protect you—are knocked down (NLT).

Before Scott's struggle, I was certain my "walls" could sustain an attack. They included family, home, faith, work ethic, health insurance, safe community, and education. Those blessings from God didn't save my son's earthly life, and for a while, my own life felt consumed with fear

and pain. But I came to realize that the reason I didn't fall, was due to the mortar that secured me; an ever-deepening faith that God graciously imparted as I spent time in prayer.

Prayer is powerful. Prayer weaves its way through every part of LLP's ministries bringing healing, deliverance, and freedom.

During national recovery month, please pray for those with the disease of addiction. Pray for their families. Pray for wisdom and strength for LLP's recovery teams as we share the healing love of Jesus that truly, breaks every chain.

Lucinda Nelson, Executive Director, LLP

Overcomer



LLP welcomed our friend Stacey S. at Drop the Rock, our 2022 summer book study on dealing with self-defeating character flaws. Her powerful testimony describes her childhood, early adult years, and the head-long fall into addiction.

With compelling honesty, Stacey described "small moments of clarity" when God melted her hard heart, layer by layer. One and a half years into sobriety, she began to work the steps. She was ready to start unpacking all the trauma, guilt, and shame. Once before, she had three and a half years sober, but didn't work the steps or have a relationship with God and relapsed. "Looking back, I know it was because I had no faith. This time, I trusted the process and trusted God. The 12 steps are invasive," she said. "You have to dig deep and get to all the junk you have piled in. It was hard." The class listened as Stacey bravely laid out her character defects and gave specific examples of how she works these steps daily. Even in the tragedy of losing her sister six months ago to suicide, Stacey leaned on God, her support system, and her prayer group. "In the chaos, turmoil, pain, and hurt, I was okay because I wasn't doing it by myself. Just because I can't see Him (Jesus) doesn't mean He isn't sitting here beside me with His arm around me. That's my God."

Thank you, Jesus, for how You have worked within this special woman - bringing her to freedom and equipping her to guide others toward a life of sobriety and joy.

— Stacey

Stacey has been a participant in LLP women's recovery ministry for over 3 years. You can see her full testimony here: [Stacey on LLP YouTube](#).

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Recovery work takes *great vulnerability and humility and courage* but brings progress towards *healing and a life of peace*. I am inspired by the humility and courage of these ladies who are doing this work for themselves and their loved ones. This is true spiritual community: being present, confessing, listening, and offering love and prayer. By being heard, our pain and suffering is validated; our grief is shared; we find release from the burden of trying to cover up our brokenness. By learning the steps to recovery and emotional healing, gaining guidance from the wisdom and instruction in the Word of God, and receiving encouragement to do the work – erroneous thinking and self-destructive habits can be exposed.

We are trusting God together and standing on the encouragement in Ecclesiastes 3:11 "He has made everything beautiful in its time."

— Cheri Ebaugh



Dante with mom, Brandy

LLP Offers Six Women's Recovery Programs Every Month

Residents of Andrea's House (formerly Rainbow of Love Recovery) are part of the 12-woman, Wednesday night group for LLP's "Step work with emotional healing."

These brave women share their current struggles in a safe place with LLP volunteers. After sharing and a 12-step lesson, LLP volunteers pray for the healing love of Jesus to ease their stress, pain, and grief.

One of the women remarked on the "peaceful vibe"

JJ and mom, Amelia



LLP's Carolyn with JJ

that LLP brings, and that she wanted more of it! Afterwards, everyone enjoyed dinner provided by Prospect UMC's mission team (front page). Thank you, Lord, for the blessing of ministering to these mothers as they strengthen their faith, learn recovery skills, and heal from emotional wounds.

Long-term Contact Is Important

In our years serving those struggling with substance abuse, LLP has learned that recovery is a long journey; for many, it is a life-long earthly struggle.

That is why LLP *always* invites *all* the women that we have *ever* seen to our programs on Monday nights.

When they are ready...when Holy Spirit prompts them... they typically reach out with words like this:

Hi Lucinda. I'm not sure if you remember me or not but I am going to start joining these zoom meetings again. I'm doing much better. My 5 months have just passed and I'm just taking...one day at a time. I appreciate this whole time you've been sending me the invites. Thank you and look forward to seeing you soon!

Praise God for working in our lives and in all the lives of these precious women.

Jesse J in her purple Blessed shirt



'Go Purple' and Join LLP in Sharing Jesus' Healing Love in Recovery

This month, you can join the substance abuse prevention and recovery effort.

Frederick County 'Goes Purple' every September for National Recovery Month because purple is the color associated with this month. Displaying purple helps unify the community, educate residents, and call us to action. You might have already noticed your towns with purple banners, ribbons, lights, t-shirts, and wrist bands. These small items call attention to the large problem.

Frederick County has done this for 3 years. Last year, all 12 Frederick County municipalities went 'Purple!' Many city and county buildings were decorated, and all 22 Frederick County Middle and High Schools participated! Many individuals, families, businesses,

churches, and nonprofits displayed thousands of shirts, bracelets, postcards, posters, and newsletters highlighting the prevention and recovery effort.



Overdose deaths continue to rise, and those hurting are our friends, neighbors, sons, and daughters; but we can do something! Go purple

in your neighborhood, get 'purple certified' training, click below to learn more, and most importantly, Pray!

[Click Go Purple to learn more](#)

You can also help LLP support those in recovery by joining a women's recovery program or the Frederick Rescue Mission's Beacon House program. Please email at judylistenlovepray@gmail.com.

CLRP Testimonies

Abide in Christ



My name is Scott. I'm here at the Frederick Rescue Mission. I came in February of this year, and I wasn't sure I was going to stay. But God was working on my heart and after about a month and a half, I saw some minor changes. Two to three months ago, Listen Love Pray's (Miss Maureen and) Mr. Ken had come in and prayed for me, and I saw a drastic change from that point. And I know now that as long as I abide in Christ and He takes me by the hand, I can beat this substance abuse that I'm dealing with.

— Scott

You can see Scott's short testimony here: [Scott on LLP YouTube](#).

LLP Prays with Men in Recovery



Tony P (third from L), Mike S, and Cliff L with LLP volunteers

We see miracles happen as **God's amazing grace** and **healing love** help men grow in faith, work the steps, and gain personal healing. LLP prays with men in the Changed Life Recovery Program (CLRP) through Beacon House at the Frederick Rescue Mission. Graduates have gone on to **give back** as God redeems and restores.

CLRP Grad who works at Frederick Rescue Mission. LLP was blessed to work with all three of these amazing men for an entire year while they were working through their CLRP. All glory to God for the healing and freedom only He can give! And in their freedom those with changed lives spread God's love and healing! Praise God.

Now, Doug testifies to the healing power of the process at Beacon House. Beginning with a lesson followed by scripture reading, the men have an opportunity to journal and to receive prayer. As Doug tells us, this healing journey allows participants to hear God's good message in their lives to move them from addiction to freedom.

I Heard Him!



I want God in my life 'cause I'm tired of the life I've been living. Living in the worldly stuff, living in my self-will. It's just been leading me to a lot of pain, a lot of negative consequences, a lot of sorrow, a lot of hurt, a lot of losses and I'm just tired of living like that.

I made a decision that I want to walk with Christ; I want Christ in my life. I've seen the evidence in other people, including close family members, and I just want what they've got. I've always believed in God, but now I just want a relationship with Him.

You all (Listen Love Pray) just prayed with me and helped me repent of some things. I felt His presence. I felt the Holy Spirit come in my heart and it was just, you know, it was just awesome! I mean, I heard the voice of God - I heard Him! And He's real, He's alive, and I just want to stay on this journey. I want to stay in this process on a daily basis.

I believe God. I believe God can change me and resurrect me and redeem me and I want that.

— Doug

You can see Doug's short testimony here: [Doug on LLP YouTube](#).



LLP worked with Donnie (pictured left with LLP's Ken) over 3 years ago. He graduated from the CLRP and now works as an evening coordinator at Beacon House! We also met Casey over 4 years ago at Nathan's Ridge. Casey is now the Program Director at [Crossroads Freedom Center](#). And this May, our celebrate recovery team found CLRP Graduate Mike S. teaching a recovery class with Tony P. (another CLRP Grad) cheering him on. Right next to them was Cliff L., another

Casey W (second from L) with LLP volunteers



CLRP Graduate Mike S. teaching a recovery class with Tony P. (another CLRP Grad) cheering him on. Right next to them was Cliff L., another

ListenLovePray Events

September

- Sep 5/12/19/26 Ladies Recovery Bible Study**
Mondays • 7:00 pm on Zoom
- Sep 6 Healing Prayer Service (in person)**
Tuesday • 7:00 pm at NBNC
- Sep 7/21 Ladies Recovery Step Work with Emotional Healing**
1st & 3rd Wednesday • 5:30 pm
- Sep 8/22 Celebrate Recovery at Beacon House**
1st & 3rd Thursday • 7:15 pm
- Sep 13/27 Healing Prayer Service (on Zoom)**
2nd & 4th Tuesday • 7:00 pm
- Sep 14/21/28 Women's Bible Study**
Wednesdays • 9:30 am at NBNC
(Runs weekly until November 16th)
- Sep 14 Healing Prayer Program at Beacon House**
2nd Wednesday • 10:30 am
- Sep 18 Volunteer Appreciation Picnic**
Sunday • 1:00–5:00 pm at NBNC
- Sep 20 Healing of Generational & Family Wounds and Healing Prayer Service (in person and on Zoom)**
Tuesday • 7:00 pm at NBNC
- Sep 22/27/29 Healing of Generational & Family Wounds**
Tuesdays and Thursdays • 7:00 pm on Zoom
- Sep 25 FRM–Beacon House Healing Program**
Every 4th and 5th Sunday • 6:00 pm

October

- Oct 4 Healing of Generational & Family Wounds and Healing Prayer Service (in person and on Zoom)**
Tuesday • 7:00 pm at NBNC
- Oct 18 Healing Prayer Service (in person)**
Tuesday • 7:00 pm at NBNC

Healing of Generational & Family Wounds

September 20 & 22 and 27 & 29
7:00–9:00 pm on Zoom

October 4
In-person at New Beginning Nazarene Church
7:00–9:00 pm (also available on Zoom)

Generational Healing is about identifying sufferings that pass down through the family lines and asking Jesus to place his cross between us and those things to free and heal us.

This class will help you identify if your struggle is generational or a result of trauma. Using a family tree will help us search for patterns of inherited traits - highlighting the virtuous gifts of character, as well as, determining negative patterns or traits to break free from through prayer. Around 80% of our values and beliefs come from our family of origin, and our behaviors follow those values and beliefs; to change our behavior, we must examine our family of origin.

The difficult circumstances that our ancestors endured over generations ripple across time, often cascading downward, causing painful patterns that become stuck in the unconscious field of our families, affecting us and our children.

—Rabbi Tirzah Firestone

We know now that newborns don't enter into the world with a clean slate. Their emotional history begins even before they are conceived. Transgenerational trauma is often covert, undefined, and subtle, surfacing through family patterns and forms of hypervigilance, mistrust, anxiety, depression, issues with self-esteem, and other negative coping strategies.

—Elizabeth Dixon, LISW-CP 2021

Trauma passed down through generations can ripple through multiple areas of life, not just for the survivors, but also for descendants not yet born at the time of the original trauma.

—Crystal Raypole 2022

Register at listenlovepray.org.

ListenLovePray Foundation



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LLP Foundation is a 501 (c) 3 non-profit entity.

Your generous donations of time, effort, and money empower the healing transformations that Jesus does here through LLP. To donate, visit our website. All donations are tax-exempt.

Lord, continue to bless the spirits, minds and hands of our loving donors. Keep LLP ever faithful to your call and your word. May each soul touched by LLP feel the healing love of Jesus. Amen.



LLP works in recovery centers, churches, and the community. Jesus still heals and delivers people today!