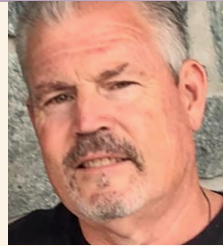




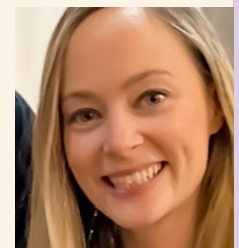
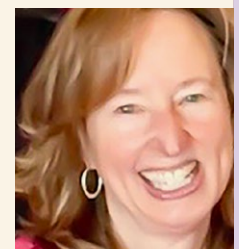
September 2023

ListenLovePray

Newsletter vol. 7, issue 8



We Are the Front Line of Recovery



Speakers at LLP's 'Strong Front Line' workshop; see last page for details.

Top row from left to right: *Whitney Dahlberg*, LGPAT Art Therapist; *Tony Peterson*, Pastor Frederick Church of Christ; *Stacey Shanholtz-Bean*, Addictions Counselor Wells House; *Frank Clements*, Credo Second Street and Hope; *Jessica Nicholson*, Community Relations Phoenix Recovery Academy; *Carlton Hill*, Director Changed Life Recovery Program, FRM. Middle row: *Lenny Smith*, LCPC Ten Ten Counseling; *Ken and Lucinda Nelson*, Co-founders Listen Love Pray Foundation (LLP). Bottom Row: *Maureen Armacost*, President LLP; *Ted and Judy Winfield*, LLP Staff Recovery Ministry Coordinators; *Sean Nicholson*, Founder Solid Ground Recovery; *Edi McHenry*, Artist LLP; *Kristin Nelson*, LCPC, LLP Board.

Holy Spirit Unity Makes a Strong Front Line!

This year, LLP highlights the role we all have on the Front Line in the struggle with substance-use disorder as LLP 'Goes Purple' again this National Recovery month. We join other groups to help 'unify and educate our Frederick County community to reduce substance-related deaths and overdoses.'

Peer-recovery workers, Sober-home Managers, AA-NA-CR-Credo Leaders and Sponsors, First Responders, Clergy, Moms, Dads, Siblings, Spouses, Friends, or Anyone who's loved one has substance-use disorder. *We are the front line!*

The frontline of a battle is exhausting. Addiction cuts people off from unity we have with God and each other. Lack of knowledge and power keep people from seeking the help they need, and unaddressed hurts, habits

and hang-ups lead to relapse and danger.

LLP is working to empower everyone to be part of a Strong Front Line. Through prayer and Holy Spirit moving us, His power and guidance can flow through our line. This power and Unity in Spirit make a strong front line!

Most of us start out as unaware, uneducated, and unprepared. It's scary and embarrassing when substance-use disorder threatens, and we think we can fix it by ourselves. These thoughts prevent us from getting the help that we really need. We are only strong if we know about substance-use disorder and what to do. Just like Holy Spirit power, when you begin to understand and step into His power, you are effective. LLP has Ephesians 3:16 on our cross logo to remind us.

"I pray that out of his glorious riches he may strengthen you with power through

his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ."

God can do exceedingly, abundantly more than we can possibly imagine through His power that is at work in us.

On Saturday, September 30th come to LLP's Strong Front Line Workshop. Hear talks from those featured above, engage in discussion groups and enjoy lunch. We will learn, refill, grow, and empower each other to be effective.

God put us together with His Spirit inside of us. Let's get together and be the Strong Front Line.

All In

I didn't do alcohol a little bit, so I am not gonna recover a little bit. One step at a time and work each step.
Tori Davidson August 5, 2020.

The LLP women's recovery team first met Tori as a resident at My Father's House, a sober home for women in Mt. Airy. She demonstrated self-awareness: she was "all in" while using and realized recovery required the same, "being all in". As in many cases, relapse was part of Tori's story. Yet, relapse is more than just a decision to use again. It is an opportunity to, once again, work recovery steps – to become restored physically, emotionally, and spiritually.

According to the National Institute of Drug Abuse, statistics indicate that anywhere from 40 to 60 percent of people with addiction will experience a relapse. We see these statistics in LLP's recovery ministry and have mixed emotions when someone relapses. Our team is both happy and sad to see them back in treatment.

Some relapses result in death, and our recovery teams know that every moment that we get to Listen Love and Pray for an individual is vitally important; the battle to remain clean and sober is fierce. Tori lost her struggle with addiction on August 6, 2023. Her friend Stacey shared this picture on Facebook. Join us in praying for God's comfort for all who loved Tori, and in giving thanks to God that she is finally at peace with Jesus in heaven.

— Judy Winfield



Tori (R) and Stacey holding their AA sobriety tokens

LLP's New Women's Recovery Outreach: Living Hope Backpack Ministry

Programs to help prevent life's stressors from leading to relapse are crucial. LLP is working to support women as they walk in recovery with our new *Living Hope Backpack Ministry*. Women seeking freedom from addiction can move through several different recovery settings before finding the right fit. LLP's new endeavor will provide a consistent source of God's strength and love during these transitions.

Every bag is packed full of God's love including:

- LLP's Living Hope Logo T-shirt
- Life Recovery Bible

- Life Recovery Journal
- LLP's Mini bound book with 24 unique lessons of 'Step Work with Emotional Healing'



Join us in praying for this program as we support those working to change their path.

For more information, please email Judy at judylistenlovepray@gmail.com

† Donate ♥

LLP Continues Step Work with Emotional Healing

LLP's unique women's recovery curriculum brings Jesus' love to about 100 women in recovery each year.

- 6 sessions each month
- Evening meals every other month at Andrea's House

- In-house private prayer sessions
- Blessing bags during special seasons and for new Moms
- Invitations to stay connected with LLP after transitioning



Ladies at Solid Ground Recovery represent Living Hope.

LLP prayer ministers work to support women at Faith House.



Praying WITH Men in Recovery

LLP has been blessed with an active schedule in the Changed Life Recovery Program (CLRP) at the Frederick Rescue Mission. This year, our trained volunteers and staff have made over 150 visits to the mission. The residents will have received from us and the Holy Spirit over 400 individual times. And our prayer ministers always feel that they receive as much as the residents! We frequently hear from the men, the staff, and other volunteers how much the men look forward to our visits.

Because of our unique approach, we develop relationships with the men, establish trust, and provide a safe environment for them to share. This year, fifteen different speakers from various industries will provide a lesson on Sunday night by applying their workplace experiences to the

steps and principles of recovery. We will also bring a Celebrate Recovery lesson to the Mission twenty-six times. Other visits include one-hour prayer sessions, reinforcement of the Celebrate Recovery lessons, and book studies.

Possibly the most important thing we do is pray *WITH* the men. Typically, prayer time is one-on-one. The ministers ask for their prayer requests but also simply just ask how they are doing. With guidance from the Holy Spirit and their sharing, the prayer time typically brings the recipient closer to Jesus. Testimonies from these amazing men are a clear indication we are reaching them through the power of Holy Spirit. It is a blessing

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Craig, part of the CLRP, stands in front of the Frederick Rescue Mission

to witness the progress in their recovery, but even more glorious, is the relationship they are growing with Christ.

After several deaths in the community this year, we recognized the need for another

resource. A program that will provide support after leaving the safety of a rehab facility. A program that will reinforce what the men learned in their rehabilitation and keep them connected to God. A program that brings men who are in recovery from Substance Abuse Disorder together to speak openly about the hurdles they face and how to overcome them.

On October 26, 2023, LLP will roll out RICH (Recovery in Christ's Healing) for men in the Frederick County recovery community. Once a month, the Frederick Church of Christ will host this new LLP meeting that fills the need for a place that men can share the trials and challenges they face when trying to maintain sobriety in the real world. We will feed them a meal, teach them a short lesson, facilitate discussion among the men and leaders in the Frederick recovery community. And finally, we will pray individually for each man. Thank you for your prayers and support as we move forward to answer God's call to serve.

— Ted Winfield

God's RICH new program for Frederick



Ted encouraging men in the CLRP

The pressures, stresses, and temptations of everyday life are great (we all know), but for those in recovery, they can be deadly.

In the last few months, 4 men from the FRM program have died. These are wonderful human beings, who worked hard in their recovery at FRM for a year, sharing time with LLP and many other FRM staff and community volunteers.

The community's grief highlights a significant need for a program to help prevent life's stressors from leading to relapse. A program to support those in recovery during that crucial transition from the safety of a structured recovery program back into everyday life.

LLP is working to respond to God's call in Frederick by launching a new men's recovery

program called RICH, Recovery in Christ's Healing. This program aims to support men as they leave their structured programs and re-enter the world.

Using a powerful combination of scripture-based teaching, prayer, twelve steps, and comradery, men stay connected to Christ and to each other as they walk out their long-term recovery.

Isolation can result in relapse; community is essential as men re-enter society. Their strength to overcome happens by sharing struggles with each other and receiving strength from Almighty God. Join LLP as we support those working to change their path.

Support RICH by joining us in praying for this program, volunteering, preparing food, or providing financial support. For more information, please email Ted at tedlistenlovepray@gmail.com.

✚ Donate ♥

CLRP Testimonies

Different Kind of Spirit

"That is one of the great things about LLP. They don't just preach and teach, they get to know the lives of the men and help them pray for their families... That level of caring makes a huge impact." — Cliff



Kindness to Each Man

"I lost my son D.J. to overdose and some of the team at LLP have gone through that too. They understand and help me and all the men to stay on the right path as we struggle through tough stuff. When they come in and pray for each person, that has a direct effect on you!" — Donnie



ListenLovePray Events

September

- Sep 4/18 Ladies Recovery - Kelsey's House**
1st & 3rd Mondays • 5:30 pm on Zoom
- Sep 4/18 Ladies Recovery Step Work with Emotional Healing**
1st & 3rd Mondays • 7:00 pm on Zoom
- Sep 4/18 Ladies Recovery - Andrea's House**
1st & 3rd Mondays • 5:30 pm on Zoom
- Sep 5 In-person Healing Prayer Service**
1st & 3rd Tuesdays • 7:00 pm at NBNC
- Sep 20/27 Women's Bible Study**
Wednesdays • 9:30 am at NBNC
- Sep 6/20 Ladies Recovery Step Work with Emotional Healing**
1st & 3rd Wednesdays • 7:00 pm on Zoom
- Sep 7/21 Celebrate Recovery at Beacon House**
1st & 3rd Thursdays • 7:15 pm at FRM
- Sep 12/26 Zoom Healing Prayer Service**
2nd & 4th Tuesdays • 7:00 pm on Zoom
- Sep 13 Recovery Ministry - Beacon House**
2nd Wednesday • 10:30 am at FRM
- Sep 17 Volunteer Appreciation Picnic**
Sunday • 1:00–5:00 pm at Nelson Farm
- Sep 30 Strong Front Line**
Saturday • 9:00 am–2:00 pm at NBNC
- Sep 25 Men's Recovery Ministry - Beacon House**
4th and 5th Sundays • 6:00 pm at FRM

October

- Oct 3 In-person Healing Prayer Service (and on YouTube Live)**
Tuesday • 7:00 pm at NBNC
- Oct 17 In-person Healing Prayer Service**
Tuesday • 7:00 pm at NBNC
- Oct 10/24 Zoom Healing Prayer Service**
2nd & 4th Tuesdays • 7:00 pm on Zoom



Strong Front Line

When: Saturday, September 30th, 9:00 am – 2:00 pm
Where: New Beginning Nazarene Church, Mt. Airy, MD

Information, Inspiration, Support, Renewed Strength

For everyone on the front line against substance use disorder.
Lunch Provided.

This free event features talks from those on the front lines: family, clergy, recovery workers, local experts. The event includes lunch, practical applications, and break-out discussion groups with the experts. You can go to any group that speaks to your heart or your own personal situation.

Hear talks on:

- A Family Experience
- Compassion and Boundaries
- From Exhaustion to Hope to Strength
- Personal Peace
- Community Resources

Participate in Discussion Groups and other practical applications.

This event is for all folks who help others find recovery. Everyone starts out with their own story; come and find renewed strength for the days ahead. You will leave stronger.

We are all part of a strong front line.

Free registration at: <https://listenlovepray.org/register>

Contact Lucinda at lucinda@listenlovepray.org for more information.

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!