



September 2020

ListenLovePray

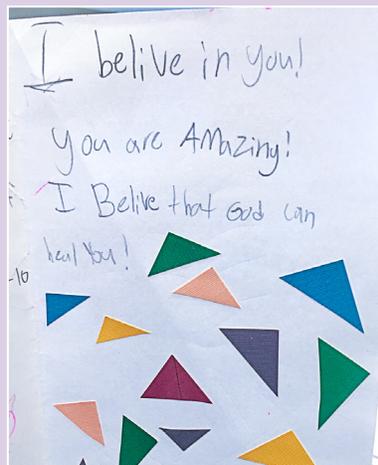
Newsletter vol. 4, issue 8

A Vital Need to Redouble Our Efforts to Go Purple

Going Purple is a grass-roots movement led by our own Frederick-based group: Crossed Bridges. September marks “National Recovery Month” and is associated with the color purple. By “going purple,” the community shows its support for those struggling with addiction, those in recovery, their loved ones, and the community’s first responders. LLP went purple last year, and we are going purple again. This visual effort calls us into awareness, understanding, training, and prayer.

New reports over the summer emphasize that the efforts need a redoubling. The societal upheaval induced by the novel coronavirus, has increased anxiety, depression and substance abuse in our country. A recent *New York Times* article (<https://www.nytimes.com/2020/08/13/health/Covid-mental-health-anxiety.html>) covering a CDC report (https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm?s_cid=mm6932a1_w) notes that:

“63% of the young adults surveyed reported symptoms of anxiety or depression that they attributed to the pandemic and nearly 25% had started or increased their abuse of substances, including alcohol, marijuana



A card addressed to all women in recovery, especially those at My Father's House (These cards were created by Dana's Children)

and prescription drugs, to cope with their emotions. [Further] young adults, as well as Black and Latino people of all ages, describe rising levels of anxiety, depression and even suicidal thoughts, and increased substance abuse... mental health conditions are disproportionately affecting specific populations, especially young adults, Hispanic persons, black persons, essential workers, unpaid caregivers for adults, and those receiving treatment for preexisting psychiatric conditions.”

Additionally, Maryland’s Opioid Operational Command Center’s quarterly report issued in June shows the substance abuse crisis is worsening. This report shows that for the same time period in 2019, in 2020:

“intoxication-related deaths from all types of drugs and alcohol increased slightly... opioid-related deaths increased 2.6 %, [but] opioid-related emergency department visits and EMS naloxone administrations were down substantially in the first quarter of 2020. Typically, these statistics would rise in correlation with fatalities, and their declines indicate disruptions in our broader response systems that may have lingering effects on people who use drugs.”

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A Message from the Executive Director

God is always at work, even in the hard places, and substance abuse might be one of the toughest. Our son Scott was 28 years old when he died of an overdose on January 4, 2019. His 14-year struggle undermined his health and invaded our lives. Addiction is never suffered alone; the entire family feels the impact. In Frederick County, fatalities are increasing, with 5 families every month hearing the horrible news of a loved one’s death. Relapse is also on the rise, even among those with long term recovery.

Experts point to the anxiety and isolation from COVID, as the reason for the worsening situation. The Maryland Opioid Command

Center urges “every clinician, every advocacy group, every concerned parent and every citizen” to renew efforts to address the crisis. Our LLP recovery team is dedicated to serving the ladies at My Father’s House in Mt Airy, as well as, the men at Beacon House in Frederick. We are waiting to hear if LLP will be awarded our first grant; to create an innovative workbook and run a 12-month pilot program aimed at long term recovery.

Everyone of all ages can do something – even as simple as wearing purple during September to show support. A hand-written card is always appreciated, like the

sweet cards that Dana's children drew inside this edition. To someone who has lost themselves in addiction, the simple words “We Care, I believe in you, God can heal you” mean so much.

And one more thing...pray! LLP sees the POWER of prayer every day! Healing prayers, comforting prayers, strengthening prayers, deliverance prayers, restoring prayers. Let us join together, fix our eyes on Jesus, praise His Holy name, and pray without ceasing for healing from addiction.

Lucinda Nelson, Executive Director, LLP

Testimony

Ever since the last LLP class (*Switch on your Brain* [see article below]), I have felt great! Not physically but mentally and that in itself is a life changer for me. I feel like this heavy weight has been lifted off of my shoulders. I found out that I have no health insurance at the end of the month and rather than let it bother me, I just figured I needed to do my homework and tackle that. During a talk with a family member, things that would normally upset me, did not! Of course, all this means I'm sleeping better too! Sometimes my own stupidity can be enlightening. Makes me think of Dorothy on the Wizard of Oz when she found out 'her way home had been with her the whole time'. Same for me, just a little slower on making the connection that Listen Love Pray always pulls me right back to Jesus.

Thanks again LLP for being a friend, my safe place, and a phenomenal source of healing prayer.

— Donna

Our Brains Are Physically Changed by Hope!

Did you know that every morning, we awake to new baby nerve cells born inside our brains? We can wire in new thoughts! We don't have to be stuck in bad habits; we can change them! With exciting facts and a 5-step process (see below) from Dr. Caroline Leaf, LLP held a 4-session Zoom class based on her book, *Switch on your Brain*. 27 students from Maryland, Virginia, New Hampshire, and West Virginia began to wipe out toxic thoughts and build in new healthy Godly thoughts. The truth is that *God has not given us a spirit of fear, but of power and of love and of a sound mind* (2 Timothy 1:7). Each of the 4 classes is on LLP's YouTube.

For the first class, go to <https://www.youtube.com/watch?v=A1AaXjm-wsps&t=12s>

The 5-step process: 1) Identify your thoughts and Target toxic thoughts, 2) Focused Reflection, 3) Writing it Down, 4) Planning, and 5) Doing

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As the country continues to grapple with the coronavirus, we can, with near certainty, expect an accelerated substance abuse crisis, the Maryland report concludes.

"We can also understand that now is the time to redouble our focus on solutions, both established and innovative. Everybody involved in addressing the opioid crisis – every clinician, every advocacy group, every concerned parent, and every citizen – needs to renew their dedication to addressing this problem."

This conclusion echoes the urgent appeal noted in the CDC report summary.

"The public health response to the COVID-19 pandemic should increase intervention and prevention efforts to address associated mental health

conditions. Community-level efforts, including health communication strategies, should prioritize young adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers."

These reports highlight the need for a concerted community effort to go purple, to be aware, to understand, to intervene, to help. What can you do? Go Purple!

Resources:

- For the Frederick County Goes Purple website, go to <https://www.frederick-countygoespurple.com>
- For the Crossed Bridges Go Purple Site, go to www.crossedbridges.com

A Snapshot of LLP's Recovery Ministry



Some of the cards addressed to all women in recovery, especially those at My Father's House (Cards created by Dana's Children)

Every Wednesday night, a team from LLP has the pleasure of leading a bible study with ladies at My Father's House. Located on a quiet street in Mt Airy, this group of women courageously face the pain of their past and do the work found in the 12 steps. Their transparency and poignant stories have touched our hearts. Each week, we listen and help them apply biblical truths to their current situations.

Additionally, every 4th and 5th Sunday, LLP runs a healing program for the men living at Beacon House in the Frederick Rescue Mission. We have worked with as many as 27 men in a night—teaching on various topics, listening to their perspectives and

praying with them for strength for 1 more day of sobriety.

During our July program at FRM, the men in Beacon House came up front one-by-one and spoke out-loud their hurdles to long-term recovery. LLP addressed the most common ones, of *anger, impatience, self-worth, self-doubt, depression, and anxiety*.

As our team gave encouragement and referenced scripture, Judy had an inspiring visual based on Ken's talk about 1 Peter 5:7, *cast all your anxiety on Him because He cares for you*. She painted a picture about fishing. Judy said she never

ListenLovePray Events

September Events on Zoom

- Sep 1/8/15/22 Soaking Prayer Service**
Tuesdays • 7:00 pm
- Sep 2/9/16/23/30 Bible Study: My Father's House**
Wednesdays • 10:00 am
- Sep 17 Volunteer Opps Night**
Thursday • 7:00 pm
- Sep 21–26 Healing Prayer Level 3**
Weekdays • 7:00 pm
Saturdays • 9:00 am–noon
- Sep 27 FRM–Beacon House Healing Program**
4th and 5th Sundays • 6:00 pm
- Sep 29 Continuing Education**
Tuesday • 7:00 pm

Healing Prayer Level 3

We are excited to offer a brand-new HP3 this month on Zoom! A variety of speakers will teach on the *Conception-to-Birth Prayer, The Healing Presence of Jesus, Praying with Faith and Authority, Praying for People in Recovery and Praying for the Seriously Ill*. This class runs Monday to Friday starting at 7pm. It finishes on Saturday from 9am-12pm including a short lesson and a time for personal ministry. Register at listenlovepray.org.

Find More Encouragement

Seek your healing in Jesus, check out LLP's YouTube page. Stay current by tapping the "Subscribe" button underneath any of our 99 teaching videos and testimonies.

<https://www.youtube.com/channel/UC9EvNdJsXRY9YTE9890talg/videos>



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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.

'Uncommon Sense' A Study of Proverbs

Even though there are uncharted depths to the mind, our minds tend to settle. They get comfortable and create pathways of thinking. This thinking, good or bad, leads what we do and what we say. This is where we get stuck—we think a certain way repeatedly until we believe it is the only way to think. God's invitation is to new ways of thinking, living, and speaking.

God knows our mind is the place of beauty as well as a place of brokenness. Because of the depth and hold of sin, our minds need total renewal. God longs to heal our broken minds. To get to these settled pathways, we dive into the depths of God Himself, through His Word, the Bible, through prayer and discernment, and as we surrender to the mind and ways of Jesus and trust the guidance of the Holy Spirit we are renewed.

Together with Jesus, Renewal Is Possible

You *can* renew your mind • You *can* control your reactions •
You *can* choose life • You *can* wire in new thoughts

Keep in Prayer

- The Mental Health of those disproportionately affected by coronavirus
- People coping through substance abuse
- Leaders, administrators, teachers, students, researchers, healthcare workers
- LLP Foundation's 1st grant proposal:
To create an innovative recovery workbook, then run a 12-month pilot program at FRM to help with long-term recovery



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