



September 2024

# ListenLovePray

Newsletter vol. 8, issue 7

## Recovery is a We Ministry



### LLP Welcomes Nine New Volunteers!

After training, nine new volunteers are ready to share the *Healing Love of Jesus!* As we are called to Listen Love Pray, our job is to intently, confidently, expectantly, and humbly follow the lead of Holy Spirit to help prayer recipients (and ourselves) come closer to Jesus. Not just to see Him (although that is beautiful) or to recite facts about the story of the gospel, but to get close, to maneuver closer still, even when we think we're already there, until the recipient is truly with Jesus. And as they encounter His Love, we step back and allow the healing love of the risen Lord and the power of Holy Spirit to work within them to heal, to comfort, to restore, to strengthen, to make whole.

### A Message from the Executive Director

#### Every moment counts.

Recovery ministry is unique because each man and woman faces a life-or-death battle. Every moment we share with them is valuable. It is not unusual to see someone on Monday, and on Tuesday they have left treatment, or have relapsed, or have died due to overdose.

Our *interactive Christ-centered recovery and healing sessions* offer the opportunity to receive His strength to live a new way - freed from shame, fear, anxiety, and depression. Surrounded by kindness and compassion, hurting people begin to believe that a better future is possible.

In *over 860 recovery meetings and special healing events*, LLP has been assisting men and women make positive and lasting changes.

This year, our trained and experienced ministry teams are set to offer 130 programs of hope and healing to people whose lives have been devastated by addiction.

LLP has created important ministry guidelines to help our teams keep the focus on what God wants to do during each visit, as we participate with Holy Spirit to usher folks into the healing love of Jesus. Considering the approximately 22,642 Frederick County residents in recovery from substance use disorder, restoration is desperately needed.

~Lucinda Nelson, LLP Executive Director

If you feel called to join our team, training is available –email: [lucinda@listenlovepray.org](mailto:lucinda@listenlovepray.org)



# It's a 'We Program' for a Reason

## Women's Ministry at Solid Ground Recovery

Seven women living at Solid Ground Recovery participated whole-heartedly in LLP's step work with emotional healing program in August. Judy Winfield (women's recovery coordinator at LLP) led the group in a Step 8 discussion: *We made a list of all persons we had harmed and became willing to make amends to them all. Do to others as you would have them do to you. Luke 6:31*

"Loneliness and isolation go along with the guilt and shame we feel about who we are or what we have done. Loneliness can break us and defeat us in the recovery process." These words, found in The Life Recovery Bible, rang true to the ladies as they commented: *I isolate when drinking because I am ashamed in front of my family. When I feel lonely, I want to use.* When asked whether any of them felt guilty, the whole group nodded emphatically. *Several talked about "Mom guilt" with one lady revealing that she doesn't feel like she deserves to be happy* in light of what she has put her child through.

*Two people can accomplish more than twice as much as one; they get a better return for their labor. If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble.... A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better for a triple-braided cord is not easily broken. Ecclesiastes 4: 9-12*

As we looked deeper into the meaning of this scripture, some words from the scripture stood out for the ladies: *Accomplish - Conquer - Triple-braided cord not easily broken.*

We had a wonderful discussion about the *'perils of going it alone'* in recovery. Nuggets of wisdom flowed: *Being alone, I wouldn't have the support and love I have found here. You are the company you keep. I need positive people. A fulfilling life is with others. Seeing other's successes fills me up too. Energy is contagious. Negative energy is palpable. I can be easily mis-lead and if I am alone, I don't have the advice to show me a better way. I can't open up alone. I need to connect with people and I can also be there for others. I wouldn't have my sponsor to call. I need love and support. In AA they say it's a "We program" for a reason.*

When the meeting concluded, we gave out Life Recovery Bibles, Miracles Happen t-shirts and hugs. As always, each women received prayers for their spoken and unspoken needs. All glory to God who gathers people together and moves powerfully through the healing love of Jesus as we simply *Listen, Love, and Pray.*

For more information, please email Judy at [judylistenlovepray@gmail.com](mailto:judylistenlovepray@gmail.com)

Two amazing Solid Ground residents, and Judy Winfield, LLP's Women's recovery coordinator, hold up LLP 'Miracles Happen' t-shirts.



**We are all on the  
Front Line  
of Recovery!**





LLP brings community, teaching, and the offer of prayer to men in the CLRP at the Frederick Rescue Mission

## LLP Helps Men in the Changed-life Recovery Program at the Frederick Resuce Mission



LLP teaching at The Frederick Rescue Mission on the topic of community. These guys are building relationships with God and with each other. After graduation, our RICH program offers continued support as they step into a sober lifestyle within the Frederick community. For more information or to volunteer to be part of the team, contact Ted at [tedlistenlovepray@gmail.com](mailto:tedlistenlovepray@gmail.com)

## Memorial donations

Support Listen Love Pray's missions *and* celebrate a loved one with your gift this season. Thank you for partnering with us as we work to share the healing love of Jesus. Go to our site below and select memorial donations.

*Karen Poetzsch in memory of her nephew, Rob Madden*

*Ken and Lucinda Nelson in memory of their son, Scott Nelson*

*Patricia Novello in memory of her daughter, Monique Lauren Rivera*

 To donate, visit <https://listenlovepray.org/give>

 [Donate](#) 

## Womens' Recovery Zoom Meetings

*3 states and 1 U.S. territory*

On August 19, 2024, LLP hosted a Zoom recovery meeting for ladies recovering in private homes. *The group represented 3 states and 1 US territory!* Five participants and five LLP volunteers began the meeting with introductions that included sharing our current struggles. The ladies cited loneliness, feeling controlled by others, complacency, rejection, addiction, codependency, and self-criticism.

We all took turns reading parts of the lesson from a Step-8 teaching in the Life Recovery Bible: Overcoming Loneliness. Several women identified with the statement 'Loneliness and isolation go along with the guilt and shame we feel about who we are or what we have done.' One woman felt embarrassed thinking about her past. Another declared *the words guilt and shame are true and that loved one's words-of-judgement make it even harder.* An LLP volunteer observed that it is emotionally exhausting to go through this step and offered words of encouragement to those who had not yet completed it.

The group continued to discuss Ecclesiastes 4:9-12. "We can stand back-to-back and conquer." Some identified with the image of 2 people standing together. One woman said "I can conquer with God standing with me." Judy asked, *"on your road to recovery, who stands with you?"* Only 2 participants had sponsors. Another said, "the women on this Monday night meeting help me to stay on the recovery road." We celebrated two women who had completed 9 months of sobriety! And as always, the meeting ended by listening to each participant's prayer requests and individually lifting them and their needs up to Jesus as each LLP volunteer prayed.



# ListenLovePray Events

## September

- Sep 3 In-person Healing Prayer Service**  
1<sup>st</sup> Tuesday • 7:00 pm • NBNC & online (FB, YT)
- Sep 4/18 Ladies Recovery - Andrea's House**  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays • 5:30 pm on Zoom
- Sep 7 Prayer Blitz at Beacon & Faith House**  
Saturday • 9:00 am
- Sep 10/17/24 Zoom Healing Prayer Service (HPS)**  
2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Tuesdays • 7:00 pm on Zoom
- Sep 11 Recovery Ministry - Beacon House**  
2<sup>nd</sup> Wednesday • 10:30 am at FRM
- Sep 15 Volunteer Appreciation Picnic**  
Sunday • 1:00–5:00 pm at Nelson Farm
- Sep 16 Ladies Recovery - Kelsey's House, Step Work with Emotional Healing**  
1<sup>st</sup> & 3<sup>rd</sup> Monday's • 5:20 pm
- Sep 16 Ladies Recovery - Zoom, Step Work with Emotional Healing**  
1<sup>st</sup> & 3<sup>rd</sup> Mondays • 7:00 pm on Zoom
- Sep 17/19/24/26 Holy Spirit Class**  
Tuesday & Thursday • 7:00 pm • class 1 & 3 part of Tuesday HPS, class 2 on Zoom, class 4 in person at NBNC
- Sep 18/25 Women's Bible Study**  
Wednesdays • 9:30 am at NBNC
- Sep 22/29 Men's Recovery Ministry - Beacon House**  
4<sup>th</sup> and 5<sup>th</sup> Sundays • 6:00 pm at FRM
- Sep 25 RICH Recovery Program**  
Wednesday • 5:30 pm Location TBD
- Sep 28 Deliverance Class for LLP volunteers**  
Saturday • 9:00 am–12:00 pm at DRCC

## October

- Oct 1 In-person Healing Prayer Service (and on YouTube & Facebook Live)**  
1<sup>st</sup> Tuesdays • 7:00 pm at NBNC
- Oct 8/15/22/29 Zoom Healing Prayer Service**  
2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Tuesdays • 7:00 pm on Zoom

## Join in LLP's Year-end Campaign

Support our mission! [listenlovepray.org/give](https://listenlovepray.org/give)



## Save the Date: 2025 Women's Retreat

*When: Saturday, February 22<sup>nd</sup>, 9:00 am – 3:00 pm*

*Where: New Beginning Nazarene Church, Mt. Airy, MD*

### *Information, Inspiration, Support, Renewed Strength*

This event features worship leaders, Amy Grimes and Maria Remsch with keynote speaker, Jacqueline Demarest, LCPC, mom, and business owner. Jacqueline is an engaging speaker and loves to interact with Christian groups. [Here is a link to an LLP continuing education video with this beautiful woman.](#)

Snow Date is Saturday, March 1, at the same time and location.

Contact Lucinda at [lucinda@listenlovepray.org](mailto:lucinda@listenlovepray.org) for more information or to register.

# ListenLovePray Foundation



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

Your generous donations of time, effort, and funds 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!