



September 2021

ListenLovePray

Newsletter vol. 5, issue 9

Lasting Change Begins in the Heart



Recovery requires change—change in thinking, change in lifestyle, change in environment. Lasting change begins in the heart. The work of God’s hands can change and mold hearts into His image.

O Lord, you have examined my heart and know everything about me; You made all the delicate, inner parts of my body and knit me together in my mother’s womb.

—Psalm 139:1 & 13

As **Frederick County Goes Purple** this September, the community again refocuses its efforts in our ongoing struggle with substance abuse. LLP is active in helping those grappling with addiction and their families. Wide-ranging and determined efforts are needed from all community members, including employers, recovery centers, non-profits, and churches alike because the crisis is not only persisting, but growing.



Ladies at the Rainbow of Love recovery house in Frederick.

(L to R) Judy (LLP), Lucinda (LLP), Emily, Stacey, Michelle, Trish, LaVerne, Sunshine, Annie, Karen (LLP), and Sharday

A 5.7% increase in overdose fatalities in the 1st quarter of 2021 (Maryland’s Opioid Operational Command Center’s quarterly report) shows how the crisis is worsening. This increase unfortunately compounds the rising numbers from 2020 which showed a 18.7% increase from 2019. In our local communities, Carroll County reported 42 fatalities and Frederick County 60 fatalities in 2020.

Each “statistic” is vastly more than a number. Each number represents a *precious child of God*. His hands were at work before their birth, with their growth, and during their struggle. And He is still at work within the family, friends and loved ones as they grieve their loss. Listen Love Pray is dedicated to helping folks in recovery from substance

abuse disorder: addiction. We also believe that Jesus is unique in His ability to change hearts and grow lasting change.

LLP followed as God’s hands opened a new door this year in the women’s recovery ministry with Rainbow of Love Foundation. Moms and kids live together in the Rainbow of Love homes. It is always exciting, and at times, a bit challenging to have kids running around and needing mom’s attention during our virtual visits, yet we see God at His heart-changing work in all of it.

We also love the recovery women’s Bible study on Monday evenings which has been meeting for 2 years now! Together we wrestle with and work to understand scripture to renew our mind and heart. We learn how to

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A Message from the Executive Director

Listen Love Pray Foundation is committed to working in local recovery communities to bring hope and healing in Jesus’ name. This month, we will be expanding our efforts to 13 days each month via 4 teams of trained volunteers. LLP programs will reach approximately 45 people every month, including women in local sober homes, Rainbow of Love recovery houses, and the men at Beacon House – Frederick Rescue Mission.

Recovery is such an important social issue that it is nationally promoted during September. On August 31st I was invited to speak at the ‘Frederick County Goes Purple’ kick-off event, and I couldn’t help but reference the greatest launching of “recovery” ever held, the birth of Jesus. There were Heavenly Angels announcing the good news,

and brilliant starlight illuminating the birth site. 30 years later, the heavens opened, and the power of God rested upon Jesus during His baptism. Jesus began to heal and deliver folks, restoring the sick, the hurting, and the outcasts.

Men, women, and children struggling with addiction are among the modern day sick, hurting, and outcast. As a mother who watched her son battle this disease for 14 years, I understand the level of pain this brings to the person suffering, as well as, to their families and the community. I also have seen how ordinary people (not just the recovery experts) can contribute to helping folks gain long-term sobriety and a restored life. There is hope, help, and healing.

Lots of good recovery work is happening, yet we need more students, more workers, more focus as we work to effectively steer and support our family and friends and even ourselves toward a life that feels stable and is *actually* fulfilling. It’s true that, *He gives beauty for ashes. Strength for fear. Gladness for mourning. Peace for despair.* (lyrics from *Beauty for Ashes* by Crystal Lewis).

So, let the heavens open and the angels come! And may The Light of The World outline our path, so God’s power, that is readily available, can be made manifest in our world!

Lucinda Nelson, Executive Director, LLP

Testimony

I went to get my cast taken off today. A physician's assistant was doing the work and he saw all the scriptures written on my cast, and asked, "who did all this, what are these sayings, do you mind if I read them?" I was a bit shocked at first that he didn't recognize scripture. Anyhow, I realized now's the time to be a witness and answered his questions as best I could. I told him I wrote the scriptures on my cast to remind me and others that Jesus is still in the healing business today. At first, I felt awkward sharing Jesus, but he was eager to hear more so I needed to share. I talked a little about Listen Love Pray and our foundation. I told him that the scriptures are for everyone, and that we pray for healing of all kinds: physical, spiritual, recovery, etc... The tech said, "well I think I need healing." I asked him, "would you like me to pray for you?" He said, "yes." He was going through a painful unwanted divorce and his sons were very upset and crying. We got quiet and I prayed for him and all his family members. After I prayed, I asked him if he would like a hug and sure enough, he wanted a hug. After my x-ray he came back to discuss my arm, that's when I took the opportunity to write LLP's information on 1 of the doctor's business cards. Low and behold it was an LLP pen, so I decided to leave that pen in the caddy with other pens. I was blessed by the time with this fellow and realized that listening, loving, and praying with a stranger is not scary or awkward and that is what Jesus is calling us to do.

— Carolyn (July 21, 2021)



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put into practice what we learn so that we continue to walk in the change and freedom of Jesus. And of course, we Listen, Love, and Pray together.

Also, LLP continues our men's recovery program at The Frederick Rescue Mission (FRM). We teach on a variety of topics including love & anger, self-worth, understanding and creating safe spaces, inner healing, how to pray the Serenity prayer, the demonic realm, and how to fight the battle in a spiritual way. God's hand has opened yet another door within the men's ministry at FRM! A 12-person team from LLP will now lead Celebrate Recovery on Thursday evenings starting September 2nd.



Lucinda (L) and Carleah Summers, Director of Rainbow of Love Recovery Foundation

Below are some words of wisdom and evidence of God's grace transforming and creating new hearts from the residents at The Frederick Rescue Mission, Rainbow of Love, and Up & Out Foundation:

- *God chisels the ice around your heart*
- *Higher power is whatever gets you in the chair at a recovery meeting*
- *Seeds are already planted. I watered the seed that was already planted. See others as thirsting for something. Be the one who waters*
- *God came in and took over my life, when I thought I didn't deserve mercy, He showed up*
- *You will receive what you believe*
- *I "came to believe" when I hit bottom*
- *Got to get the 1st step perfect – total surrender*
- *Right now, I am missing the only thing that matters, Jesus. He does great work; He is still there. I am not there for him.*
- *Other people like to take your inventory and it's not helpful*

- *Obsessive thinking is kind of an addiction.*
- *Tell on my disease*
- *The sin of addiction doesn't need to pass onto the next generation. It can stop right here.*
- *I am the only reason I have a bad day*
- *Say Serenity prayer and ask God to press the reset button*
- *Stop focusing on the hurt, pain and bad stuff. I look at the things God shared with me and are good in my life*

Our team of volunteers is blessed to witness hearts changing each time we visit with our friends in recovery.

Commit to the Lord whatever you do, and He will establish your plans.

—Proverbs 16:3

We rejoice and give God the glory for guiding our hands to bring hope to the men and women in recovery.

In June 2017, musicians, pastors, writers, and scholars from around the country gathered in New York City to collaborate on a live album of worship songs. The song *Establish the Work of Our Hands* (https://www.youtube.com/watch?v=5V2_cs8gTlw) from their album speaks to my heart, and I hope it touches you, too.

—Judy Winfield



Landen and his mom, Sharday. Landen started a new school on Aug 27. LLP supplied him with a cool new backpack, school supplies, and new school clothes

LLP Begins Celebrate Recovery at Beacon House

Every Thursday night from September to December of this year, LLP will lead the Celebrate Recovery Program at Frederick Rescue Missions' Beacon House. Celebrate Recovery is a Christ-centered, 12-step recovery program for anyone struggling

with hurt, pain or addiction of any kind.

Please pray for our 12-person team and all the men who will dive into this life-changing program.

S.O.U.L Commemorates Our Community's Loved Ones

S.O.U.L. stands for Surviving Our Ultimate Loss. They “advocate for ourselves and our loved ones as we openly and publicly mourn, some of us for the first time, without feeling any guilt or shame.”

As the community Goes Purple, join S.O.U.L. and their partners as they present an outdoor photo display honoring the loved ones who have passed on due to substance overdose. The display runs from August 26 to September 30, 2021 and is located at 1 Frederick Health Way off Monocacy Blvd.

For more information, please visit:
www.survivingourultimateloss.org



What an In-person Healing Service Looks Like



These pictures are from our August in-person healing service at Marvin Chapel in Mt Airy. There is plenty of room to social distance and masks are optional. Communion is served and we have worship, prayer, and individual ministry time. If you feel comfortable, we would love to pray with you at our next service on September 7 at 7:00 pm at Marvin Chapel.



Friends of LLP Are the Vehicles of Jesus' Heart

Stacey S., a long-time member of LLP's Monday night ladies recovery bible study, received a car donated by friends of LLP.

A few LLP volunteers were thrilled to bring her something she really needed. Stacey was so surprised and grateful to feel the love and generosity of Jesus.



(L to R) Ted Winfield, Meg Dine, Stacey, Judy Winfield, and Tim Dine

Stacey S. (L, clean and sober for 22 months!) with two housemates. All ladies are in recovery and live in a Frederick sober home

Testimony

I received healing prayer from LLP many years ago, and it was truly a transformative time in my life. I'd always been close to Jesus and madly in love with Him. Nothing changed there. But during the prayer time, I felt the overwhelming love of God falling down like rain in that room. At my second healing prayer session, I was introduced to the idea of being baptized by the Holy Spirit. To be honest, I was highly skeptical and confused. I had never really heard of that before. I had read through the Bible many times, grown up in a Christian home and always had a very close personal relationship with Jesus. This was a foreign concept for me. My water baptism at age 9 had been a beautiful, personal experience for me.

As we talked and looked through the scriptures, I decided to be open to this prayer. I didn't feel anything too extraordinary at that time and the skeptic inside of me was thinking, *I wonder if this really works?* 6 to 9 months later, when I was worshiping at church, I was weeping, and something felt different. I thought to myself, *what's going on here?* I started to think back on how different my worship experience had felt lately. There was this nearness of God that I had never really tasted. That's not true, I had tasted a second of it here and there but never like this. And as the years went on, I realized my communication with God was different. It was more powerful.

Finally, the Holy Spirit reminded me of the time when you-all prayed for me to receive the baptism of the Holy Spirit. I thought to myself *NO!!!! CAN IT BE?!* I started putting the timeline together and I realized things had changed for me when it came to the presence of God. Whenever I entered His Presence, it was overwhelming a lot of the times. That has never changed to this day. I'm convinced that something changed that day when you prayed for me to receive the Baptism of the Holy Spirit. Thank you!!! Thank you, LLP for this most wonderful gift! Keep going out into the world spreading Jesus' blessings!!!

— Shannon (July 2021)

If you are interested in learning more about God's Holy Spirit and baptism in the Holy Spirit, join us in October for our Holy Spirit Class (see the calendar page).

ListenLovePray Events

September

- Sep 1/22 Rainbow of Love Recovery Bible Study**
1st and 4th Wednesday • 5:30 pm
- Sep 2/9/16/23/30 Celebrate Recovery at Beacon House**
Thursdays • 7:15 pm
- Sep 6/13/20/27 Ladies Recovery Bible Study**
Mondays • 7:00 pm
- Sep 7 In-person Healing Prayer Service**
1st Tuesday • 7:00 pm at Marvin Chapel
- Sep 8 FRM–Beacon House**
Every 2nd Wednesday • 10:30 am
- Sep 14/21/28 Zoom Healing Prayer Service**
Tuesdays • 7:00 pm
- Sep 19 Volunteer Appreciation Picnic**
Sunday • noon – 4:00 pm at Old National Pike Park
- Sep 24/25 Healing Prayer Workshop Level 3**
Fri: 7:00–9:00 pm • Sat: 9:00–12:00 pm
- Sep 26 FRM–Beacon House Healing Program**
Every 4th and 5th Sunday • 6:00 pm
- Sep 30 Prayer Practicum**
Thursday • 7:00 pm at Marvin Chapel

October

- Oct 5 In-person Healing Prayer Service**
1st Tuesday • 7:00 pm at Marvin Chapel
- Oct 7/21/28 Holy Spirit class (on Zoom)**
1st, 3rd, and 4th Thursday at 7:00 pm
- Oct 14 Holy Spirit class (in-person)**
2nd Thursday • 7:00 pm at Marvin Chapel
Baptism of Holy Spirit experience
(see the testimony from Shannon)

More on The Rainbow of Love Recovery Foundation! It is a 501(c) 3 nonprofit in Frederick County. A faith-based organization, they aim to change the lives of women battling substance use disorders. Their first sober-living house (Andrea's House) opened in December 2019, named in memory of Andrea Hawley-Ferguson who lost her courageous battle to cancer. Please look them up at <https://www.rainbowofloverecovery.net>

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 Presents Healing Prayer 3

Join us for a Hybrid Healing Prayer Level 3 (one meeting on Zoom and one in person – barring any changes in Covid mandates).

September 24 (Friday), 7:00–9:00 pm on ZOOM

Topic: Praying for the seriously ill & for those with chronic illness

Teaching / Small Group Discussion / Prayer Ministry

**September 25 (Saturday), 9:00 am–12:00 pm
IN-PERSON at Marvin Chapel**

Topic: Conception to birth prayer, praying for those in recovery, what it looks like to pray with faith and authority

Teaching / Prayer Experience

Register at listenlovepray.org.

Grow with God

Seek long-lasting heart change in Jesus! Browse through 177 teaching videos and testimonies on LLP's YouTube channel. See how Jesus is moving and healing today! Stay current by tapping the "Subscribe" button.

<https://www.youtube.com/channel/UC9EvNdJsXRY9YTE9890taIq/videos>



Keep in Prayer

- Those in our community struggling with substance abuse, Lord help them find a way out
- The many loved ones of those wrestling with addiction
- Guidance, Wisdom and Strength for all those helping God's Children in recovery
- LLP's Celebrate Recovery team and all the men who attend



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