

LIFE Recovery – Living In Freedom Everyday

This has been a year where many would say they didn't feel that they were living in freedom every day. From the world's perspective, it's true – we've followed rules and restrictions and provincial health orders, masked, sanitized, distanced, adjusted and re-adjusted. But for those of us living a life in Christ, we are as free as we've ever been. The Message version of Galatians 5: 13-14 states "It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom." At LIFE Recovery, our ministry is founded on loving our neighbours (clients) and in walking alongside them in their recovery journey. And in return, we've also experienced abundant love from our neighbours – the donors, staff, volunteers and community supporters.

In April, our Drive Through Donation at LIFE's Second Chance Thrift Store filled the aisles and it took two weeks to go through it all! We've cut back our store hours by one day and yet 70% of our volunteers have continued to work since re-opening. Our recovery house staff focused on client sobriety, not COVID. Though our client numbers were reduced as per protocols, we never had to close our doors. At the time of this writing, 76 clients were supported at First and Second Stage and we know more will arrive before year end.

Yes, 2020 has been different and we don't want to see another year like it, but we count our blessings and consider the real meaning of Christmas – the gift of freedom. And, we remember this: "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things, there is no law." Galatians 5: 22-23 (NIV)

May the joy of the Lord, His grace and His mercy, fill your hearts this Christmas.



**LIFE Recovery Association
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Registered Charity # 867131351RR0001**

About Us

Barbara's Story

I have just finished my 3 month program at LIFE Recovery. At 57, I have come through rags to riches, ruin to recovery.

As a teenager, I experienced multiple traumatic events and, in my hopelessness, found my first love, pot. My 16 year love affair was put on hold when I met and married my second love. It appeared I had everything; a career, a husband, three beautiful children and a white picket fence.

In 1995, I was diagnosed with post-partum depression and anxiety and after years of suffering with debilitating depression, I reached out to my first love. I was given an ultimatum and chose my family, but later relapsed. Now legal, I was able to shop online or walk into a dispensary. I found stronger, less smelly substances to help numb the pain – both physical and emotional. My life was out of control, I lost my job, home and family and lived in my car for almost a year. Alcohol was thrown into the mix and I was wasted day and night. I found LIFE Recovery through a friend. I had nothing left to lose. This program changed my life. Today, I am 4 months clean and sober. I no longer hate myself. I have joy, freedom and a new lease on life. I gave my heart to the Lord. I am a precious child of God.



For more information on how to access our residential recovery program, please contact our main office at 604.855.4440



Meet our new Executive Director:

Coletta Holmes and her husband Steve have lived in Chilliwack since 1990. There they raised their family of 4 children – Leah, Vanessa, Jake and Deanna. The family has now expanded to 13 with in-laws and grandchildren and has spread into Alberta. In Coletta's early work life, she worked in administration and bookkeeping. In 2010 after returning to university, she moved into non-profit work where she experienced the reward of community building – working together for a common cause. Coletta is thrilled to join the team at LIFE Recovery where she can now incorporate her faith into her work life and is experiencing a new kind of living in freedom everyday.

LIFE's Second Chance Thrift Store

Located at 7-31550 South Fraser Way in Abbotsford, LIFE's Second Chance Thrift Store is a social enterprise providing almost 50% of the revenue needed for our residential recovery programs.



On average, our 96 volunteers log 1692.75 hours per month to keep the store running. That is the full time equivalent of 8.7 staff in addition to our 1 paid thrift store manager, Lily. Were we to hire staff for the same number of hours, the cost to LSC would be \$25,391.25 in wages. And believe it or not, we need more volunteers! Sorting, pricing and hanging clothing takes a big team each day. We are also looking for volunteers with cashier experience. If you'd like to become involved with LIFE's Second Chance Thrift Store, give us a call!

A thank you...

On November 26, 2020, Karl Zanderg let us know this could be his last shift at LIFE's Second Chance Thrift Store. Karl has been a volunteer with LIFE Recovery since 1999 as one of the original Board Members. In the early days, his skills in accounting were an asset to the beginnings of LIFE Recovery Association. He was the treasurer and often wore the challenge when we didn't know how we'd make payroll. Among the many hats he wore over the years, Karl was also responsible for LIFE Lines, our original newsletter. It is in his honour that we have returned to that. We are so grateful for Karl's faithfulness over the years and will certainly miss his kind and gentle way. Blessings to you Karl, as you enjoy 'retirement'.

Store hours: Tuesday to Saturday 9:30 am - 4:30 pm
Donation hours: Tuesday to Saturday from 10:00 am - 2:00 pm

Get involved!

Current Needs:

Volunteers:

There is always some form of maintenance needed at our recovery houses. We are looking for a volunteer with current certification for electrical and another for plumbing repairs. If this is you, or if you'd consider a Gift in Kind, please contact Rose at 604.855.4440

Technology:

Over the last 9 months, restrictions to outings, visits and meetings has changed dramatically for our clients. Most of their connection to family, friends, church and AA is done via a device. We know many of you are in the same boat and have had to upgrade your own devices to maintain clear connections. Our current need is for 4 tablets: 2 for First Stage and 1 for each of the Second Stage houses. These tablets should have capacity for video calling and Zoom meetings.

Programs:

Our big dream is to provide trauma counselling through a Registered Trauma Therapist. Fees for this service are beyond what we can offer now, but we believe it is possible through the generosity of our donors and a therapist who would be willing to support our clients at a reduced rate. Our upcoming fundraising campaign will help fund our physical building needs and the emotional needs of our clients.



How to Give:

With reduced in person interactions, online options are becoming more popular. E-transfer through your financial institution should be directed to admin@liferecovery.ca. Another option for giving is Christian Stewardship Services (csservices.ca). If you aren't familiar with their services, check out their website to see how to donate. One of the benefits to CSS is the option to have your donation receipted through their organization then sent anonymously to LIFE. Cheques can still be mailed to PO Box 2652, Abbotsford BC, V2T 6R4.

Donations intended for the 2020 tax year, will need to be received at our office or online by December 29th, 2020 to be processed on or before the December 31st deadline.

Thank you for your generous support of LIFE Recovery Association!