

“Love Lifted Me Recovery” - January, 2023
Newsletter for October, November, December, 2022
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Web Site: www.Loveliftedmerecovery.com

Spirit, Soul and Body

The Bible tells us that we are made up of spirit, soul and body (I Thess. 5:23). In fact, the real YOU is your spirit, you have a soul, and you live in a body. The SOUL is made up of MIND, WILL and EMOTIONS. The **“natural man” is governed ONLY by his soul and bodily appetites**, because he is spiritually dead (I Cor. 2:14; Eph. 2:1-5). The born-again Christian is to be governed and **controlled by the Holy Spirit and our own born-again spirit**, which is created in the image of God, NOT by our SOUL. Our soul, which includes our EMOTIONS, is **UNRELIABLE, we must not trust it**. We MUST renew our minds with the word of God (Romans 12:1-2; Eph. 4:23) and we are RESPONSIBLE (using our FREE WILL) to be careful of what we put before our eyes and allow to enter our minds, because that will AFFECT our EMOTIONS (see Phil. 4:6-9). If you find that your MIND (thoughts) or EMOTIONS are **out of line with what God says**, you MUST NOT allow your SOUL to be the final authority. God’s word must be the FINAL AUTHORITY, and **we are told to “take EVERY THOUGHT captive to the OBEDIENCE of Christ”** (II Cor. 10:3-5), which means we must deal with our thought-life and emotions, rather than ALLOWING them to rule us.

“I beseech you therefore brethren, by the mercies of God, that you present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable service.

And be not conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:1-2

“For the WORD of God is living and powerful, and sharper than any two-edged sword, piercing even to the DIVISION of SOUL and SPIRIT, and of joints and marrow, and is a DISCERNER of the THOUGHTS and INTENTS of the HEART (emotions).” Hebrews 4:12

Monthly Evangelistic Outreach to Venice Beach

Saturday, October 1, 2022 - There was no beach outreach this month, because Dottie was out of commission with very painful cracked ribs.

Saturday, November 5, 2022 - Today was our monthly outreach to Venice Beach, and out on the streets if there were not that many homeless people on the Venice Boardwalk. We had a small group of volunteers, as some were sick and others had to work on Saturday. Our ministry team consisted of Tom, me, Kaela, Felipe, Lucy, and Ricardo. It was kind of a small group, but we knew we would be okay, because First Samuel 14:6 b says, “For there is no restraint to the Lord to save by many or by few,” so even with our “few”, we could get the job done, and we did. We had 175 lunches, lots of socks, toiletry/hygiene packets, used clothing and warm jackets, and several blankets for the homeless. Felipe, Lucy and Ricardo went up to the homeless encampment under the freeway overpass at Sepulveda and Venice Boulevards. Felipe said it was a blessing to minister to those people. Kaela and I went to the north end of the Boardwalk and then on down, and Tom stayed at home to keep us

covered in prayer. Kaela and I gave out almost all of our lunches, and most of the clothing. We saw a couple, and they had a few belongings in a grocery cart, and they gladly took a blanket, a sleeping pad, some thermal underwear-type shirts, and lunches and toiletries. We also saw Jean, the now 87-year-old woman who lives in her van (by her own choice - she says she doesn't want to go to an "old folks' home"). We stayed and talked with her for a while, because we hadn't seen her in months. We gave her two lunches, some clothing and socks, and she was very happy to see us. We also saw the guy who always asks, "Are these the lunches with the applesauce?" He likes the applesauce cups we put in the lunches, and also told us the granola bars were "excellent." Everyone was very happy and grateful to receive the food and clothing we gave out, and we also had some leftover Halloween candy that was received gladly (we hadn't had many kids on Halloween night, but we had made up little Baggies with candy and two gospel tracts, the comic book kind from Chick Publications, so the homeless people who got the candy also each got two more tracts). There is a gospel tract in each lunch, and we also handed out tracts, in English and Spanish, to the passers-by on the Boardwalk. Praise the Lord!

Saturday, December 3, 2022 - For our beach outreach today, we had Tom, me, Felipe, Ricardo, Kaela, Johnny, and Sheldon as our ministry team. We had 170 lunches, lots of socks, toiletry/hygiene packets, used clothing, shoes, lots of warm jackets and a few bathrobes, and a few blankets for the homeless. It had rained the day before, so we weren't sure how many people would be down at the Boardwalk, but we trusted the Lord to lead us to the ones to whom He wanted us to minister. I had been praying all week that it wouldn't rain on Saturday, and it was beautiful and sunny! Praise the Lord! Felipe and Ricardo went up to the homeless encampment under the freeway overpass again, Johnny and Kaela went to the south end of the Boardwalk, and Sheldon and I went to the north end. Sheldon and I gave out all our lunches and most of the clothing and things. A man named Steve was very happy to get a lunch and a pair of shoes in his size (he had been wearing an old dirty, tattered pair of slippers), socks, and a lunch. Another man named Steve got a jacket, lunch and some other things and was very grateful. One man saw the black leather jacket we had, but I told him it might not fit, because it was a woman's jacket. He tried it on, and it fit him, so he said, "Now it's a man's jacket." A guy who said people called him "Juice" got a jacket, lunch, hygiene packet, socks, and was so happy. One woman got a lunch and some other things, and then she saw a can of Vienna sausages that someone else had not wanted, and she said, "Oh, can I have the Vienna sausages? I love them!" We told her there was a can in her lunch, but she could have this one, too. Others were very thankful and glad to get everything, and one guy kept saying, "Thank you, thank you" with a big grin on his face for all the stuff he received. The people who got the bathrobes said, "Oh, they're so soft and warm!" One woman asked if she could have the shawl she saw, and I said, "It's not a shawl, it's a lap blanket, but you can fold it up and put it over your shoulders to keep warm." She was so thrilled to get it, and a lunch, socks, and hygiene packet also. Johnny prayed with a man who was so excited to have him pray for him that he got down on his knees for the prayer. Kaela said the man who got the pair of shoes they gave him had a big smile on his face, and they fit him perfectly. Another man got a warm jacket and was so happy, but asked if we could put it in a bag so that no one else would see it and take it from him. Just then, another man came up and asked if we had a jacket. I looked in the car, and found a very heavy sweatshirt for him, and it fit him perfectly. I gave out gospel tracts to people who were just walking on the Boardwalk, including one in French and one in Russian. Two young men (tattooed and pierced all over) asked what they were, and I told them they were little books about God

and Jesus, but in comic-book-form, and they took them gladly. We had a few lunches left over, so we went to a side street off of Rose Ave. where there are a lot of homeless in tents, and we gave out all that we had left. We all had a great time giving out things for peoples' physical comfort, and also giving out the gospel of Jesus Christ in the form of the little comic book tracts. Praise the Lord!

Prison Ministry

The total number of inmates doing our 12-Step program and Bible studies is around 350-400. We have women in the women's prisons: Central California Women's Facility in Chowchilla, and California Institution for Women in Corona. We have men in the men's prisons: San Quentin, Soledad State Prison, Salinas Valley State Prison, Avenal State Prison, Solano State Prison, California Medical Facility State Prison in Vacaville, California Correctional Institution in Tehachapi, Calif. Men's Colony in San Luis Obispo, Kern Valley State Prison, Chuckawalla Valley and Ironwood State Prisons in Blythe, High Desert State Prison in Susanville, L.A. County State Prison in Lancaster, Valley State Prison in Chowchilla, Mule Creek State Prison in Lone, Centinela State Prison in Imperial, Pleasant Valley State Prison in Coalinga, Chino State Prison, Calipatria State Prison, RJ Donovan State Prison in San Diego, two prisons in Corcoran, Folsom State Prison and CSP Sacramento in Represa, CA, Pelican Bay State Prison in Crescent City, and Sierra Conservation Center in Jamestown. We have men in two fairly new prisons, which are: Calif. Health Care Facility in Stockton, and CAC in California City. We also have a few inmates scattered across the country in Federal prisons and various county jails.

Reginald Pratt, Folsom State Prison, Represa, CA - "Thank you for the continual support that the two of you show and give to those who are a part of your Bible studies and 12-Step recovery program. I've been praying double blessings over you and your ministry, and again I thank you for giving me the opportunity to grow closer to my Lord and Savior Jesus Christ. I also hope to be useful and profitable to you upon my release from prison. Your brother in Christ, Reggie"

Alberto Sanchez, Avenal State Prison, Avenal, CA - "Let me tell you thanks to God and both of you. I received your letter and the study called "Freedom from Generational Bondage." Through the Scriptures and prayers in that study, I learned that if I want to be forgiven by people I harmed in the past, I have to let go of bitterness and forgive them for whatever they did to me. To be honest, at first, I didn't want to do Step 4 because of the shame for what I did. After I finished my Step 4 inventory, I have to admit it made me feel good to bring all of that out. I really want to change, because I don't want to be the same person with all those character defects. God bless you, sincerely, Alberto Sanchez"

Dana Ewell, Corcoran State Prison, Corcoran, CA - "I am very grateful to begin your 12-Step program. We've been reading through the "Serenity Bible" you sent me in my NA, AA and CGA groups. What a blessing that book is! Thank you so much for sending it, and I look forward to making progress in your program. In His joy and hope, Dana Ewell"

Frank McMurray, Avenal State Prison, Avenal, CA - "I am tremendously grateful for all that you've

done for me, and all of us in your program - you truly make a difference and impact in our lives. I recently went to my parole hearing and was found suitable for parole. What made a difference this time around was doing your Steps 8 & 9, as the commissioners said I truly showed remorse and understanding of all the victims I harmed. Your lessons have been very instrumental in my change. I look forward to volunteering on your beach outreach. Sincerely, Frank McMurray”

Alphonso Kegler, Substance Abuse Treatment Facility, Corcoran, CA - “Thank you for being a light in a dark world. Your ministry has truly been a blessing to so many, especially me. Your active involvement teaches us that we can do all things through Christ’s power. Thank you for telling us about the Christmas shoeboxes, and enclosed is a donation to help, so that those kids that don’t have nothing can have a blessed Christmas. Sincerely, Brother Al”

Andre Cenicerros, Corcoran State Prison, Corcoran, CA - “I am grateful to God for putting you two in my life. Doing the Twelve Steps and reading my Bible has given me a lot more peace and humility in my life. Just a few years ago, I felt something was missing in my recovery, and it was a relationship with God. Step 3 was very important to me, because I realized my will was not working, and I had lost the ability to make good decisions. Step 3 is allowing God to come into my life and take care of me in all aspects, and helping me to make good decisions. Now, I have that relationship with God and I have given my life and will over to Him to serve Him. I couldn’t be more grateful. Sincerely, Andre”

Johnathan Gallegos, Folsom State Prison, Represa, CA - “I wanted to thank you for the 12-Step program I just completed. I was raised in a Christian family, but I had gone astray. This program helped me ground myself back in God’s word and my relationship with Him. I will forever be grateful that you both have helped me, and I plan to put the 12-Steps into practice in my life. I know my journey will not be easy, but with Jesus by my side, I am not afraid. And yes! I would love to start doing one of the Bible studies and continue to correspond. Sincerely, Johnathan”

Stephen Pritchard, Avenal State Prison, Avenal, CA - “The Step 4 inventory questionnaire you sent was really great. It made me think and brought up some hidden memories which I had never dealt with in any previous inventories. Sorry it’s so much to read. I tried not to elaborate too much, but I still ended up with 25 pages. I shared my journey (not the details) with my Celebrate Recovery group. I think it helped many of them to commit to be thorough when I explained how I found some hidden memories. I know the journey is not finished, but I feel a lifting within me which gives me hope and faith for the future. Thank you for this blessing and your devotion to service. With God’s love, Stephen”

Bible Study Lessons on the Internet

Our Bible studies are always available to anyone on our website, and we are happy to report they were used during the Covid pandemic. They were using our Bible study lessons (the same ones the prisoners in our prison ministry get in the mail) at the Bible Tabernacle for their congregation, since they couldn’t meet for Bible study or church services during the beginning of the Covid restrictions. They had said they wished they had some kind of hand-outs for their people while services were not allowed, and we suggested our Bible study lessons, and that they could just print them out from our

website and make however many copies they needed for their people. Even after the churches were allowed to open again, they have been continuing to use our Bible studies. Praise the Lord!