

Newsletter.



From the Pastor:

I am so excited to announce the launch of **Recovery Alive** here at Mt. Rachel. This ministry is totally Christ centered. It's a place where hope, healing, and freedom are not just possible .. they are promised through dying to oneself and coming **ALIVE** in Christ.

Colossians 2:13-15 teaches us that though we were dead in our trespasses and sin, God makes us **ALIVE** in Christ. It exists to lead people into a life of victory and out of a life of bondage to the grip of addiction, trauma, brokenness, and emotional struggles. We believe there is no past too broken, no chain too strong, and no wound too deep that Christ cannot heal.

So whether you are battling addiction, anxiety, grief, codependency, or simply struggling with lifestyle challenges .. **Recovery Alive** is for you!

It's not about a program but about the power of Christ to make you **ALIVE** and empower you to be an overcomer.

Join us and **COME ALIVE** to a life that God intends.

Pastor Tom



Director's Desk:

Let's talk **RECOVERY**.

I know that even as you read this, the battle is real. I get it. Some days feel like victories, and other days feel like a struggle. Both are part of the journey. What matters the most is that we never give up. The best thing we can do is **keep showing up** for ourselves and for each other. If you're struggling with hurts, habits, or hang-ups, I want to encourage you: take that first step and come. You don't have to have it all figured out. You don't even have to believe it will work yet. **Just show up.** God will meet you where you are, and you'll discover a family of people ready to walk alongside you.

We offer:

- Safe and welcoming environment
 - Honest testimonies of God's transforming power
 - 12-step teaching grounded in Scripture
 - Support and encouragement from people who understand
- Come as you are. Leave with hope.

2 Corinthians 5:17 NKJV

Therefore, if anyone is in Christ, he is a new creation, old things have passed away; behold, all things have become new.

Tom & Kim Stocks



Encouragement Corner:

Journey: traveling from one place to another. Many of us are on a journey leading us to new places of recovery, whether that's a physical recovery, a mental recovery, a spiritual recovery, or all three. On this journey we will begin to heal together through worship, Power Groups (formerly Large Group), and People Groups (formerly Small Group) and some of us will find it in the Process Group (12-Step Groups).

I am excited to begin this journey with you all and pray that you are excited as well. In Philippians chapter 4, Paul speaks of being able to do all things through Christ, where our strength comes from. I pray that as you find yourself at Recovery Alive at Mt. Rachel on Tuesday nights, that you also find the presence of our Almighty God. Without Him, we can do nothing, but with Him, He makes the impossible .. possible. Please come expecting connection, a beginning to healing, and a taste of the goodness that God will provide. Hope to see you all Tuesday.

Recovery Spotlight: Leslie

Hi! I'm Leslie and I'm a grateful believer in Jesus! My story probably sounds like a lot of people's. I was raised in the church and baptized as a child because my friend asked me to go with her. At 18, I went my own way, which was not God's way. I got married, had a family, lived life - all without God.

In 2010, God sent me an unexpected red headed baby girl who would talk to me about angels and Jesus (Not that she heard it from me), but I kept walking my path. In 2018 God got my attention and I never looked back! I read, I went to conferences, Book Club, any chance to be with God...I took. However, in the back of my mind I still knew I wasn't enough. You see, people spoke to me about God's unfailing love, but all I could see was the shame I kept hidden.

Then came the 12 Step - that I did NOT need!! BUT GOD!! I went to the 12 step to work on my addiction to food, I left with the knowledge that God says I am enough! I went to work on my anger, but I left with a calmness in my spirit and the ability to love myself for the first time! I went to build relationships with other ladies because leading ladies to Christ is my passion. I left with a bigger, better, stronger relationship with my Father!

No matter where you are right now, Jesus is the answer! No matter the circumstances - Jesus died so that you can be ALIVE! with Him forever in Heaven!

So come join us at Recovery ALIVE!! I'd love to save you a seat!

**RECOVERY
ALIVE**
at Mt Rachel

**WHATS
YOUR
WHY?**

» **HURTS**

» **HABITS**

» **HANG-UPS**

**RECOVERY
MATTERS**

YOU ARE NOT ALONE

ALCOHOL NICOTINE OPIOIDS METHAMPHETAMINE GAMBLING INTERNET SHOPPING
BENZODIAZEPINES COCAINE INHALANT VIDEO GAMES EXERCISE FOOD
PRESCRIPTION DRUGS SEX SOCIAL MEDIA
CAFFEINE CANNABIS PORNOGRAPHY
SEXUAL ABUSE WITCHCRAFT UNFORGIVENESS SHAME CHILDHOOD TRAUMA LEGALISM
EMOTIONAL/PHYSICAL ABUSE SUICIDE
ANGER MENTAL DISORDERS PROFESSIONALISM
REJECTION GRIEF LOSS POVERTY CODEPENDENCY SELF WORTH
ANXIETY DEPRESSION LIFESTYLE FEAR



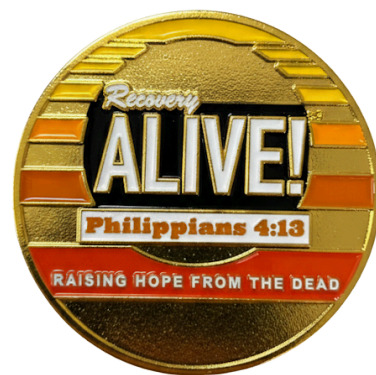
**WHAT'S
YOUR
WHY?**

**JOIN US
Tuesdays**

Food-Fellowship 5:30pm
Power Group 6:15pm
People Groups 7:00pm
Process Groups 7:00pm

**RECOVERY
ALIVE**
at Mt Rachel

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