

Faithful & True

The Recovery Report January 2017

Mark & Debbie Laaser
Founders of Faithful & True

HAPPY NEW YEAR AND WELCOME TO 2017!

We hope that you enjoyed a wonderful Christmas with your family and friends and that you safely welcomed in the new year!

We are encouraged by the start of each new year and the outlook of 2017 being a great year of good health and continued healing in our lives.

Our Feature Article this month is *The Power of Community*, written by Dr. Greg Miller, M.Div., D.Min., our Director of Workshops. We hope this article will help you achieve a deeper understanding of the importance and impact that community can provide in your healing journey.

Happy New Year!

Mark & Debbie Laaser



2016 Ended With A Bang!



What a thrill it was to be with our son, Jon, the Voice of the Virginia Tech Hokies, at the 2016 Belk Bowl against the Arkansas Razorbacks on December 29th at Bank of America Stadium in Charlotte, North Carolina!

The Hokies fought back from a 24-0 halftime deficit to win the game 35-24! We had the added thrill of being in the broadcast booth with Jon as he finished the broadcast of the game before escorting us down to the field and locker room to be with the players and coaches. What an unforgettable experience for us all! Mark's quote at the end of the night: "That was the most fun I've ever had!"

As if our weekend could have been any better, we were Jon's guests on Saturday as the Hokie basketball team defeated the Duke Blue Devils at Virginia Tech's Cassell Coliseum, 89-75. Jon, again, provided the play-by-play for the radio audience.

We were blessed to spend time with all three of our kids and their loved ones over the Christmas holiday; the Virginia Tech victories were frosting on our holiday cake!



FEATURE ARTICLE: The Power of Community by Dr. Greg Miller, M.Div, D.Min

We are hurt by community, and we heal in community. For many men and women in recovery, one of the great challenges is trusting others after they have been so hurt, and yet community is essential for transformation. Recovery is a team sport; no one recovers alone.

I believe everyone wants to be known, safe, and connected to others, and what we desire we also fear. That is the source of our chaos when it comes to community. We can move towards others, and then when our fear gets triggered, we isolate and run away. When you consider the various ways we have been hurt by others, it makes sense that being in authentic community is

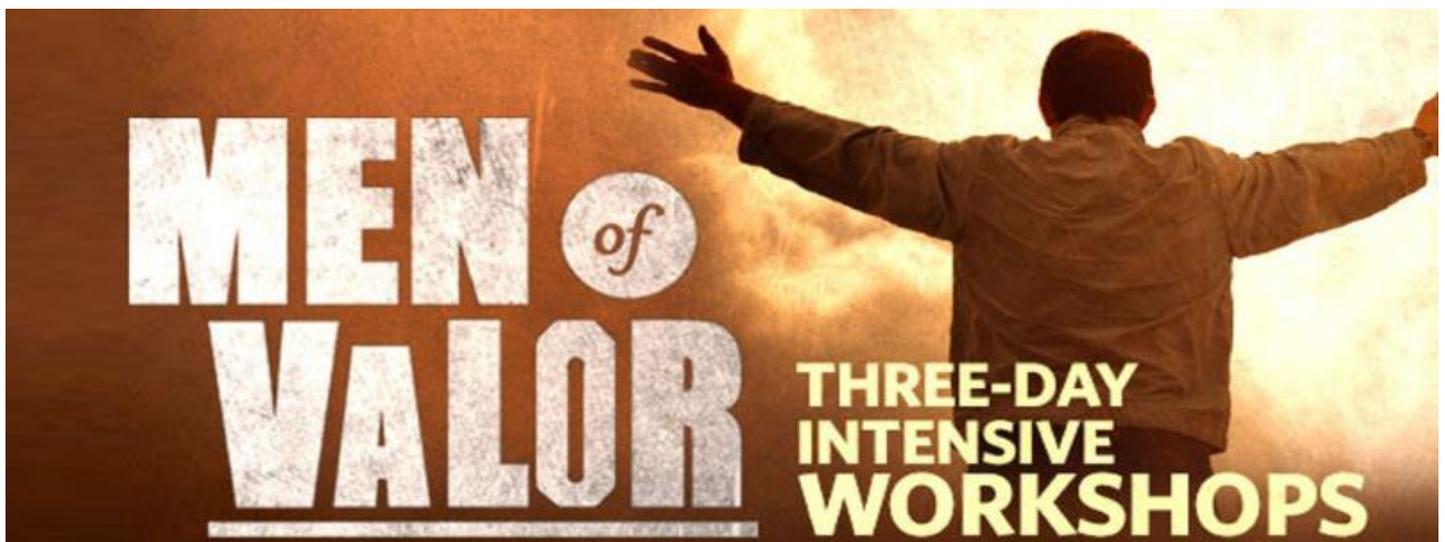
no simple solution. It takes time to develop trust, and community is the way forward. There are several roles that community plays in our recovery.

We need community for hope. Hope is the belief that our lives can be better. There are times when we have difficulty believing that our situation will ever change, and it is important to be reminded of hope by the experiences of others. When we first begin this journey, we can lose hope when we get stuck in our recovery and start believing that our circumstances will remain the same or that we can never change. Hope lets us acknowledge where we are and trust that we will not always be there. For those of us who are further down the journey, our experiences can be a message of hope as we hold hope for others.

We need community for connection. God declared that it was not good for humanity to be alone. We were created for community. We cannot reach our full transformational potential alone. It is only in community that we can fully be the person that God created us to be. The Scripture teaches that we are uniquely made and our uniqueness can be celebrated in community. If we are not careful, we can begin to believe that to have value we must be like someone else. Community can remind us to celebrate our differences and to bring those differences to the community for everyone's benefit. What is different about each of us is what lets us find our place in community like the different pieces of a puzzle.

We need community for grace. Most of us have been taught about grace through the words of a sermon or song or even the Scripture. My experience has been that we don't hear or read about grace; we must experience the beauty and power of grace when others show us grace. For there to be grace, there must be truth in safe community. We learn about God's grace when people who love God show us grace.

Though it may be overwhelming initially to include others on our journey, we are transformed in relationship to others. God uses the people in our life to shape and form us into the men and women we were created to be.



If you, or your clients, are struggling with pornography or other sexual purity issues, we want you to know that WE CAN HELP. Faithful & True hosts The Men of Valor 3-Day Intensive Workshops for men every month and registration is available online at faithfulandtrue.com.

Here is the upcoming 2017 schedule of Men of Valor Workshops:

January 12-14, 2017
February 16-18, 2017
March 16-18, 2017
April 20-22, 2017
May 18-20, 2017
June 15-17, 2017
July 13-15, 2017
August 17-19, 2017
September 14-16, 2017
October 12-14, 2017
November 9-11, 2017
December 7-9, 2017

Visit our website for more information or call us at 952-746-3880.

Here is the 2017 schedule for our Women's Journey 3-Day Intensive Workshops:

February 2-4, 2017
June 1-3, 2017
October 5-7, 2017

Faithful & True's 2017 Couples' 3-Day Intensive Workshops will be held

March 2-4, 2017
August 3-5, 2017
November 2-4, 2017

For more information on any of our 3-Day Intensive Workshops, visit our workshop pages at faithfulandtrue.com or call us at 952-746-3880.



Listen to THE MEN OF VALOR PODCASTS

One of the most popular resources offered by Faithful & True is our Men of Valor Program, a weekly podcast found on our website and on iTunes. Hosted by Mark Laaser and Randy Evert, the Men of Valor podcasts offer direction and guidance to men who have struggled with sexual purity issues, and their spouses.

Visit faithfulandtrue.com