

the ugly truth

about *Crack Cocaine* continued...

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Recovery for a cocaine addict is not just a matter of brain cells. Addicts have to establish new relationships with people, places and things. Certain relationships, places and things can trigger an addict to crave, so it's important to break off relationships that may tempt them to use again. But recovery isn't just about the brain or new relationships. The most important component of Recovery for any addict is the spiritual component. Studies have proven a statistical relationship between spirituality and success in recovery from addiction. In fact, addicts who developed

a strong relationship with God were more than twice as likely to be successful in recovery long term.

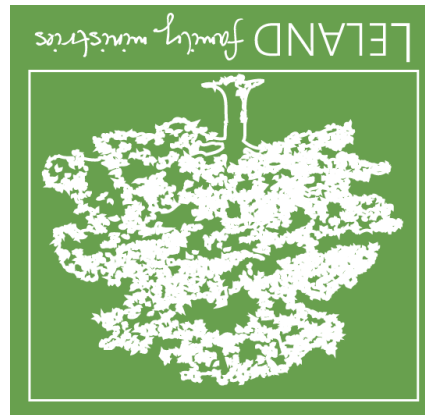
This part stumps some of our friends in recovery. They don't want to be an addict, or steal money from family and friends to feed their addiction, or lie for the sake of covering it up. But outside of their addiction, their life without God is, seemingly, great. LFM is here to share that God wants ALL of you. He will not allow you to pick and choose the parts of your life you want to surrender; addiction or no addiction. He desires all of your mess. Once you are ready to let it all go, long-term recovery is possible and restoration can begin.

contact us

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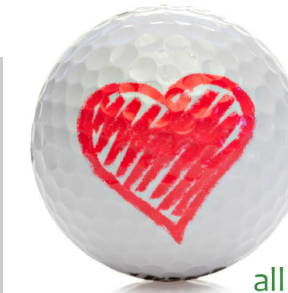
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**WOODMEN OF THE WORLD
 2011 CHARITY SCRAMBLE**
 all proceeds benefit Leland Family Ministries

On Saturday, July 30th, Leland Family Ministries has the privilege of partnering with Woodmen of the World Charity Scramble. All proceeds raised from the event will benefit Leland Family Ministries. The golf tournament will be held at Cleveland Heights Golf and Country Club in Lakeland Florida, opening at 7:00am with a shotgun start at 8:00am.



Founded in 1890, Woodmen of the World Life Insurance Society exists to benefit our members through every stage of life by providing financial security to our members, engaging members in volunteer community service, and enriching the lives of our members. We are a fraternal benefit society & non-profit organization dedicated to giving time and money to the local communities we share with you.

The tournament entry fee is \$60.00 per player and includes cart, green fees, range balls, and lunch. Come and join us and do your part in the fight against addiction in Polk and Pasco County. For any questions, please contact Laura Helm, the Community Outreach Coordinator for Woodmen at: lhelm@woodmen.org or 863.647.3829.





Step 6

We were entirely ready to have God remove these defects of character.

We would all love to have an instant recovery. When entering into recovery, we have to admit that there is no immediate "fix" for the needs we have deep within. Recovery comes in seasons and takes time. Troubles are sent to us as friends to help us mature and develop in the same way fire purifies precious metal. Difficult seasons burn away the impurities and leave us better than before. The process takes time, but it's worth it because of the strength, purity, and beauty that result.

James 1:2-4 "When troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing."

how you can pray

Meth Free T-shirts on sale: LFM is having a summer sale. Meth Free T-shirts are on sale for \$10. Call us to come pick yours up at our office in Bartow!

LFM is in need of 4 computers, new or gently used to provide a computer lab for members to create resumes, search and apply for jobs, pay bills, etc.

Shelving: God has blessed LFM with an abundance of food! We are in need of shelves for storage, specifically for the Pasco County *Recovery for Life* groups.

Toiletry Items: We are in need of everyday toiletry items for our warehouse: shampoo, soap, towels, washcloths etc.

dates to remember

July 9th | Recovery for Life Celebration

7315 Kathleen Road at the Revolution Church in Lakeland at 5:00pm. Bring a covered dish or dessert!

July 30th | Golf Charity Event

Join us Saturday morning with 3 of your best buddies for a round of golf! All proceeds benefit Leland Family Ministries. Cost is \$60 per player.

we can't do it alone

In order to meet our budget for the month of July, we need to receive \$8,000 in donations.

Your support of LFM is what makes it possible to continue to offer our services for free. Your support ensures that there is a lifeline for addicts and their families and it what makes every outreach possible.

Summer is financially a tough time for non-profit ministries and LFM is beginning to feel the pinch. A one-time gift or monthly commitment would help us continue operating on our 2010-2011 budget and meet our need for July.

If you have never donated, would you consider sending a check, or making a pledge of regular monthly support? We believe that together, with God, Leland Family Ministries can continue supporting clients and their families. The need is there. Will you help us? A donation envelope has been included for your convenience.



the ugly truth

about Crack Cocaine

Cocaine is an addictive stimulant drug that releases chemicals to the brain in unhealthy quantities, that produce the intense feeling of energy and endurance. When these chemicals are released, including dopamine, serotonin and adrenaline, they damage the brain receptors and prevent your body from producing these pleasure feelings on its own. Normal pleasures no longer provide any satisfaction. As the brain adjusts to the cocaine, the user requires more and more cocaine to get the same "high."

Cocaine also damages the areas of the brain that are responsible for self control. As the user becomes more and more addicted to cocaine, they lose control of their drug intake. They spend all their time, effort and money to obtain more - they even steal from close family and friends to feed their addiction.

Long term use of cocaine causes personality changes because of direct damage to the personality centers in the brain. The things that used to bring satisfaction in the life of a user, don't anymore. Talking to friends doesn't feel good, playing the guitar is not satisfying - even sex doesn't feel good unless the user is intoxicated. The joy in life is now gone.

Recovery from cocaine addiction occurs over time. Once the user completely stops using cocaine for several months, the brain can begin to recover. Even at three months clean, cocaine addicts feel lousy, can't concentrate and have intense cravings that they cannot control. Recovery involves allowing damaged portions of the brain to heal, and teaching the addict new ways of thinking and responding to the challenges of life.

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RFL locations

MONDAY

6:30 PM-8:30 PM
Revolution Church Barracks
7410 Willow Wisp Dr. West
Lakeland, FL 33810

TUESDAY

11:30 AM-1:00 PM
New Life Assembly
38012 Trilby Road (575)
Trilacoochee, FL 33537

7:00 PM-8:00 PM

Lakewood Park Methodist Church
1140 N. Combee Rd.
Lakeland, FL 33801

6:00 PM-8:00 PM

Community Chapel Church of God
5320 First Street
Zephyrhills, FL 33542

WEDNESDAY

12:00 PM-1:00 PM
Leland Ministries Office
1715 Hwy 17 South
Bartow, FL 33830

THURSDAY

12:00 PM-1:00 PM
Lake Wales Care Center
140 E Park Ave
Lake Wales, FL 33853

6:30 PM-7:30 PM Parent/Family Group

Leland Family Ministries
1715 Highway 17 South
Bartow, FL 33830

6:00 PM-7:30 PM

First Baptist Church of Fort Meade
319 East Broadway Avenue
Fort Meade, FL 33841

FRIDAY

6:00 PM-7:00 PM
Chancey Rd Christian Church
34921 Chancey Rd.
Zephyrhills, FL 33542

SATURDAY

6:30 PM-8:30 PM
New Life Assembly
38012 Trilby Road (575)

