

# Tri-Cities Recovery

"Helping you Break your Bonds"

(276) 644-3133



## News

### Father & Son Take Back Their Lives



Each week, Tri Cities Recovery participants gather for our Living Free support groups, discipleship, and worship. Several months ago, Lee and Chris (father and son) walked into a TCR meeting with a desire for change. Due to life controlling problems, there were several wasted years as father and son. Lee and Chris were sick and tired of being sick and tired. Not only has God set them free from addiction, He has healed their souls, bodies, and minds. The best part? He has restored their relationship in an amazing way!



#### **Jeremiah 30:17**

<sup>17</sup> "For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an outcast, saying, this is Zion, whom no man seeketh after."

#### Upcoming Events Corner

- Mondays: 9am-10 am Prayer at TCR office.
- Tuesday Mornings: Living Free Class at Bristol Jail.
- Wednesday Mornings: Wake Up with Inmates at Abingdon Regional Jail: Stepping Into Freedom.
- Thursday: 6:15pm-8:30pm prayer, worship, and Living Free Groups (all are welcome).
- Living Free Training at TCR office (date will be posted).
- Living Free Training in Richlands, VA (date to be posted).

### Tri-Cities Recovery Volunteer/Facilitator

Tri Cities Recovery ministries cannot operate without people like Charlie Lowdermilk. Several years ago, Charlie shared with us how God was dealing with his heart about getting involved with TCR. After this conversation we enrolled Charlie into our Living Free training seminar, which educates individuals on how to accurately help people with life-controlling problems. Charlie completed the training and now volunteers and facilitates support groups each week at TCR. If you would like to get involved with the TCR program, please prayerfully seek the direction from God. It may be to volunteer, pray for, or financially support the work of this ministry. Let's be about the Kingdom Business together.

Blessings!

Mark & Traci



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