



The Good Life Support Group | The Vision & Guidelines

Love Quest International Church started its support group on February 28, 2021 as a loving response to the heightened challenges of depression, fear, anxiety, mental health, violence, and addictions due to the stress of the pandemic. Our support groups are open and available to those of all religious backgrounds - yet our primary foundation is overtly Christian in tone and vibrant in expression. Similar to 12 Step Programs like Alcoholics, Narcotics and Sex Anonymous - all were founded upon Christian principles that became secularized - we declare the need to trust and relinquish one's life to the control of God as a prerequisite for successful and healthy living. (A copy of "The 12 Steps of Alcoholics Anonymous" is included in Page 2 of this document.)

The current provincial Public Health Order on Gatherings & Events clearly defines support groups as:

support group: a group of people who provide support to one another with respect to grief, disability, substance use, addiction or another psychological, mental or physical health condition [Pg. 7, PHO on Gatherings & Events, March 31]

In accordance with this, we have created a structure and format for our gatherings to be able to provide the adequate support needed for all those attending during this time.

Each support group is distinct from our traditional worship services, designed in compliance with public health order guidelines and using specific liturgical practices of the Christian faith. Songs of freedom, empowerment, and the need of God are expressed in our music and prayer throughout our support groups. In addition to this, our support group is led by our Founding & Lead Pastor, Pastor Terrance Richmond - who holds a degree in Marriage & Family Christian Counselling and has training as a first responder. This background has provided him with first-hand experience in dealing with people in various anxious states, stresses and other types of mental distress. We also have additional qualified individuals with a professional practice in health education & wellness that also aid in the hosting & facilitating of our support groups.

Practical compassion and our faith provide essential tools for developing a response from a faith-based Christian perspective. A prime example of this in action can be seen in the research of Dr. Caroline Leaf, a Christian Neurologist who has documented the scientific effects of the direct coalition of scriptural principles being put into action and the rewiring of the neural pathways in one's brain. We know and believe that what we offer at The Good Life Support Group is encouragement, hope, and essential tools to help people overcome obstacles in their daily lives and mental health journeys.



Below is an excerpt of “The 12 Steps of Alcoholics Anonymous”

Service Material from the General Service Office

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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