

Greetings,

I just wanted to share with you that my experiences at SCRS (both positive and negative) have really helped in grooming me to being the man that I am today. I am so happy and blessed that SCRC gave me an opportunity to change my life or rather re-channel my life towards the fulfilment of our loving God's grace.

My life has just become better and better, each day that I remain sober and clean from drugs. I am not naive, and yes! I still do experience problems (as life always has challenges), but I refuse to experience the same problems day after day. Like I used to when I was in active addiction.

I wanted to also share with you that, I had a fantastic time up in Argentina and climbing mountains has really strengthened me more and more (spiritually, psychologically and physically). I met God face to face up in the mountains, when it got really tough and there was no one to carry me. I had to rely on nothing but the strength that God has given me. How I relate this to combating addiction is; you get to a point where you just have to surrender and let God work in you. I got to that point again of surrendering and I realised I am not in control, God is and all He requires of me is to do the right thing and He will do the rest. I trained long and hard before the climb and prepared mentally and that was enough. He dictated the rest and trust me it was difficult, but God made it achievable.

Anyway, I have attached images of the climb. THANK YOU VERY MUCH for all your prayers and warm wishes. I will keep you updated on the next training and where we aim to go next. I would like to invite you to tag along on the next climb 😊

I must add that I am planning a visit to the South Coast with my family around the Easter Holidays. Let me know should you know of affordable places for the visit. thanks

Here is your word for today:

Verse: **Proverbs 3:25**

Do not be afraid of sudden terror or the destruction of wicked people when it comes.

- We are told that we should not fear sudden and unexpected evils.
- You and I were not created to live in fear.
- Our confidence should continually be in God.
- He is the keeper and preserver of our lives.

PRAYER: Lord, I will not fear any sudden terror or disaster, my confidence is in You! Amen.

Have a wonderful week.

Mgabhi Mhlongo.