



SUCCESS STORIES MEGGAN

Grief had a strong hold on me.

I lost my mom to cancer in 2011, and others followed. Then, in May 2023, I lost my number-one supporter and constant: my dad. That December, I lost my sister to a drug overdose.

I wasn't into prescription drugs, but alcohol and cocaine became my escape. My moods were all over the place. My anxiety was high, and I felt like a raging lunatic one minute and completely exhausted the next.

What was broken? My relationships. My self-worth. My hope for the future. And my ability to be the mom I wanted to be.

The turning point came after having our third child, Amelia. I thought I had miscarried. I was done. God showed me a glimmer of hope, and I knew I needed help. I was done, but I didn't know how to be done.

On September 18, 2024, I walked into a program called Choose Life Ministry. It was a huge step — leaving my family and the life I knew for the unknown. That Sunday, September 21, at Living Hope Community Church in Estevan, I was saved. It happened less than a week into the program.

I got clean, and for the first time, I saw my life without a substance. God showed up not only in small moments, but in big ones too. I'm blessed to have family and close friends who stood by me and supported me.

"Suppose one of you has 100 sheep, but one of them gets lost. What will you do? You will leave the other 99 sheep there in the field and go out and look for the lost sheep. You will continue to search for it until you find it."

Luke 15:4 ERV

I don't have all the answers, but I know God has always been

there — in the good times and the bad — guiding me through. The hardest part was being away from my husband and kids, but it was also the first time I had to focus on myself, do the work, and begin breaking those strongholds.

Before leaving the program, I was baptized at Living Hope Community Church, publicly showing my belief and trust in Christ.

My current reality? Life is hectic.

Andrew and I were married this past May, and we were blessed with our baby boy, Everette, in October, completing our little family. Life can still be hard. God is continuing to teach me patience and reminding me that it's okay to need help.

Sobriety hasn't fixed everything, but God hasn't left. The opposite of addiction is connection, and I'm reminded daily that He is in this with me — in the choice to reach out, and in the strength to be honest when I'm struggling. He's always there.

Before, I numbed everything. Now, I feel everything, even when it's hard. God is giving me the courage to face it instead of run.

If you're where I was — raging, exhausted, and emotionally done — you're not too far gone. I was there once. God doesn't expect you to fight alone. He meets you in your mess, in the 2 a.m. breakdowns, and at the dinner table.

If He can change my life after all the loss and pain, if He can start changing my story with four kids, anxiety, and a past — He can work in yours too.

The first step is being honest and open with yourself and with someone you feel safe with.

I'm not perfect today, but I'm present. And God's not done with me yet.

Much love,
Meggan

