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My ministry at CityLinC is the “2nd Wind Ministry.” We got that name because we offer people a second chance to integrate back into the community with a resolve to live a sober lifestyle.

The goal of the 2nd Wind Ministry is to inspire hope and resilience. This results in the kind of transformation that invites permanent change, growth, and maturity. The task of recovery is difficult, but success in recovery is more effective when a relationship is established. We become friends, offering support and encouragement as we build a level of trust.

We have diverse “life skills” teachings to help people relate their recovery to a lifestyle. A veteran finds sobriety through a brotherhood, a network of support. A former athlete is in recovery to find a better way for pain management. After abandoning her heroin habit, a mother reunites with her kids. After years of alcoholism, a father is rebuilding trust with his wife and kids. The list goes on.

When we think about people with substance abuse problems, our minds often jump to extremes. We usually picture the person whose life has completely unraveled, rather than the person who stays home and binges on weekends and holidays. There are many common hurdles however, and eventually even the “functional” substance abuser lands on the wrong side of the law. There often comes a point in time when he or she moves from social activity to total dependence.

Once a person becomes dependent on drugs or alcohol, shame and guilt invade their thinking. What we do at 2nd Wind is try and dispel the feeling of shame and lessen the guilt. These are valid feelings, but they do not define the whole person, nor does it adequately describe where they are in the present. At 2nd Wind we offer opportunities to reflect on the past, resolve to do better today, and move forward towards a brighter future.