



# UNDER HIS WINGS

SEASON 5

EPISODE 78- In It For The Long Haul with Kim Gallup

## SHOW NOTE HIGHLIGHTS

### Episode Show Notes

Our special guest, Kimberly Gallup was born in Nampa Idaho. She was raised in Nampa and Eagle Idaho. She is the mother of 3 daughters and 1 son and absolutely loves her amazing children. She is currently living near Twin Falls Idaho and enjoys spending time together with her family in the great outdoors! They love exploring Idaho! She loves cooking and trying new foods! She loves the temple and is so grateful for the Gospel of Jesus Christ!! She testifies of the strength found in weekly recovery meetings. She knows the Addiction Recovery Program (ARP) and the subsequent meetings bring hope, unconditional love and strength. She is a “Lifer”...a dedicated, resilient believer in a lifetime of applying the 12 step program. She’s in it for the long haul!



Recovery support groups sponsored by The Church of Jesus Christ of Latter-day Saints can help anyone struggling with an addiction or compulsive behavior. Support group meetings use an adapted version of the Twelve Steps of Alcoholics Anonymous that teaches addiction recovery principles from a gospel perspective. These principles can be found in the Addiction Recovery Program guide. Find a meeting here or read “What Can I Expect from a Recovery Support Group?” to learn more. <https://addictionrecovery.churchofjesuschrist.org/what-can-i-expect-from-a-recovery-support-group>



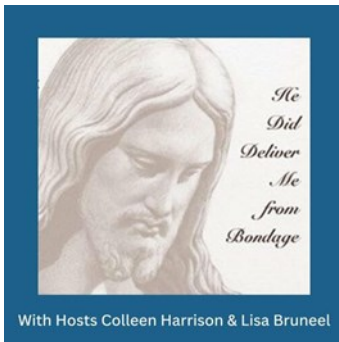
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A fantastic resource is a book by Colleen C. Harrison called He Did Deliver Me From Bondage He Did Deliver Me From Bondage (20th Anniversary Edition) - Deseret Book

[https://deseretbook.com/p/he-did-deliver-me-bondage-20th-anniversary-edition-colleen-c-harrison-85580?variant\\_id=10818-paperback](https://deseretbook.com/p/he-did-deliver-me-bondage-20th-anniversary-edition-colleen-c-harrison-85580?variant_id=10818-paperback)

Colleen has a podcast entitled: He Did Deliver Us From Bondage and can be found on any podcast platform:

Quote from Elder Craig C. Christenson: *“The joy we speak of is a gift for the faithful, yet it comes with a price. Joy is not cheap or casually given. Rather, it is bought “with the precious blood of [Jesus] Christ.” If we really understood the value of true, godly joy, we would not hesitate to sacrifice any worldly possession or make any necessary life changes to receive it.”*

[“There Can Be Nothing So Exquisite and Sweet as Was My Joy” \(churchofjesuschrist.org\)](https://www.churchofjesuschrist.org/there-can-be-nothing-so-exquisite-and-sweet-as-was-my-joy)

Quote from Elder Jeffrey R. Holland: *“However late you think you are, however many chances you think you have missed, however many mistakes you feel you have made or talents you think you don’t have, or however far from home and family and God you feel you have traveled, I testify that you have not traveled beyond the reach of divine love. It is not possible for you to sink lower than the infinite light of Christ’s Atonement shines.”* [The Laborers in the Vineyard \(churchofjesuschrist.org\)](https://www.churchofjesuschrist.org/the-laborers-in-the-vineyard)