

Things to think about ...

What in your life is out of **control**?...

What is the **secret** that nobody knows?...

Do you struggle to be **yourself**?...

How do you handle **stress**?...

Do you **feel** optimistic about your life?...

Celebrate Recovery might be **just** what you're looking for

We live in a time when many people carry serious damage in their lives – maybe from past mistakes; or maybe from experiences where they have been a victim.

Often we can be left feeling that there's nowhere to turn for understanding or help

...there is hope!

Celebrate Recovery is a Christ-centred programme that is designed to help people take steps out of their problems and to 'recover' a life of freedom and peace, as God intended us to know.

For more information contact:

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Celebrate Recovery

Hurts, habits, hang-ups?
Life's unmanageable?
out of **control**?...

...there is a way out!

Celebrate Recovery



Accepting **God's** grace
in solving life's problems

What is Celebrate Recovery?

Celebrate Recovery is a 12 step recovery programme which has been running for over 10 years in the UK, helping people to **recover** from the 'hurts, hang-ups and habits' that rob us of our quality of life.

We meet weekly in small, confidential groups to share our **experiences**, strengths and hopes with one another, learning to **accept** God's help in overcoming our problems.

As we grow, **we become free** from the pain and conflicts in our lives. Spiritual freedom brings us to a place of **peace** and **joy**, and gives us a strong personal relationship with God and others.

Who's running the course?

The programme is run by **volunteers** who have each overcome their **own** 'hurts, hang-ups and habits'.

Typical issues include: **depression, marriage difficulties, low self-esteem, fear, anger, debt, alcohol/drug addiction, sexual dysfunction, relationship problems etc.**

Who's it for?

Celebrate Recovery embraces people of all faiths and people groups

After many years of struggling against a poor perception of myself and all the defences I had put in place to cope with my life, God has worked through *Celebrate Recovery*, and my whole life has changed for the better.

At first I went to *Celebrate Recovery* as it was recommended to me. As someone who wasn't a Christian, I didn't expect it to change me – although my life was in a bit of a mess. Now I can truly recommend it, as it has changed my life for the better.

Before *Celebrate Recovery* I was paralysed with guilt, shame, condemnation, fear and self hatred. Throughout the year I have addressed all these things, and others, that God has revealed to me – there has been much grace and healing.

Celebrate Recovery

Time & place

We meet on **Tuesday evenings** at **8..00pm**
Doors open from 7.30pm

The venue is Hope Church, Queen Street, Lancaster LA1 1RX

The programme runs **continuously** so you can join at any time during the year.

A typical meeting

There is time to **socialise** and **refreshments** are available at the beginning and end of the evening. We start with **teaching** in a large group setting, based on one of the **12 steps**. The rest of the evening is spent in small groups which are **gender specific**.

Small groups

- provide a **safe place to share** with complete confidentiality
- **led** by someone who has completed the programme and **understands** the process.
- give you the **opportunity** to find accountability partners for help and encouragement
- will **not** attempt to offer any professional or clinical advice