

Celebrate Recovery

Accepting God's grace to solve life's problems

**New Hope,
New Start, New Life**



**Welcome Pack For
Participants**

Introduction

Celebrate Recovery offers you the opportunity of a fresh start, new hope, ongoing support and encouragement to both men and women who have struggles with 'hurts, hang-ups, and habits'.

The purpose of our time together is to fellowship and celebrate God's healing power in our lives through the eight recovery principles found in the Beatitudes and the Christ-centred 12 steps of the '**Celebrate Recovery**' programme.

At the heart of Celebrate Recovery we have a tried and tested programme. It is both practical and Biblical and has at its centre the Lord Jesus Christ. This programme has been instrumental in the liberating and healing of literally thousands of people, helping them to find a new life worth living.

We know that it is the desire of the Lord Jesus Christ that we should all have wholeness, happiness and peace in Him, and we sincerely hope that you will find this to be your personal experience.

Hope Church, Lancaster.

Things we are!

- A safe place.
- A place to care for others and be cared for.
- A place where respect is given to each other.
- A place where confidentiality is highly regarded.
- A place to learn, grow and become strong again.
- A place where you can take off your mask.
- A place of healthy challenges and healthy risks.
- A place that can offer you the turning point of your life.

It is not!

- A place for counselling or therapy.



What do people need to recover from?

**Overeating
Perfectionism
Sexual Addiction
Alcohol/Drugs**

**Debt, Guilt, The Need to Control, Divorce,
Co-dependency, Pornography, Hypochondria,
Lying, Overspending, Anger/Rage, Abuse,
Insecurity, Gambling, Procrastination,
Hurtful Relationships,**

**Fear/Anxiety,
Grief,
Smoking,
Control,
Sexual Abuse,
Physical Abuse,
Emotional Abuse,
Adult Children of
Dysfunctional
Family.**

What happens in the Meetings?

When and where:

The meetings are every Tuesday evening at Hope Church, Queen Street, Lancaster. We start promptly at 8.00pm and finish at 9.45pm. For those who would like to arrive earlier there will be refreshments available from 7.30pm in the rear hall (at the side entrance).

We also run a second meeting on a Wednesday morning from 10.00am for those who have been involved in our Adullam Community Programme.

We regularly pause during the programme to “Celebrate” Recovery, and this is part of what makes Celebrate Recovery unique. During these Celebration Sessions there will be an opportunity to hear stories from participants about their experiences of discovering freedom.

During our time together there are two meeting formats, both large and small.

Large Groups:

The large group meeting is where we all meet together for a time of teaching. There are 25 lessons spread over a 12 month period. Some lessons will take two weeks others will only take one. Our large group time together will be around 30 to 40 minutes.

Small Groups:

The small group meetings will be single sex groups. There are 2 types of small group - Open Share and Step Study. During this time each member will be focusing on their own situations and will be encouraged to share whatever they feel they can.

Step Study groups will specifically use the participant guides and be prepared to answer the questions within the work books

After the small group meetings please join us for a social time for coffee/tea biscuits etc.

Work Books:

Workbooks are available and these play a major part in the Step Study group. There are 4 workbooks at **£5.00 each**.

Handouts will be available for each of the teaching sessions.

Group Guidelines

- 1. Keep your sharing focused on your own thoughts, feelings and action.**
This means not your spouse's, friend's or family member's hurts, hang-ups and habits. Focussing on yourself will benefit your recovery. Stick to "I" or "me" statements not "you" or "we". Limit your sharing to 3 – 5 minutes.
- 2. There is NO cross talk. Cross talk is when two people engage in a dialogue during the meeting. Each person is free to express feelings without interruption.**
*This also means distracting comments or questions whilst someone is sharing or speaking. Cross talk is also if a member comments on what someone has shared during their time of sharing, for example; "I know how you feel."
We would ask that mobile phones are turned off during the small group time.*
- 3. We are here to support one another, not "fix". This keeps us focused on our own issues; we do not give advice, or solve someone else's problems in our time of sharing.**
- 4. Anonymity and confidentiality are basic requirements.**
What is shared in the group stays in the group. We are not to share information to our spouses/families/co-workers or friends. This includes not discussing what is shared in the group with other group members. This is called gossip.
- 5. Offensive language has no place in a Christ Centred recovery group.**
Therefore, we ask that you please watch your language. The main issue here is that the Lord's name in no way be used inappropriately.
- 5a. Please avoid graphic descriptions.**
If anyone feels uncomfortable with how specific a speaker is sharing regarding his/her behaviour then you may indicate so by simply raising your hand. The speaker will then respect your boundaries by being less specific

The Celebrate Recovery Programme

Principle		Step		Lesson	
1	Realise that I'm not God. I admit I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.	1	We admitted we were powerless over our addictions and compulsive behaviours, that our lives had become unmanageable.	1	Denial
				2	Powerless
2	Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.	2	We came to believe that a power greater than ourselves could restore us to sanity	3	Hope
				4	Sanity
3	Consciously choose to commit all my life and will to Christ's care and control.	3	We made a decision to turn our wills and our lives over to the care of God.	5	Turn
				6	Action
4	Openly examine and confess my faults to myself, to God and to someone I trust.	4	We made a fearless and searching moral inventory of ourselves.	7	Sponsor
				8	Moral
				9	Inventory
				10	Spiritual Inventory 1
				11	Spiritual Inventory 2
5	Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.	6	We were entirely ready to have God remove all these defects of character.	12	Confess
				13	Admit
6	Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for any harm I've done to others, except when to do so would harm them or others.	8	We made a list of all those persons we had harmed and became willing to make amends to them all.	14	Ready
				7	We humbly asked Him to remove all our shortcomings.
6	Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for any harm I've done to others, except when to do so would harm them or others.	9	We made direct amends to such people whenever possible, except when to do so would injure them or others.	16	Amends
				17	Forgiveness
7	Reserve a daily time with God for self examination, Bible reading and prayer in order to know God and His will for my life and gain the power to follow His will.	10	We continue to take personal inventory and when we were wrong, promptly admitted it.	18	Grace
				11	We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.
8	Yield myself to God to be used to bring this 'Good News' to others, both by my example and by my words.	12	Having had a spiritual experience as a result of these steps, we tried to carry this message to others and to practise these principles in all our affairs.	20	Daily Inventory
				21	Relapse
				22	Gratitude
8	Yield myself to God to be used to bring this 'Good News' to others, both by my example and by my words.	12	Having had a spiritual experience as a result of these steps, we tried to carry this message to others and to practise these principles in all our affairs.	23	Give
				24	Yes
				25	7 reasons we get stuck

The twelve steps and their **Biblical comparisons.**

- 1. We admitted we were powerless over our addictions and compulsive behaviours, that our lives had become unmanageable.**

“I know that nothing good lives in me, that is in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)

- 2. We came to believe that a power greater than ourselves could restore us to sanity.**

“For it is God who works in you to will and to act according to His good purpose.” (Philippians 2:13)

- 3. We made a decision to turn our lives and our wills over to the care of God.**

*“Therefore, I urge you, brothers, in view of God’s mercy to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship.”
(Romans 12:1)*

- 4. We made a searching and fearless moral inventory of ourselves.**

*“Let us examine our ways and test them, and let us return to the Lord.”
(Lamentations 3:40)*

- 5. We admitted to God, to ourselves and to another human being the exact nature of our wrongs.**

“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)

- 6. We were entirely ready to have God remove all these defects of character.**

“Humble yourself before the Lord and He will lift you up.” (James 4:10)

7. We humbly asked Him to remove all our shortcomings.

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

8. We made a list of all those persons we had harmed and became willing to make amends to them all.

“Do to others as you would have them do to you.” (Luke 16:31)

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

“Therefore if you are offering your gift at the altar and remember that your brother has something against you, leave your gift at the altar. First go and be reconciled to your brother; then come and offer your gift.” (Matthew 5:23-24)

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

*“So if you think you are standing firm, be careful that you don’t fall!”
(1 Corinthians 10:12)*

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

“Let the word of Christ dwell in you richly.” (Colossians 3:16)

12. Having had a spiritual experience as a result of these steps, we tried to carry this message to others and to practise these principles in all our affairs.

“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself; or you also may be tempted.” (Galatians 6:1)

The Road to Recovery: Eight Principles based on the *Beatitudes*

Realise that I'm not God. I admit I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

Happy are those who know they are spiritually poor.

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

Happy are those who mourn, for they shall be comforted.

Consciously choose to commit all my life and will to Christ's care and control.

Happy are the meek.

Openly examine and confess my faults to myself, to God and to someone I trust.

Happy are the pure in heart.

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

Happy are those whose greatest desire is to do what God requires.

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for any harm I've done to others, except when to do so would harm them or others.

Happy are the merciful. Happy are the peacemakers.

Reserve a daily time with God for self examination, Bible reading and prayer in order to know God and His will for my life and gain the power to follow His will.

Yield myself to God to be used to bring this 'Good News' to others, both by my example and by my words.

Happy are those who are persecuted because they do what God requires.

The twelve steps for physical or sexual abuse

1. We admit we are powerless over the past and as a result our lives had become unmanageable.
2. We believe God can restore us to wholeness, and realise His power can always be trusted.
3. We make a decision to turn our lives and our wills over to the care of God, realising we have not always understood His unconditional love. We choose to believe He does love us, is worthy of trust and will help us to understand Him as we seek His truth.
4. Make a fearless and searching moral inventory of ourselves, realising all wrongs can be forgiven. Renounce the lie that the abuse was our fault.
5. Admit to God, to our self and to another human being, the exact nature of our wrongs in our lives. This will include those acts perpetrated against me as well as those wrongs I perpetrated against others.
6. By accepting God's cleansing, we can renounce our shame. Now we are ready to have God remove all these character distortions and defects.
7. Humbly ask Him to remove all our shortcomings, including our guilt. We release our fear and submit to Him.
8. Make a list of all those persons who have harmed us and become willing to seek God's help in forgiving our perpetrators, as well as forgiving ourselves. Realise we've also harmed others and become willing to make amends to them.
9. Extend forgiveness to ourselves and to others who have perpetrated against us, realising this is an attitude of the heart, not always confrontation. Make direct amends, asking forgiveness from those people we have harmed, except when to do so would injure them or others.
10. Continue to take personal inventory as new memories and issues surface. We continue to renounce our shame and guilt, but when we are wrong promptly admit it.
11. Continue to seek God through prayer and meditation to improve our understanding of His character. Praying only for knowledge of His truth in our lives, His will for us, and power to carry that out.
12. Having a spiritual awakening as we accept God's love and healing through these steps, we try to carry His message of hope to others. Practise these principles as new memories and issues surface claiming God's promise of restoration and wholeness.

So what does all this mean for you?

Within Celebrate Recovery there are certain expectations that apply not only to participants, but also to the leaders. Please read over the following expectations and ask yourself. Am I able and ready to commit myself?

- Commitment to the programme and the group is essential; you cannot work a recovery programme by not attending meetings. **However many people today work shift patterns, if this is you, you are still welcome to attend when you can.**
- Honesty and respect for other participants and leaders must be given.
- Confidentiality is essential and what is said in the group must stay in the group.
- The premises where we meet must be valued and looked after.
- Participants must attend meetings sober and free from the immediate effect of illicit drugs or alcohol.
- No swearing, insults or aggressive behaviour is acceptable in any recovery groups.
- There is no fixing in a recovery group; we are there to work on ourselves.

At the heart of Celebrate Recovery we have a tried and tested programme. This programme has at its centre Jesus Christ and has been instrumental in the liberating and healing of literally thousands of people, helping them to find a new life worth living.

Do you want a new life worth living? If you do, then Celebrate Recovery will help.

The History of Celebrate Recovery



Celebrate Recovery was launched at Saddleback Church in the USA in 1991 by Pastor John Baker who had given his life to the Lord but couldn't find a safe place to share the struggles he had with alcohol.

John knew that he needed to get free from his addiction to alcohol and that a 12 step programme could help him

The vision that God gave John was to create a safe place not only for those with alcohol issues but a place for co-dependants, eating disorders, those struggling with sexual addictions, anger, those dealing with past or current physical or sexual abuse issues, those in need of financial recovery and many more. In short, anyone with any kind of hurt, hang-up or habit.

Since its launch in 1991 over 2.5million people globally have completed the programme and have found victory from their hurts, hang-ups and habits through Christ's power.

Celebrate Recovery has been started in thousands of Churches world wide, with 40+ Churches now running in the UK.

Rick Warren the pastor of Saddleback Church, which now has a congregation of over 35,000, says the following.

“You are going to see lives change in dramatic ways. You are going to see hopeless marriages restored and people set free from all kinds of sinful hurts, hang-ups and habits as they allow Jesus to be Lord in every area of their lives.

Frequently Asked Questions about Celebrate Recovery

The purpose of this chapter is to answer as many of your questions as possible. We want you to attend your first Celebration Recovery meeting free of any doubts or fears and fully able to focus on God's power to help you remove your mask and start the recovery process.

So the Celebrate Recovery's leadership team developed a list of Frequently Asked Questions to help you with any concerns.

Q: What is Celebrate Recovery?

A: *The following is a list of things we ARE:*

- A safe place to share
- A place of belonging
- A place to care for others and be cared for
- Where respect is given to each member
- Where confidentiality is non-negotiable
- A place to learn
- A place to grow and become strong again
- Where you can take off your mask
- A possible turning point in your life

The following are the things we are NOT:

- A place for selfish control
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix

Q: How can I find a Celebrate Recovery near me?

A: Celebrate Recovery has a national website telling people where groups meet all over the UK: www.celebraterecovery.co.uk

Q: Do I have to belong to the same denomination to go to Celebrate Recovery at the church where it's held?

A: No, everyone is welcome at Celebrate Recovery. You do not have to belong a church to come to Celebrate Recovery.

Q: I'm not a believer, but I have some issues I need to deal with. Can I still go to Celebrate Recovery?

A: Absolutely! We are a Christ-centred recovery ministry and are going to acknowledge God and His role in our recovery, but we do not require you to become a believer in order to attend and participate.

Q: Is it ok for me to take notes?

A: It is ok to take notes during the large group portions. We do, however ask that during open share group time you refrain from bringing out any note taking materials, because it is distracting to others.

Q: Are your leaders trained counsellors or psychiatrists?

A: No, The group leaders are those who know what it is like to be lost, broken or hurting. Your leaders have overcome life hurts similar to those that you are going through. They are now committed to helping you and others find hope and healing as well.

Q: How long will I need to attend Celebrate Recovery to find healing?

A: Healing from our hurts, hang ups and habits is a journey. If we surrender our lives to Christ, He saves us (principle 3). The twelve steps and eight principles help us work through the issues we face. For some, the journey lasts a year. For others, the journey can last a lifetime. The length of time depends on the depth of your hurts, hang-ups and habits. Remember, that your hurts, hang-ups and habits occurred over a long period of time. They will not go away overnight.

Q: I've heard people introduce themselves in a very different way at Celebrate Recovery than at most secular programs. Why is that?

A: *In Celebrate Recovery, you will hear folks introduce themselves like this "my name is _____ and I am a believer in Jesus Christ and I struggle with _____." We do this in order to emphasize that although we still struggle with hurts, hang-ups and habits, our identity is in our relationship with Jesus Christ. He is the one and only true Higher Power.*

Q: What is the purpose for separate men's and women's groups? Why can't we have co-ed groups?

A: *The purpose for Celebrate Recovery having gender-specific groups is that it provides safety in the groups for people to speak freely about their issues. It also protects the groups from being a place for people who are looking to impress the opposite gender during their sharing by embellishing their story. And there are some people who are not comfortable talking in front of the opposite gender and will shut down and not share at all. It also eliminates a "dating" scene from developing within the groups.*

Q: Is it ok to be in the same small group as a family member?

A: *Preferably not, we feel that it is easier to be in a separate group so that you can feel safe to share more deeply. Sometimes we hold back when our family members are with us.*

Q: Can I still go to my other secular recovery meeting if I attend Celebrate Recovery?

A: *This is completely up to you. Attendance at Celebrate Recovery is a personal choice, just like attendance at any other program.*

Q: What is the difference between a sponsor and an accountability partner?

A: *First of all, an accountability partner and sponsor should be the same gender as you. A sponsor is like a coach and an accountability partner is like a teammate. When you are out on the field and do something that goes the wrong way, your teammates are there to encourage you. When*

you return to the bench where your coach awaits, he/she is there to correct your methods and suggest a better way to try to prevent errors.

Q: How soon do I need to get a sponsor/accountability partner?

A: The sooner the better! The benefit of walking with a sponsor and/or accountability partner is that you will have support for every step along the road to recovery. The Bible tells us that we cannot do life alone, and therefore, we cannot do recovery alone. There will be times when temptation is overwhelming and you will need to contact someone to discuss the temptation and work out a solution to prevent a possible relapse.

Q: Can I have a sponsor from a secular program?

A: Celebrate Recovery encourages participants to find their own sponsors, but we do have suggestions for things to consider before asking someone to fill this role. A sponsor should be the same gender, have at least one year of sobriety (preferably more), in the same area of recovery as you. A sponsor should also demonstrate a mature and growing relationship with Jesus Christ. With these characteristics, a good sponsor from a secular program will also honour the Celebrate Recovery process. Hopefully, they will attend Celebrate Recovery meetings with you as well.

Q: What do I do if my spouse or someone close to me relapses?

A: The great thing about Celebrate Recovery is that we are taught that we must first work on our own recovery; the hard thing to realise is that we are no good to anyone who is struggling if our recovery is not solid. We need to be supportive of others and encourage them through their recovery but we cannot fix them. Only as their relationship with God gets stronger will they be able to avoid relapse. When you come and learn all of the necessary tools of Celebrate Recovery then you can be an example to others that the programme works. It can work for them too.

Q: I am not an addict. Why should I attend Celebrate Recovery?

A: Celebrate Recovery is for any kind of struggle in our lives. Less than a third of the people who attend Celebrate Recovery struggle with substance abuse – the rest may come for anger, marriage struggles, adult children on

drugs, overeating, you name it! Many of us come because someone in our family is struggling. If a family member is struggling, it is affecting the whole family – and we need support too! Everyone needs recovery!

Q: Why are the Celebrate Recovery step studies so important and why do they take about a year to complete?

A: We learn about recovery and celebrate our victories in the large group. Then we share our struggles and victories in the open share groups. However, the “meat and potatoes” of recovery happens when we join a step study and answer the questions found in the four Celebrate Recovery participants guides. Given the number of participants in a step study group, the process of asking ourselves deep questions and finding healing does not happen overnight – but it does happen if we are willing to take this Christ -centred journey.

Q: What if I want to leave after the large group?

A: You are certainly welcome to do so – we will not hold you captive! However, it is important for you to know that this recovery process is much like baking a cake. If you leave one of the ingredients out of the recipe, it just won't taste the same. In the same way, in recovery there is a reason we have the small groups in Celebrate Recovery. Those who work the process by doing all components really see much more significant and longstanding growth. It truly does work if you work it and won't if you don't.

Q: How do I keep my attendance a secret from the rest of my family? I don't want them to know I have a problem.

A: Celebrate Recovery is a safe place to share your hurts, hang-ups and habits because we follow five simple small group guidelines. They make the ministry safe. We honour confidentiality and anonymity. We don't tell others who attends Celebrate Recovery or who is in our groups. Everything that is shared in the groups stays there. Celebrate Recovery is a safe place to share our struggles.

Read what people have said about Celebrate Recovery

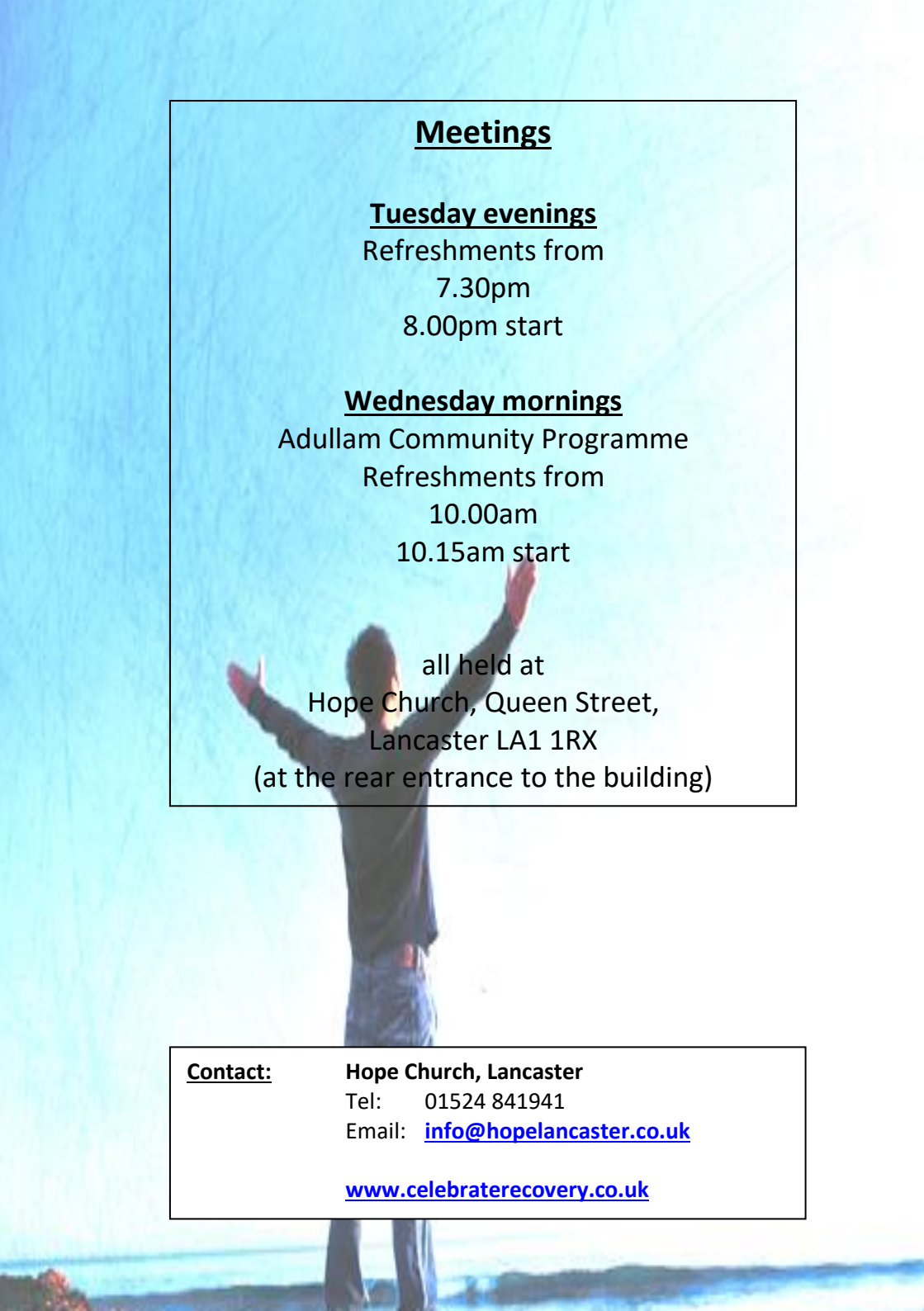
"I was in debt, had resigned from my job and was struggling with secret addictions. I had distanced myself from my family and friends and although on the surface I seemed okay, I was quietly stressed and desperate. The harder I tried to change things the worse they got. Celebrate Recovery helped me to be more honest with others and with myself and accept that my life was a mess. Gradually I came out of the spiral and rebuilt my life. At the end of the programme I am happier and healthier and have learnt lessons that will help me continue to grow in my recovery."

"Celebrate Recovery has helped me face up to my insecurities and unhealthy behaviours with the support of my small group, sponsor and the Christian teaching. The truth has set me free."

"In the safe environment of Celebrate Recovery I have been able to gain closure and healing from the death of my child which happened many years ago. This has allowed me to become more confident and to open up to other things from my past. It has also strengthened my faith and my walk with God."

"Following a life of alcoholism, drug addiction, depression and homelessness I was haunted with guilt, shame, fear, and self hatred. Through Celebrate Recovery and the supportive relationships I made, I addressed these issues, and others that God has revealed to me; there has been much grace, forgiveness and healing."

"I was in a mess – my marriage had ended, I had embarked on another unhealthy relationship, I was struggling with a family member's alcohol addiction and I felt my life would never be normal again. Celebrate Recovery has helped me to accept God's forgiveness for my part in the way my life had turned out which in turn has set me free from the guilt, shame and co-dependent behaviours I had developed. In finding forgiveness for myself this has helped me to forgive others around me and released me to try and become the person God meant me to be."



Meetings

Tuesday evenings

Refreshments from
7.30pm
8.00pm start

Wednesday mornings

Adullam Community Programme
Refreshments from
10.00am
10.15am start

all held at
Hope Church, Queen Street,
Lancaster LA1 1RX
(at the rear entrance to the building)

Contact:

Hope Church, Lancaster

Tel: 01524 841941

Email: info@hopelancaster.co.uk

www.celebraterecovery.co.uk