

WHAT'S THE PURPOSE OF CELEBRATE RECOVERY?

The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through the 12 Steps and 8 Recovery Principles. This experience allows us to "be changed." We open the door by sharing our experiences, strengths and hopes with one another. In addition, we become willing to accept God's grace in solving our lives' problems. By working and applying these Biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others. As we progress through the program we discover our personal, loving, and forgiving Higher Power — Jesus Christ.

Welcome to an amazing spiritual adventure!
Terry Dickey

FIRST TIME VISITOR?

Wondering how to get plugged in?
What group is best for me?
How do I get started?
We've got the place for you!

Newcomers 101 meets every Wednesday night during small group time. If you're new to Celebrate Recovery, have questions, or just need to get connected, this is the group for you!

5:30 – 6:00 pm
Dinner

(Optional) Join us for a meal before groups. Purchase your meal at eastbaycalvary.org/mfd

Fellowship Hall

6:30 – 7:30 pm
Large Group

Alternates between personal testimonies and lessons

Room 201

7:30 – 8:30 pm
Open Share Small Groups

Women's and men's Issue Specific Groups and "Newcomers 101" offered every week

Rooms 201 & 203

PRAYER FOR SERENITY

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

Reinhold Niebuhr

NOTE TO THE NEWCOMER

Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits, and hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

1. Attend the orientation small group if this is your first night. (CR 101)
2. Make a commitment to attend the large group and small group time regularly.
3. Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team.
4. Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible.
5. Set a personal goal to become involved in a step study group.

OPEN SHARE SMALL GROUP GUIDELINES

1. Keep your sharing focused on your own thoughts, feelings, and actions. This is done by sticking to "I" statements.
2. Limit your sharing to 3-5 minutes to allow everyone an opportunity to share.
3. 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. Cross talk is also if a member responds to what someone has shared during his or her time of sharing.
4. We are here to support one another, not "fix." Speak only in terms of your own experience. We do not give advice. This keeps us focused on our own issues.
5. Anonymity and confidentiality are basic requirements. Who is seen and what is heard stays here.
6. Offensive language has no place in a Christ-centered recovery group.

8 PRINCIPLES BASED ON THE BEATITUDES

BY PASTOR RICK WARREN

1. Realize I'm not God. I admit that 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." (Matthew 5:3)

2. 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." (Matthew 5:4)

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

"Happy are the meek." (Matthew 5:5)

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

"Happy are the pure in heart." (Matthew 5:8)

5. Voluntarily submit to every change God wants me 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." (Matthew 5:6)

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

"Happy are the merciful." (Matthew 5:7)
"Happy are the peacemakers." (Matthew 5:9)

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

8. 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." (Matthew 5:10)

12 STEPS AND THEIR BIBLICAL COMPARISONS

1. We admitted we are powerless over our addictions and compulsive behaviors, 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 wills and our lives 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 yourselves 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 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 6:31)

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 there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." (Matthew 5:23-24)

10. We continued 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 the result of these steps, we tried to carry this message to others and to practice 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)

WEEKLY STEP STUDY GROUPS

- Offered periodically throughout the year
- Mixed recovery issues and gender specific
- Participant Guides and CR bibles are used



Celebrate Recovery

A CHRIST-CENTERED RECOVERY PROGRAM

"My grace is enough for you..."
2 Corinthians 12:9-10



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