

## 12 Steps to Recovery

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable. *Romans 7:18*
2. We came to believe that a power greater than ourselves could restore us to sanity. *Philippians 2:13*
3. We made a decision to turn our lives and our wills over to the care of God. *Romans 12:1*
4. We made a searching and fearless moral inventory of ourselves. *Lamentations 3:40*
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *James 5:16*
6. We were entirely ready to have God remove all these defects of character. *James 4:10*
7. We humbly asked Him to remove all our shortcomings. *1 John 1:9*
8. We made a list of all persons we had harmed and became willing to make amends to them all. *Luke 6:31*
9. We made direct amends to such people whenever possible, except when to do so would injure them or others. *Matthew 5:23-24*
10. We continue to take personal inventory and when we were wrong, promptly admitted it. *1 Corinthians 3:16*
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. *Colossians 3:16*
12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs. *Galatians 6:1*



**WELCOME TO AN AMAZING SPIRITUAL ADVENTURE!**

Celebrate Recovery®



**Celebrate | Recovery**  
At NEW HOPE UNITED CHURCH

**Welcome Newcomers!**  
**We are so glad you joined**  
**Celebrate Recovery this**  
**evening!**

**Celebrate Recovery – Thurs, 7pm**  
**NHU Service – Sat, 10:30am**

The purpose of Celebrate Recovery is to experience and celebrate God's healing power in our lives through the 12 Steps and 8 Recovery Principles. CR is a Christ-centered 12 step recovery program for anyone struggling with life. If you have ever had a hurt, if you have ever had a hang-up in life, or perhaps you have struggled with a habit, negative coping mechanism, or an addiction, then this ministry is for you! In fact, only a third of the people who attend CR are here for substance issues. Others attend for any number of other reasons; anxiety, relationship issues, food issues, anger, sexual addictions, codependency etc.... We experience healing and growth in these areas by sharing our stories, strengths, and hopes with one another; and by becoming willing to accept God's grace and to fully surrender our lives and wills to the care of God.

CR is affectionately known as a Forever Family. We hang out, encourage each other and share life in community. We have a meal, a worship service with a lesson, small groups, and a time for fellowship. CR is one of the most loving environments you will ever be a part of. Everyone here is on the same road as you are, and though our issues may be different, we all are seeking truth and healing. This is a safe environment where you can take your mask off, be who you are, and come as you are.

### **Celebrate Recovery Small Groups CAN:**

- Provide you a safe place to share your experiences, strengths, and hopes with others that are also going through a Christ-centered recovery.
- Provide you with a leader who has gone through a similar hurt, hang-up, or habit and who will facilitate the group as it focuses on a particular Step each week.
- The leader will also follow Celebrate Recovery's "Small Group Guidelines," listed below.
- Provide you with the opportunity to find an Accountability Partner or a Sponsor.
- Encourage you to attend other recovery meetings held throughout the week.

### **Celebrate Recovery Small Groups Will NOT:**

- Attempt to offer any professional advice. Our leaders are not counselors. At your request, we can provide you with a list of approved counseling referrals.
- Allow its members to attempt to "fix" one another.

### **Small Group Guidelines**

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3–5 minutes.
2. There will be NO cross-talk. Cross-talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

**\* Please be advised if anyone threatens to hurt themselves or others, their Small Group Leader has the responsibility to report it to a Celebrate Recovery Ministry Leader.**