

CELEBRATE RECOVERY OPEN SHARE GROUPS

*A Christ-centered recovery program offering
freedom from life's hurts, habits, and hang-ups*

**Doubt, abuse, anger, anxiety, fear, divorce,
eating disorders, substance abuse, job loss,
grief, shame, stress, overspending, perfectionism...**

Trinity United Methodist Church

Park & Duval Downtown
Next to main bus station!

Women's Group

Every Tuesday

6:30-7:30 p.m.

Entrance on Duval



CELEBRATE RECOVERY PURPOSE STATEMENT

The purpose of Celebrate Recovery is to experience God's healing power in our lives through fellowship, the Eight Recovery Principles based on the Beatitudes, and the Christ-centered Twelve Steps.

It aims to help individuals find freedom from all "hurts, habits, and hang-ups."

By working these principles and steps, participants grow spiritually and are changed as they share their experiences, strengths, and hopes with others, according to a Christ-centered recovery program.

Here is what you will find:

- **Fellowship and Healing**: Celebrate Recovery provides a supportive environment for people to connect with others and experience God's healing power in their lives.
- **Eight Recovery Principles**: These principles, based on the Beatitudes, offer a roadmap for recovery and spiritual growth.
- **Christ-centered Twelve Steps**: The program utilizes the Twelve Steps adapted to be Christ-centered, providing a framework for addressing hurts, habits, and hang-ups.
- **Freedom from Hurts, Habits, and Hang-ups**: The program helps individuals overcome a wide range of issues, including addictions, compulsive behaviors, and dysfunctional patterns.
- **Spiritual Growth**: Through participation in Celebrate Recovery, individuals begin to grow spiritually as they work the principles and steps and share their journeys with others.

Need more info?
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What are Open Share Groups?

- **Gender-specific:** These small groups separate individuals by gender to foster a safe and comfortable environment for sharing.
- **Safe and confidential:** Open Share groups prioritize anonymity and confidentiality, ensuring that what is shared within the group remains within the group. This creates a space where individuals can be open and honest without fear of judgment.
- **Focus on sharing:** The primary purpose of these groups is to provide a safe place for individuals to share their experiences, strengths, and hopes with others who are also working through their recovery journey.

What to Expect:

- **Leader-facilitated:** Each group has a leader who is in recovery and can facilitate the group and help maintain a safe and supportive environment.
- **Guideline-based:** Open Share groups operate under established guidelines, such as focusing on personal sharing, avoiding “cross-talk” (engaging in dialogue that excludes others), and upholding anonymity.
- **Supportive environment:** The groups are designed to be a place of mutual support and encouragement, not a place where members try to “fix” one another.
- **Opportunity for connection:** Open Share groups provide a chance to connect with others on a similar path, find accountability partners or sponsors, and build a sense of belonging.

Benefits of Open Share Groups:

- **Safe place to process:** The confidential and non-judgmental environment allows individuals to process their struggles and emotions openly.
- **Connection and belonging:** Sharing with others who understand their challenges fosters a sense of belonging and reduces feelings of isolation.
- **Mutual support:** The groups provide a network of support, encouragement, and accountability.
- **Shared experiences:** Hearing from others who have faced similar issues can be incredibly validating and inspiring.

THE ROAD TO RECOVERY

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

"Happy are those who know they are spiritually poor." Matthew 5:3

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

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

"Happy are the meek." Matthew 5:5

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

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

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." Matthew 5:6

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for 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

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 to 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."

Matthew 5:10