

Welcome



CELEBRATE
RECOVERY



I am a huge fan of Celebrate Recovery (CR) and the way it is helping New Hope care for people! The principles of recovery aren't just for "those people", but for everyone who is seriously devoted to follow Jesus. CR provides a safe and inviting environment for anyone who is ready to face and deal with any life-dominating problem by working through this Biblically based program. CR is providing real help and hope.



A handwritten signature in black ink that reads "Rusty Coram".

Rusty Coram
Sr. Pastor, New Hope Church



Welcome to Celebrate Recovery!

Celebrate Recovery (CR) is a safe place for anyone 18 and older that struggles with life issues. This Christ-centered recovery program has helped thousands of people find freedom from the things that hold them back from living out God's best for their lives.

We put this booklet together as a way to introduce you to what CR is and how it can help you find freedom from any of life's hurts, habits, or hang-ups. We invite you to drop by any Tuesday night, check us out and see if CR is for you. As a matter of fact, give it 3-4 visits to honestly assess if it can help you out.

If you have any questions, please contact us at celebraterecovery@newhope.org

Welcome home,

Celebrate Recovery Leadership Team



Celebrate Recovery at New Hope is a caring community of people in recovery. We are part of a network of churches who share the hope and healing of Jesus through the Biblically based, Christ centered 12 Steps & 8 Recovery Principles of Celebrate Recovery.

Celebrate Recovery is for any type of hurt, habit, addiction or struggle you are dealing with. We find restoration 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, the one and only true Higher Power.

Celebrate Recovery is based on the actual words of Jesus rather than psychological theory. In 1992, Saddleback Church launched Celebrate Recovery with 43 people. Now, over a million people have gone through the CR participant guides and CR is now in over 30,000 churches worldwide!



The 8 Recovery Principles were written by Rick Warren, Pastor of Saddleback Church, as the result of an intensive Bible study focused on what the Bible says about recovery. He found a wealth of biblical text which supports recovery, but Jesus Sermon on the Mount, found in Matthew chapter 5, proved to be the best example of Jesus' own words on the subject. He developed the 8 Recovery Principles directly from those passages.

THE ROAD TO RECOVERY

Recovery Principles, Based on the Beatitudes

PRINCIPLE 1 - STEP 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

PRINCIPLE 2- STEP 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

PRINCIPLE 3- STEP 3

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

"Happy are the meek."

Matthew 5:5

PRINCIPLE 4- STEPS 4 & 5

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

"Happy are the pure in heart."

Matthew 5:8

PRINCIPLE 5- STEPS 6 & 7

Voluntarily submit to any and all changes 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

PRINCIPLE 6- STEPS 8 & 9

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

PRINCIPLE 7- STEPS 10 & 11

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.

PRINCIPLE 8- STEP 12

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



THE 12 STEPS AND THEIR BIBLICAL COMPARISONS

The 12 steps were adopted from Alcoholics Anonymous and the biblical comparisons are used to support how each step connects directly with the scriptures. AA pioneers Bill Wilson and Dr. Bob stated many times the basic ideas of the AA program came from the Bible itself, primarily from the Book of James, 1 Corinthians, and the Sermon on the Mount.



THE 12 STEPS AND THEIR BIBLICAL COMPARISONS

Step 1: We admitted we were powerless over our addictions and compulsive behavior; 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 NIV

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

For it is God who is at work in you to will and to act according to his good purpose. Philippians 2:13 NIV

Step 3: We made a decision to turn our life and our will 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 NIV

Step 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 NIV

Step 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 5:16a NIV

Step 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 NIV

Step 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 NIV

Step 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 NIV

Step 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 offering there in front of the altar. First go and be reconciled to your brother; and then come and offer your gift. Matthew 5:23–24 NIV

Step 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 NIV

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

Let the word of Christ dwell in you richly. Colossians 3:16a NIV

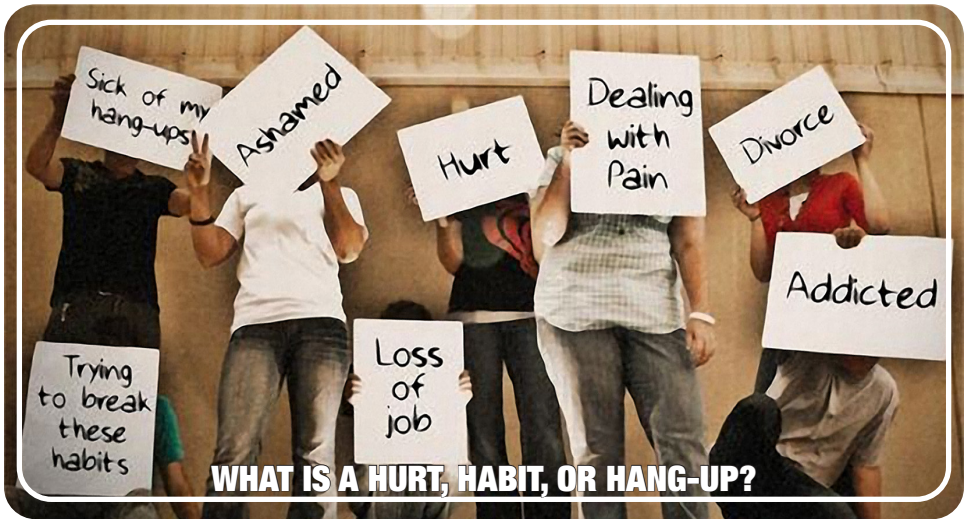
Step 12: Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

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 NIV

“Grace transforming lives, one life at a time, one day at a time.”

Perhaps you are wondering why Celebrate Recovery is so successful in thousands of churches across the land and around the world. There are 7 features that make it unique:

1. Celebrate Recovery is based on God's Word, the Bible.
2. Celebrate Recovery is forward looking,
3. Celebrate Recovery emphasizes personal responsibility.
4. Celebrate Recovery emphasizes spiritual commitment to Jesus Christ.
5. Celebrate Recovery utilizes the biblical truth that we need each other in order to grow spiritually and emotionally.
6. Celebrate Recovery addresses all types of habits, hurts and hang-ups.
7. Celebrate Recovery produces a continuous stream of leadership moving into ministry after they've found recovery in Christ.



A hurt, habit, or hang-up is something in you or your life that hinders your walk with God and others.

- The feeling of being **hurt** is an emotional reaction to another person's behavior or to a disturbing situation. (abuse, abandonment, codependency, divorce, relationship issues, etc.)
- A **habit** is an addiction to someone or something. (alcoholism, drugs, food, gambling, sex, shopping, smoking, etc.)
- **Hang-ups** are negative mental attitudes that are used to cope with people or adversity. (anger, depression, fear, unforgiveness, etc.)

Ok, that all sound pretty good, BUT...

Is Celebrate Recovery for me?

If you've every asked yourself questions like:

- *What am I supposed to do when life hurts this badly?*
- *How do people live through this kind of pain?*
- *Is there a better way to cope with my addictions?*
- *Does anyone really even care about me or my problems?*
- *What do I have to do to stop living like this?*

... then Celebrate Recovery is for you.

But I thought it was just for "those people" with real addictions.

Actually, anyone can participate in Celebrate Recovery. Only about 30% of those who participate in CR struggle with alcohol and or substance abuse. Here are some of the life issues that we can deal with and overcome at CR:

- Lying
- Gambling
- Perfectionism
- Hypochondria
- Procrastination
- Divorce
- Overworking
- Codependency (CODA)
- Depression
- Obsessive-Compulsive Disorder (OCD)
- Nervous Disorders
- Mental Disorders
- Anxiety Disorders
- Compulsive Sexual Behaviors
- Sexual Addiction
- Pornography
- Physical/Sexual/Emotional Abuse
- Anger
- Phobias
- Fear
- Insecurity
- Eating Disorders
- Smoking
- Adult Child of Alcoholic
- Drug Abuse: Illegal, Prescription, and Over the Counter
- Alcoholism
- Nicotine Addiction
- Bitterness
- Guilt & Shame
- Failures
- Loneliness
- Financial Recovery
- Miscarriages
- Abortion
- The Need To Control

Is Celebrate Recovery confidential?

Yes, Celebrate Recovery maintains strict confidentiality. This promotes an atmosphere of trust and enables recovery. Leaders and participants are diligent about confidentiality and anonymity. The guidelines/rules protect all of us in a safe environment where no one feels judged no matter what they have dealt with in their lives. CR is a place you can take off your mask and be real and honest without fear. You are 100% in control of when and how much you participate. As in all 12 Step programs, anonymity and confidentiality are of utmost importance. You will be reminded often that “WHO you see here. WHAT you hear here. WHEN you leave here. STAYS HERE.”

If I am already in a 12 Step program, would CR be beneficial?

Absolutely! CR can be complementary to any other 12 Step program. One difference you might find at CR is that we focus solely on Jesus Christ as the higher power and the healer of all hurts, habits, and hang-ups.

Do you have childcare?

Celebrate Recovery at New Hope is not offering childcare for CR participants at this time. When we have staffing and resources available for CR Kids, we will make an announcement on our website at cr.newhope.org.

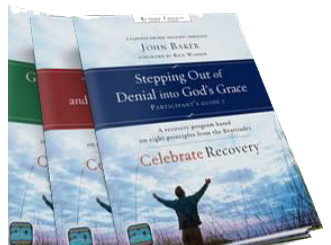
Ok, I think I'll give it shot... what's next?

- We meet at New Hope Church every Tuesday at 7 pm, rain or shine. Here is a little about what to expect on a typical meeting night –
- The Tuesday night meeting comprises a 50-minute large group time of worship, teaching on the 8 Recovery Principles or 12 Steps, testimony, and other program-related announcements and readings.
- After the large group meeting, we break into gender-specific and issue-specific open share groups, which run for about 50 minutes. For now, we have Men's and Women's Life Issues groups. Our Life Issue groups have a wide range of issues, including anger, co-



dependency, survivors of sexual abuse, food issues, grief, loss, etc. If you are new to CR, then there will be a time for Q&A after group where you will receive a Newcomers bag with helpful CR Resources,

- Following the CR Participant Guides, we will also offer Men's and Women's Step Study groups. These step groups are where the more intensive step work occurs and usually continue for approximately 8 to 12 months. These groups will occur on a separate night from Open Share groups.
- After the open share group on Tuesday nights, we have a coffee hour (the Cross Talk Cafe) in the atrium for networking, sponsor and accountability connections, and socializing. Light snacks and beverages will be served.
- A great resource, titled "Your First Step to Celebrate Recovery", is available Tuesday nights at CR or for sale online. This is invaluable for learning more about CR, how it started and how the program and groups work.
- Special events, celebrations, holiday-themed gatherings, and fellowship events are also peppered throughout the year.





Below are the essential Guidelines we use for each of our Open Share and Step groups. These are read by the group leader at every meeting. The Guidelines help ensure the groups are a safe and confidential place to work on your recovery.

1. Keep your sharing focused on your own thoughts and feelings.

Not your spouse's, someone you're dating, or your family members' hurts and hang-ups, but your own. Focusing on yourself will benefit your recovery as well as the ones around you. Stick to "I" or "me" statements, not "you" or "we" statements.

Limit your sharing to three to five minutes, so everyone has an opportunity to share — and to ensure that one person does not dominate the group sharing time.

2. There is NO cross-talk. Cross-talk is when two people engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.

Cross-talk is also making distracting comments or questions

while someone is sharing. This includes speaking to another member of the group while someone is sharing, or responding to what someone has shared during his or her time of sharing.

3. We are here to support one another, not “fix” one another. This keeps us focused on our own issues.

We do not give advice or solve someone’s problem in our time of sharing or offer book referrals or counselor referrals!

We are not licensed counselors, psychologists, or therapists, nor are the group members. Celebrate Recovery groups are not designed for this. It is up to the participants to include outside counseling to their program when they’re ready.

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.

We are not to share information with our spouses/family/co-workers. This also means not discussing what is shared in the group among group members. This is called gossip.

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

5. Offensive language has no place in a Christ-centered recovery group. Therefore, we ask that you please watch your language.

The main issue here is that the Lord’s name is not used inappropriately.

We also avoid graphic descriptions. If anyone feels uncomfortable with how explicitly a speaker is sharing regarding his/her behaviors, then you may indicate so by simply raising your hand. The speaker will then respect your boundaries by being less specific in his/her descriptions. This will avoid potential triggers that could cause a person to act out.



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