

PRAYER FOR SERENITY

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and 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

TWELVE STEPS *and their biblical comparisons*

1. We admitted we were 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 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 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 wherever 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 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 the result of these steps, we try 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 them gently. But watch yourself, or you also may be tempted."* Galatians 6:1

Weekly Step Study Group - Step Study groups will be announced as they become available.

"MY GRACE IS ENOUGH FOR YOU . . ."
2 CORINTHIANS 12:9&10

CELEBRATE RECOVERY



 newlife
OVERCOMING ADDICTION

2918 W. Tuolumne Rd.
Turlock, CA 95380
209.667.5433

CELEBRATE RECOVERY PURPOSE

The purpose of New Life Christian Center's "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 experience, strengths and hopes with one another. In addition, we become willing to accept God's grace in solving our lives' problems. By working 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!

MONDAY NIGHT LINE-UP

6-7PM - CR BBQ

Enjoy a CR dinner & Monthly Potlucks

7-8PM - Large Group Session

Lesson, Personal Testimony or Special Guest Speaker

8-9PM - Open Share Small Groups

Newcomers "101" (Rm 207)

If you are new to Celebrate Recovery, have questions or just need to get connected, this is the group for you!

Women's Groups:

Chemically Dependent (Rm 201)

Co-Dependent (Rm 102)

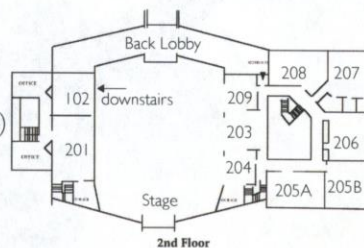
Love & Relationship Addiction (Rm 206)

Men's Groups:

Chemically Dependent (Rm 205A)

Hurts, Habits & Hang-ups (Rm 203)

Sexual Hurts, Hang-ups & Habits (Rm 205B)



9-10PM - Solid Rock Café

Great Fellowship, Great Coffee, Great Desserts

Childcare is provided from 6:30-9:30pm.

Please turn off cell phones during large and small group sessions

THE ROAD TO RECOVERY

8 Recovery 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 God, to myself, and to another person whom I trust.

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

5. 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

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

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 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

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
2. There will be no cross talk, please. Cross talk is when 2 individuals engage in a dialogue, excluding all others. Each person is free to express their feelings with out interruption.
3. We are hear to support one another. We will not attempt to "fix" 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. Including no graphic descriptions.

Codependent Women in a Relationship with a Sexually Addicted Man

Sexual addiction and its causes are largely unknown to most people. This group not only provides support, but also helps women seek an understanding of their own personal issues. Codependents can then confront their own denial and behavior while gaining insight and understanding of their spouse's sexual addiction.

Recovery from Anger Individual groups for men and women

These recovery groups are for men and women who find that anger is their first response to problems of any size. The anger may be very evident as rage, or less obvious in terms of withdrawal and isolation. These groups focus on managing a God-given emotion in constructive ways.

Financial Recovery Individual groups for men and women

This group is designed to help you, with God's power, gain financial freedom from your debts so you can start managing your finances God's way. In addition, the core hurts, habits, and hang-ups that have caused the financial trouble and stolen the serenity and joy that God has intended, will be overcome.

Same Sex Attraction Individual men's group

Is your relationship with God characterized by shame and guilt? Have you pulled away from healthy relationships because of homosexual issues? If you relate to these struggles, we welcome you to join us for hope and strength as we learn how to apply the 8 Recovery Principles to our lives.

Grupo de Hombres en Español

Aquí los hombres tienen la oportunidad de compartir sus hábitos, heridas y complejos en su idioma natal.

Welcome to an amazing spiritual adventure!

WELCOME NEWCOMERS!
RECOVERY GROUP
INFORMATION

Celebrate Recovery®

If you are new to recovery, we encourage you
to attend "Newcomers IOI".

We meet every Monday night . . .
6:00–7:00 p.m. Dinner
7:00–8:00 p.m. Large Group Meeting
8:00–9:00 p.m. Small Groups
9:00–10:00 p.m. Solid Rock Cafe

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www.celebraterecovery.com

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 three to five 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.

Chemically Dependent **Individual groups for men and women**

If you find that you cannot quit drinking or using entirely, even when you honestly want to, or if you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If that is the case, you may be suffering from a problem that only a spiritual solution will conquer.

* 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.

Codependency

Individual groups for men and women

This group is for those struggling with the compulsion to rescue and take care of others, have difficulty setting boundaries, or recognizing their own worth. Members in this group learn to express their own needs and wants in healthy ways.

Physical/Emotional and Sexual Abuse

Individual group for women

This group is for those who have endured past physical, sexual and/or emotional abuse. Recovery includes healing from the traumas done to us at sometime in our past, as well as healing from the influence these past experiences continue to have on our lives.

Adult Children of Family Dysfunction

Individual groups for men (formerly Adult Children of Alcoholics)

The family problem of alcoholism made us "co-victims"—those who take on the characteristics of the alcoholic without necessarily ever taking a drink. Choosing to recognize and exit the modeled behaviors of alcoholism is the beginning of recovery for the ACFD.

Sexual Addiction

Individual groups for men and women

Support group for those seeking recovery from lust and compulsive sexual behaviors. This group provides fellowship, is a safe place to share our struggles, pain, and victories, and helps to establish accountability and mutual support among the group members throughout the week.

Eating Disorders and Food Addiction

Individual groups for women

This recovery group's purpose is to learn a new way of living. The Eating Disorder group addresses Anorexia and Bulimia. The Food Addiction group addresses compulsive overeating and those on the diet roller coaster. We have learned, our tendency is to compulsively try to control food or to be out of control with food. At your own pace, you will learn to trust, to ask for your needs to be met, to say "no" when it is appropriate, to express your feelings, and to hang around when all you want to do is run.

Women's Love and Relationship Addiction

This group deals with Romance and Relationship Addiction only, and provides a safe place to deal with the depression, isolation, lack of trust, and the unhealthy use of love and relationships as a means of achieving worth.