

NEWCOMERS 101

Celebrate Recovery Handbook



We meet every Thursday night...

6:00 p.m. Food & Fellowship

7:00 p.m. Worship Celebration

8:15 p.m. Open Share Groups

Classes

9:15 p.m. Coffeehouse

First United Methodist Church

212 3rd Street N

St. Petersburg, FL 33701

727-894-4661

www.crspete.com

www.celebraterecovery.com

WELCOME TO CELEBRATE RECOVERY WE ARE GLAD YOU ARE HERE!!

Celebrate Recovery began in 1991 at Saddleback Church in California. Rick Warren is the head pastor of the church. He teams up with John Baker, who is the head pastor and founder of Celebrate Recovery. Saddleback alone has brought over 8,000 people through the CR program, and it continues to grow and thrive.

- Reaches over 12,000 churches
- Reaches 13 countries
- Translated into 9 different languages
- Penetrates every state in the U.S.
- Conducts International Missions

It has proved over and over to be a place where, if you can allow God to grasp your hand and heart, you are taken on an amazing spiritual adventure well worth the ride! The power of God radiates, penetrates and transforms lives every Thursday at First United Methodist Church

The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through 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 to solve our 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.

GREAT NEWS YOU ARE NOT ALONE!!

RECOVERY IS FOR EVERYONE!

We've found that only 1/3 of the people attending Celebrate Recovery are dealing with chemical dependencies. As Pastor Rick Warren says, "We all have sinned, we've all fallen short, we've all been hurt, and we've all hurt others. Everybody needs recovery." All of life's hurts, habits, and hang-ups are addressed through this one curriculum.

What are "Hurts, Habits, and Hang-Ups"

HURTS

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, grief, distress, etc.).

HABITS

A habit is an addiction to someone or something (alcohol, drugs, food, gambling, sex, shopping, smoking, etc.).

HANG-UPS

Hang-ups are negative mental attitudes that are used to cope with people or an adversity (anger, depression, fear, or un-forgiveness).

"... be transformed by the renewing of your mind. " Romans 12:2

Key Bible Verses

1CORINTHIANS 10:13

¹³No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

ROMANS 7:15-16

¹⁵I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶And if I do what I do not want to do, I agree that the law is good.

ROMANS 12:2

²Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

EPHESIANS 4:16

¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

TYPICAL THURSDAY NIGHT

1. DINNER

Dinner is offered prior to our large group. Please see our Celebrate Recovery webpage (www.crstpete.com) or the FUMC website (www.fumcsp.com) for details. There is a charge; cash/check only please.

2. LARGE GROUP SESSION

The schedule will basically run the same every Thursday night, and here is a list of recurring events:

- All (genders) participants meet together
- Worship Band, special music
- Announcements
- Reading: 8 Principles or 12 Steps & Biblical comparison
- 1-1/4 hour meeting
- Rotate teaching and testimony
- No obligation to share
- Serenity Prayer close

3. OPEN SHARE GROUP

These are small groups that meet throughout the building. The groups offered and locations will be inserted into the CR bulletin each week and are subject to change.

- Recovery/Issue specific
- Gender-Based
- Meets 52 weeks a year
- Approximately 1-hour meeting
- Leaders will start with focus question
- Open Share is encouraged but not required
- The place to meet your accountability partner and/or sponsor
- Pick up phone number sheet
- Meeting is always open. Newcomers are always welcome
- At close of meeting, participants should join Coffeehouse

4. COFFEEHOUSE

Return to large group environment, gender mixed and comfortable for casual fellowship, coffee, and desserts. This event is free to all CR participants. Celebrate Recovery information and resources are set up and available for use and/or purchase every Thursday night (cash/ check only please).

5. STEP STUDIES

These are offered at a different time and place, and details are to follow.

GET INVOLVED

OPEN SHARE SMALL GROUPS

The are several small groups that discuss various issues relative to recovery. Small groups ALWAYS divide into men's and women's groups. We have found that this provides a greater level of comfort for the members.

CR OPEN SHARE GROUPS WILL

- Provide you with a safe place to share your experiences, strengths and hopes with others who are going through a Christ-centered recovery program.
- Provide a leader who has gone through the program and has a similar hurt, habit, or hang-up.
- Surround you with people who share a similar hurt, habit or hang-up.
- Offer an opportunity to find an accountability partner and/or sponsor.
- Encourage you to attend meetings, fellowship and continued healing.
- Adhere to the Small Group Guidelines.

CR OPEN SHARE GROUPS WILL NOT

- Attempt to offer any professional clinical advice. Our leaders are not counselors. We do provide a list of Christian counselors located at the Resource area.
- Allow their members to "fix" one another.

SMALL GROUP/OPEN SHARE GUIDELINES

Celebrate Recovery small group guidelines are implemented during each Open Share Group (including Step Studies) and are considered the foundation of ensuring a safe place of sharing. These guidelines are designed to provide a secure and productive meeting for everyone. Please honor these guidelines throughout the meeting.

- 1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.**

What does this mean? Do not concentrate on others' needs and problems. Do not analyze the motives and behaviors of others, and no storytelling about others.

Why? This type of discussion does not help you, as an individual. It allows us to avoid our own issues. It makes us observers, not participants. It puts a safe but lonely distance between ourselves and others.

- 2. There is no crosstalk, please.**

Cross talk takes place when two people engage in a dialogue during the meeting. Each person is free to express feeling without interruption.

- 3. We are here to support one another, not "fix" one another.**

We will not attempt to "fix" one another. Please refrain from offering your opinion, or resolving another's problems.

- 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.**

What does this mean? Please do not tell others what was said or done in the group. Don't disguise gossip as a prayer request.

Why? This violates trust and safety. Participants may fear sharing personal material if they cannot trust other members of the group.

- 5. Offensive language has no place in a Christ-centered recovery group.**

This includes no graphic descriptions, details or information that may offend another person.

***WHAT YOU HEAR HERE
AND WHO YOU SEE HERE ... STAYS HERE!***

STEP STUDY GROUPS

WHAT IS A STEP STUDY?

A Step Study is an in-depth Bible study in which you simply learn to apply these Biblical principles. You will have the opportunity to restore and build relationships with God and others - creating a Christian support group.

"Regardless of the problem you are struggling with - whether it's emotional, financial, relational, spiritual, sexual, or whatever regardless of what you need recovery from, the principles that lead to happiness and recovery are always the same, the choice is always yours!" John Baker

- Mixed Recovery Issues
- Gender-Based
- 1-1/2 to 2 hour meetings
- Curriculum includes: Celebrate Recovery Participant Guides (4) and the
- Celebrate Recovery Bible (or Life Recovery Bible)
- Small Group Guidelines are implemented
- Place to find accountability partners/sponsors
- Meetings are closed to newcomers by Step 4 (class closes)
- All facilitators are trained

Step Studies are offered periodically throughout the year. Stay tuned for announcements about new classes on Thursday nights, or check our website at www.crstpete.com!

***CELEBRATE RECOVERY IS A PROGRAM DESIGNED TO OFFER SUPORT.
IT IS NOT MEANT TO BE EXPERIENCED ALONE.
WE ARE GLAD YOU ARE HERE!***

A NEW TEAM FOR YOU!

It's not easy being the new guy or gal on the block. As a newcomer, you will need to get involved. The road to recovery is easier if you have some tools and support. Here are a few things to help you get started:

STUFF TO KNOW

- Recovery from your hurts, habits and hang ups is going to take work on your part. The problem(s) did not happen overnight, so it will not go away overnight.
- Supplement your recovery with church attendance, group meetings, etc.
- Celebrate Recovery is for anyone
- no matter where you are in your walk with God. Feel free to ask questions.
- Check out the list for other Celebrate Recovery programs in the local area for other available nights to attend.

STUFF TO DO

- Fill out a yellow response card and receive our email newsletter, filled with encouragement and the latest happenings.
- Attend small group after large group.
- Get a phone list.
- Visit the information area.
- Pick up issue sheets that talk more about your area of struggle.
- Purchase a Bible, testimonies and various literature offered (cash and checks only please).
- Volunteer.
- Join a Step Study.
- Start looking for an accountability partner/sponsor.

WHAT ARE ACCOUNTABILITY PARTNERS AND SPONSORS?

An accountability partner is like a teammate or someone to go to the gym with.

A sponsor is like your coach or a personal weight/exercise trainer

ACCOUNTABILITY PARTNER	SPONSOR
Attend Large Group and Open Share Group together	Coaches you through the 8 Principles/Steps; Participant Guides
Join and attend Step Study together	Available in time of crisis or potential relapse.
Get involved in CR service together	Serves as a sounding board by providing objective point of view
Holds you accountable for same area of recovery and issues	Discusses issues in detail too personal for meeting time. (listens to 5th step)
Call each other daily	Tries recovery-related assignments/activities
Encourage each other's program	Requires meeting attendance
Help motivate each other	Requires check-in calls
Are close to the same place (steps, sobriety time, etc) in their recovery	Has completed the 12 Steps and/or has 1-year continuous sobriety
Can include more than one person.	Shares experience strength and hope
Pray for each other. Attend dinner together	Will confront denial and procrastination

Having a sponsor or accountability partner is a key part of your recovery program

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
1 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. 1
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." 1 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. 1 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 maybe 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

- 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

THE 8 PRINCIPLES

1. **R**ealize 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. (Step 1)
"Happy are those who know they are spiritually poor." (Matthew 5:3)
2. **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. (Step 2)
"Happy are those who mourn for they shall be comforted" (Matthew. 5:4)
3. **C**onsciously choose to commit all my life and will to Christ's care and control. (Step 3)
"Happy are the meek." (Matthew 5:5)
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4, 5)
"Happy are the pure in heart." (Matthew 5:8)
5. **V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6, 7)
"Happy are those whose greatest desire is to do what God Requires." (Matthew 5:6)
6. **E**valuate 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. (Steps 8, 9)
"Happy are the merciful" Happy are the peacemakers." (Matthew 5:7, 5:9)
7. **R**eserve 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. (Steps 10, 11)
8. **Y**ield myself to be used to bring this Good News to others, both by my example and by my words. (Step 12)
"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. 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

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners:
