

Celebrate Recovery[®]

Things We Are:

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
- A place where respect is given to each other
- A place where confidentiality is highly regarded
- A place to learn
- A place to grow and become strong again
- A place where you can take off your mask
- A place for healthy challenges and healthy risks
- A possible turning point in your life

Things We Are Not:

- A place for selfish control
- A place for therapy
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix

We meet in the Ministry Center of
Faith Evangelical Free Church
1009 Maryland Highway
Mt. Lake Park, MD 21550
www.faith-efc.net

email: CelebrateRecoveryOakland@yahoo.com
Friday Nights 6:30-8:30 p.m. 301-334-4172

Free Child Care Provided

W E L C O M E

CELEBRATE RECOVERY

A CHRIST-CENTERED RECOVERY PROGRAM

We meet at Faith Evangelical Free Church
1009 Maryland Highway
Mt. Lake Park, MD 21550
www.faith-efc.net
Friday Evenings 6:30-8:30 p.m.

Come as you are... It will Change Your Life!

What is Celebrate Recovery?

A Christ centered program that gives people the resources and relationships to help recover from life's hurts, habits, and hang-ups. This is a program for anyone struggling with past or current dysfunctions or compulsions, whether they are affecting their own life or the lives of those around them. The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through the Eight Recovery Principles found in the Beatitudes and Christ-Centered Twelve Steps. As we progress through the program we discover our personal, loving and forgiving Higher Power Jesus Christ, the one and only true Higher Power.

Men's Groups

Addictions – Men (*Habits*)

This group is for men struggling with Chemical Addiction, Sexual Addiction, Food Addiction, Gambling Addiction, Smoking or any other addictive habit or compulsive behaviors. If you are struggling with an addiction, you may be suffering from a problem that only a spiritual solution will conquer.

Co-Dependency- Men (*Hurts & Hang-ups*)

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

Women's Groups

Co-Dependency- Women (*Hurts & Hang-ups*)

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

Addictions- Women (*Habits*)

This group is for women struggling with Chemical Addiction, Sexual Addiction, Food Addiction, Gambling Addiction, Shopping Addiction, Smoking or any other addictive habit or compulsive behaviors. If you are struggling with an addiction, you may be suffering from a problem that only a spiritual solution will conquer.

- ❖ **Other groups will be formed as leaders are trained and needs are identified.**

THE ROAD TO RECOVERY

The Eight Recovery Principles

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

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 myself, to God, 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. Happy are the peacemakers. MATTHEW 5:7 & 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

Jesus Christ, the One and Only True Higher Power