

It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on...

But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

**GALATIANS 5:19-23** (THE MESSAGE)

**STEP 1**

  
**CROSSWINDS**

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**STEP 1**  
RECOVERY AND  
SUPPORT GROUP MINISTRY

**SPRING-SUMMER 2013** | Information & Directory

A MINISTRY OF CROSSWINDS CHURCH

## What are STEP 1 RECOVERY & SUPPORT GROUPS?

Step One Recovery & Support Groups are small groups that facilitate open, honest, and supportive interaction. These recovery and support groups are structured to provide a safe place of healing and acceptance. *All groups are confidential.*

Step One groups are not Professional Group Therapy experiences. They are peer led support groups.



## Hopes for STEP 1 RECOVERY & SUPPORT GROUPS



- Recognize how your present life can be affected by your past.
- Put unhealthy parts of your past behind you. Develop a loving view of God, self and others.
- Take ownership of how you live your life!
- Learn new tools to cope with relationships and stressful events.
- Develop a deeper and more meaningful relationship with God.
- Move on with hope and a community of care and support.

## STEP 1 Groups Meeting Spring/Summer 2013

For start dates and times, please see group descriptions below. All groups are co-ed unless noted and are led by trained facilitators in a safe, loving, and confidential community where healing can take place. The groups are free. Books and materials can be purchased at your Step 1 group.

For more information, including start dates, contact CrossWinds StepOne Director, **Jim Matthews**: 925 560-3889 or [jmatthews@crosswindschurch.org](mailto:jmatthews@crosswindschurch.org)

To register visit [www.CrossWindsChurch.org](http://www.CrossWindsChurch.org) or call 925.560.3800

## SPRING / SUMMER GROUPS

### **Boundaries | Tuesdays, 7-8:30pm, 8 weeks (Rm 105) Starts 5/21**

Boundaries impact all areas of our lives, defining who we are and who we are not. Learn how to have clear boundaries, which are essential to a healthy, well-balanced life.

Leader: Jim Matthews

### **Breaking Free | Tuesdays, 7-8:30pm, 10 weeks (Rm 113) Starts 5/21**

This Beth Moore study looks at the freedom Christ offers and some of the "strongholds" that keep women from walking in that freedom. We will use a video curriculum as well as discussion as we learn about overcoming addiction, pride, jealousy, etc. Books available. For Women. Leader: Barbara Dunn

### **Grief Share | Tuesdays, 7-8:30pm, 12 weeks (Rm 111) Starts 5/21**

"To live well is to grieve well!" This course will utilize some teaching DVD's on various aspects of the grieving process and then some discussion time to process the information. It is designed to help people struggling at any stage of the grieving process to do their "grief work". Workbooks available. For Men and Women. Leader: Cathi Bobbitt

### **Victory Over Darkness | Tuesdays, 7-8:30pm, 14 weeks (Upstairs) Starts 6/11**

This group will focus on how shame and guilt from our past prevents us from forgiving ourselves and stunts our ability to walk fully into the life that God has for us. It is based on the book *Victory Over Darkness* by Dr. Neil Anderson, which will be available for purchase. For Men and Women. Leader: Kim Curtis

## ONGOING GROUPS

### **For Men Only | (Rm 112)**

This group is a 12 Step Book Study for men who are ready to go to work on sexual integrity in their lives. Meetings, sponsorship, accountability and understanding will be promoted in the pursuit of sexual serenity. **Contact: [fmo@crosswindschurch.org](mailto:fmo@crosswindschurch.org).**

### **12 Step Spiritual Journey for Women | (Rm 110)**

This 12-step study for women will focus on healing damaged emotions. It is an ongoing group and will stress the normal practices of a 12 step program. **Register online at [www.CrossWindsChurch.org](http://www.CrossWindsChurch.org).**

### **Hope for Hurting Families & Friends | 2nd & 4th Tuesdays, 7-9pm (Rm 107)**

This support group is for anyone with a loved one affected by mental-health issues. Leader: Pat Ackerman (925) 846-4894

### **PACE - Post Abortion Counseling & Education | (12 wks)**

Find resolution, peace and freedom from past abortions. Contact: Sharon slandes@mac.com or 510-697-2505 (Women) or Roy at [rkniveton@hotmail.com](mailto:rkniveton@hotmail.com) (Men)