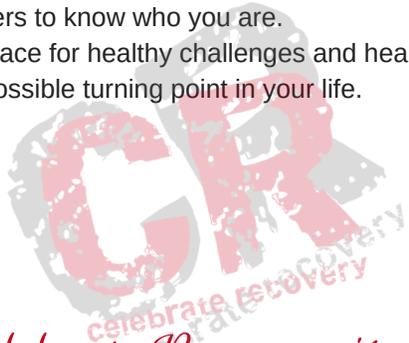


Celebrate Recovery is...

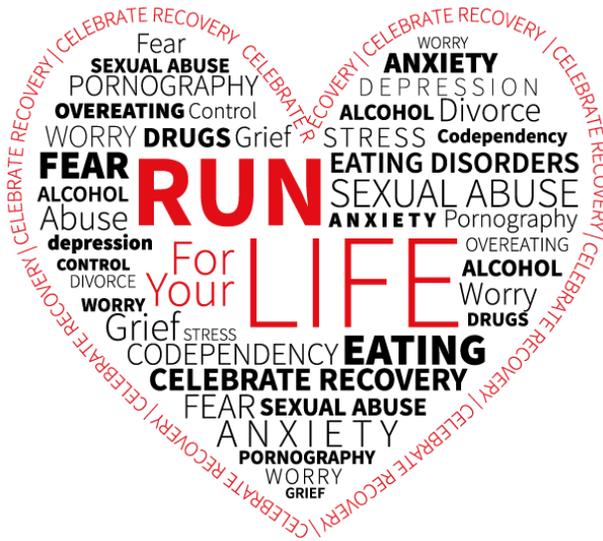
- A safe place to share.
- A refuge.
- A place of belonging.
- A place to care for others and be cared for.
- Where respect is given to each member.
- Where confidentiality is highly regarded.
- A place to learn.
- A place to demonstrate genuine love.
- A place to grow and become strong again.
- A place for progress.
- Where you can take off your mask and allow others to know who you are.
- A place for healthy challenges and healthy risks.
- A possible turning point in your life.



Celebrate Recovery is not...

- A place for selfish control.
- 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 long-term commitment.
- A place to judge others.
- A quick fix.

**CELEBRATE
RECOVERY**
FREEDOM FROM HURTS, HANG-UPS AND HABITS



Only God can make a **MESS** into a **message**;
a **TEST** into a **Testimony**;
a **TRIAL** into a **Triumph**;
and a **VICTIM** into a **Victory**.



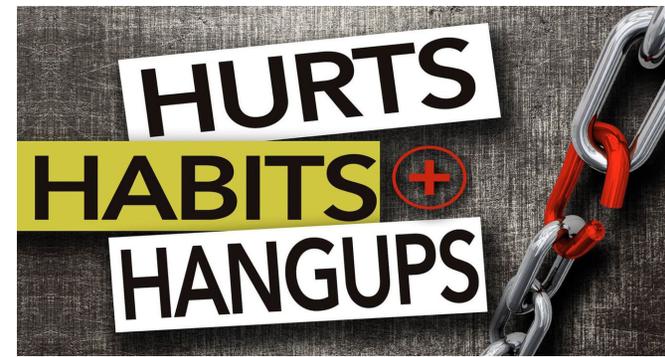
Helping you overcome
past pains, present
struggles and persistent
problems

**CELEBRATE
RECOVERY**

Freedom from Hurts, Hang-ups, and Habits

Nick Bonar: 260-443-8392

Lory Norden: 260-609-1996



Freedom is Possible !

Freedom from...

- The Effects of Emotional, Physical, or Sexual Abuse
- Alcohol, Drugs, Gambling, Pornography or Sexual Addictions
- Anger, Anxiety, Depression, Fear, Guilt, Insecurity, Shame, Stress
- Disappointments, Grief/Loss, Job Loss
- Divorce, Enabling, Family Issues, Relational Pain, Unforgiveness
- Eating Disorders, Lying, Overspending, Overworking, Self-Harm
- Need for Control, Perfectionism



Coming Nov. 1st
Dinner @ 6:00pm
Large group @ 6:30pm.





What is Celebrate Recovery?

Celebrate Recovery is a safe place where people can be honest about real problems - real hurts, habits and hang-ups. It's a group of fellow strugglers who believe that God can help us change and grow. Through God's love and truth, we can experience freedom and new life through Jesus Christ.

Who is it for?

Celebrate Recovery is for anyone, young, old, male, female, you and me. It's for anyone who has a habit, hurt or a hang-up, or anyone who wants to reach out and help others. The biblical principles modeled through the twelve steps can help all of us. So this isn't just about drugs and alcohol, it is about finding healing from anything that is keeping us from the life God meant for each of us to have. It is about growth, getting healthy again, and growing closer to God. Whatever you are struggling with -- Addictions (Alcohol, Drugs, Gambling, Pornography or Sexual), Anger, Anxiety, Depression, Effects of Abuse (Emotional, Physical or Sexual), Self-Harm, or any other life issues you may have -- Celebrate Recovery can help.

What is a hurt, hang-up, or habit?

A hurt, habit or hang-up is something that hinders your walk with God.

The feeling of being **hurt** is an emotional reaction to another person's behavior or to a disturbing situation (abuse, abandonment, codependency, relationship issues).

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

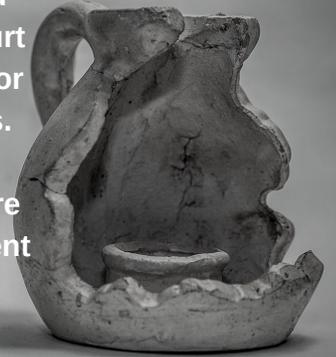
Hang-ups are negative mental attitudes that are used to cope with people or adversity (anger, depression, fear, unforgiveness, etc.)

These life problems can be stumbling blocks or stepping stones. Healing is available through applying the principles of a Bible based recovery process to your life.

**Every weakness you have
is an opportunity for God**

**to show...
His strength in your life.**

Life is difficult. None of us make it through this world without getting hurt or hurting others or hurting ourselves. We are all in need of recovery. We are all weak in different areas, and we all need each other.



So what does it look like?

- **Large group worship** with uplifting worship music followed by testimony or teaching based on one of the 12 steps or 8 principles.
- **Small groups.** This is a confidential, safe place to share your struggles as well as your experience, strength, and hope with others who are struggling with the same issues.

All small groups are gender-specific. Some groups will also be issue-specific (e.g. Chemical Abuse). Other groups may combine a couple of specific issues. There will also be an A-Z group for all other hurts, hang-ups and habits.

**Confidentiality is respected.
What is shared in group,
stays in group!**

