

Welcome Newcomers!

We meet every Friday night...

6:00 – 7:00p.m. Dinner

7:00 – 8:00p.m. Main Meeting

8:00 – 9:00 p.m. Small Groups

9:00 – 10:00 p.m. Connection Café

**Real Life, Moscow Campus
Eastside Marketplace Mall**

**For Celebrate Recovery – Moscow Info
www.CRMoscow.com**

**For World Wide Information on CR
www.celebraterecovery.com**

Small Group Guidelines

Celebrate Recovery is a support group for anyone with a hurt, habit, or hang-up. Coming to Celebrate Recovery takes courage because it means that we are getting ready to deal with issues in our lives that control us. Walking with God and with Celebrate Recovery friends, we are not alone.

Celebrate Recovery meetings include three parts; a *dinner* with time to get to know others in recovery, a *large group time* with music and a prepared lesson, and a *small group time* with gender specific groups where we can share what is going on in our recovery. At no time are you required to talk, but you are invited to share your story when you are ready.

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 similar hurts, hang-ups or habits 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".
- 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 licensed counselors. We support those who decide to add outside counseling to their recovery program.
- Allow its members to attempt to "fix" one another. This includes giving advice, offering book referrals, or counseling referrals. You are invited to ask questions from those you trust.

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3–5 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.

The following are some of the issues that our participants hold victory over or are currently struggling with:

- Chemically Dependent
- Codependency
- Physical/Emotional and Sexual Abuse
- Adult Children of Family Dysfunction
- Sexual Addiction
- Eating Disorders
- Food Addiction
- Love and Relationship Addiction
- Anger Issues
- Financial Recovery
- Depression

Celebrate Recovery is not a quick fix. We invite you to give it a try for at least six to eight weeks to see if it's right for you. It is a place where confidentiality is highly regarded, a place where you can take off your mask, and a possible turning point in your life.

*** 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.**