

SMALL GROUP SHARING GUIDELINES

- KEEP YOUR SHARING FOCUSED ON YOUR OWN FEELINGS. PLEASE LIMIT YOUR SHARING TO 3-5 MINUTES
- THERE WILL BE NO CROSS TALK. CROSS TALK IS WHEN TWO INDIVIDUALS ENGAGE IN A DIALOG, EXCLUDING ALL OTHERS. EACH PERSON IS FREE TO EXPRESS THEIR FEELINGS WITHOUT INTERRUPTION.
- WE ARE HERE TO SUPPORT ONE ANOTHER NOT FIX ANOTHER.
- ANONYMITY AND CONFIDENTIALITY ARE BASIC REQUIREMENTS. WHAT IS SHARED IN THE GROUP STAYS IN THE GROUP.
- OFFENSIVE LANGUAGE HAS NO PLACE IN A CHRIST CENTERED RECOVERY GROUP..



Friday Night Program

6:00-6:50 pm Food & Fellowship
7:00-7:55 pm Worship, Teaching/Testimony Hour
8:00 - 9:00 pm Small Share Groups
9:00-9:45 pm Solid Rock Café

~ Child Care Provided ~



Are you struggling with Hurts, Hang-ups, or Habits and in need of.....?

Christian companionship to grow and become strong?

Supportive, respectful, and confidential sharing?

A place to learn, and to grow spiritually?

Finding a turning point in your life?

A safe haven of refuge, and caring?

Then Celebrate Recovery is a place for you.

The Purpose of Celebrate Recovery

The purpose of Christ Community Church Celebrate Recovery ministry is to fellowship and celebrate God's healing power in our lives through the "8 Recovery Principles." This experience allows us to "be changed." 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. As we progress through the program we discover our personal, loving and forgiving Higher Power - Jesus Christ, and principles for healing and overcoming our past.



CELEBRATE
RECOVERY

CELEBRATE RECOVERY



Celebrate Recovery

ADULT CHILDREN OF FAMILY DYSFUNCTION



CELEBRATE RECOVERY

ADULT CHILDREN OF FAMILY DYSFUNCTION

Do you feel isolated, uneasy with other people, especially authority figures? Are you a people pleaser, even though, in an effort to protect yourself, you lose your own identity in the process? We have become alcoholics ourselves, or married them, or both. Failing that, we found another compulsive personality, such as a workaholic, to fulfill our sick need for abandonment.

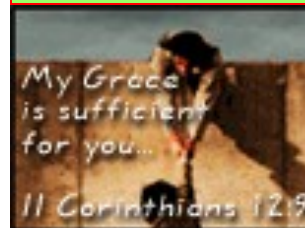
The Problem

- Guess what is normal.
- Have difficulty in following a project through to completion.
- Lie, when it would be just as easy to tell the truth.
- Judge themselves without mercy.
- Have difficulty having fun.
- Take themselves very seriously.
- Have difficulty with relationships.
- Over-react to changes over which they have no control.
- Constantly seek approval and affirmation.
- Either super responsible or super irresponsible.
- Extremely loyal even when there is evidence that the loyalty is undeserved.
- Look for immediate rather than deferred gratification.
- Lock themselves into a course of action without giving serious consideration to alternate behaviors or possible consequences.
- Seek tension and crisis and then complain about the results.
- Avoid conflict or aggravate it; rarely do they deal with it.
- Fear rejection and abandonment, yet are rejecting of others.
- Fear failure but sabotage their success.
- Fear criticism and judgment, yet criticize and judge others.
- Manage time poorly and do not set priorities in a way that works effectively for them.

The Solution

The solution is to become your own loving parent.

- Find the freedom to express all the hurts and fears kept inside and gain freedom from the shame and blame carried over from the past.
- Become an adult who is no longer imprisoned by childhood reactions.
- Recover the child within you, learning to accept and love yourself.
- Move out of self-imposed isolation.
- Rediscover feelings and buried memories.
- Gradually release the burden of unexpressed grief; slowly move out of the past.
- Learn to re-parent ourselves with gentleness, humor, love and respect.
- Learn to see our biological parents as the instruments of our existence.
- Trust that your actual parent is the Higher Power, Jesus Christ. Although we had alcoholic parents, our Higher Power gave us the 8 Recovery Principles.
- Receive experience, strength and hope from others.
- Restructure unhealthy thinking one day at a time.
- Release our parents from the responsibility for our actions today.
- Become free to make healthy decisions that allow us to act, not react.
- Progress from hurting, to healing, to helping.
- Awaken to a sense of wholeness we never knew was possible.
- Come to see parental alcoholism for what it is and know how that affected you as a child and continues to affect you as an adult.
- Learn to keep the focus on yourself in the here and now.
- Take responsibility for your own life and supply your own parenting.
- See beautiful changes in all your relationships, especially with God, yourself and your parents.



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