

# The Celebration Begins

An Introduction to  
Brookwood Celebrate Recovery and the Landing



**BROOKWOOD**church  
LOVE GOD • LOVE PEOPLE

# getting the Most Out of this Booklet

This booklet is used as a resource during our weekly *Celebrate Recovery 101 for Newcomers* class and for those who'd like more information about how Celebrate Recovery and the Landing work and how they can help.

There's a lot of great information found in this resource, but we don't want you to feel overwhelmed or that you're required to read this entire book to participate. That's why the information has been broken down into four easy categories. Read only the sections you'll find helpful.

## SECTION I: THE BASICS

This section gives a basic understanding of the ministry, what kind of struggles it can help you with, and the structure of a Thursday night meeting. This is the starting point for anyone interested in Celebrate Recovery.

## SECTION II: THE PATH WE TAKE

This section includes the most important tools we use (in addition to the Bible itself) to ensure your healing is based on God's Word and that the meeting is a safe place to share. Here you'll find descriptions of the 12 Steps, the 8 Principles based on Jesus' Sermon on the Mount, and the Small Group Guidelines.

## SECTION III: COMMUNITY AND GROWTH

Once you're comfortable with the basics, this section helps you take your next steps in the healing and recovery process. You'll also learn about the Brookwood Celebrate Recovery and the Landing initiatives that take place outside the Thursday night meeting.

## SECTION IV: GOING DEEPER

This section shows additional ways Brookwood Church can support you as you grow in a relationship with Jesus. There's also a number of resources to help you gain a deeper understanding of how Celebrate Recovery works and its philosophy.

Finally, be sure to check out the mini-testimonies throughout this booklet. They all come from people who have been transformed by God through Brookwood Celebrate Recovery.

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Mini-Testimonies are available on pages 3, 5, 12, 21, 29, 35, 38 and 39



Every meeting starts with worship because we serve a God who already has victory over our hurts, habits and hang-ups.

## Meet Sandra

Before I started attending Celebrate Recovery five years ago, I didn't have a safe place to admit my emotional and spiritual baggage. I had shame, sin, stresses and suffering from being physically/emotionally abused at home, along with being bullied as a child. These undealt with events later affected my marriage and career negatively as I struggled with anxiety and emotional disorders. Today, five years after attending CR and finding healing in God's Word, I also found encouragement and a fulfilling sense of family here as I help lead others into the love and healing that Christ offers in this place.



Friendly faces will greet you at our Welcome Desk and Information Table.

## Meet Jody

I came to CR to learn how to fix my wife. I felt I had no issues or problems of my own, but I soon found out I was a train wreck in my own life. God revealed a defect I had to control others and to twist outcomes to my own liking. But greater than that, He showed me the cause of this defect, which was a constantly absent earthly father through my life, and I had felt God would only be the same to me; absent when I needed Him the most. I joined a step study, and God showed me so much from my past. I developed some amazing brotherly relationships in the step study. These brothers stood side by side with me through this journey. For the last few years, God has blessed me with the opportunity to serve as a leader at Brookwood CR where I have witnessed changed lives, families rebuilt and a love that can only be given through Jesus Christ. It's so amazing how God's taken a broken man who needed so much encouragement, and used me to encourage others.

# Section I: The Basics

## WHAT IS CELEBRATE RECOVERY?

Celebrate Recovery is a ministry based on the words of Christ designed to help people overcome every kind of Hurt, Habit, Hang-up or sin issue in their life. From anger to food issues, chemical addiction to codependency, Celebrate Recovery is a safe place to heal and grow.

As we journey together in learning how to pursue a relationship with Jesus, God teaches us to view life's disappointments, stresses, and pain through the perspective of His victory over them. Celebrate Recovery is a process of discovering a personal and experiential relationship with God as we live in community with one another. This leads to discipleship, spiritual growth, and true healing in Christ.

## WHAT IS THE LANDING?

The Landing is a portion of the Celebrate Recovery meeting specifically designed for students in grades 7-12 to find freedom, healing and wholeness as they journey alongside other students to pursue a relationship with God.

The Landing creates an environment where students can learn to make wise choices and develop healthy patterns for living. It's a safe haven to help overcome the struggles of being a teenager by providing insight on God's path for their lives.

The ministry uses interactive and age appropriate versions of the Celebrate Recovery lessons each week. This allows families to learn the same principles of healing together as they grow in their faith and strengthening their family.

**\*IMPORTANT NOTE:** Many sections of this booklet use the term Celebrate Recovery. This is often used as a general term for the overall ministry. This is meant to reference both Celebrate Recovery and the Landing as a unified ministry.

*"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."*

**Jeremiah 29:11 (NLT)**

## WHO CAN THIS MINISTRY HELP?

Celebrate Recovery is for anyone who has a Hurt, Habit or Hang-up in their life—which is everyone. You’ve probably heard the expression, “Time heals all wounds.” Unfortunately, that isn’t true. We have people come to Celebrate Recovery who are still carrying hurts from experiences that happened decades ago. The truth is, time often makes things worse. Wounds that are left untended often fester and spread through your entire body like an emotional cancer. Time only extends the pain if the problem isn’t addressed in a healthy, biblical way. Freedom is possible!

## WHAT STRUGGLES CAN CR HELP OVERCOME?

Did you know that two-thirds of the people who attend Celebrate Recovery are there for issues other than chemical addiction? Here are just a few of the struggles Celebrate Recovery and the Landing can help you overcome:

- Abandonment
- Abuse (physical/sexual/emotional)
- Alcoholism
- Anger and Rage
- Anxiety & Depression
- Bullying (Physical, Emotional, Internet)
- Childhood Issues
- Codependency
- Control Issues
- Divorce & Separation
- Drug Abuse (illegal & prescription)
- Eating Disorders & Food Issues
- Fear
- Financial and Spending Issues
- Gambling
- Guilt
- Health Issues
- Loss and Grief
- Low Self-Esteem and Feelings of Inadequacy
- Obsessive Behaviors
- Peer Pressure
- Perfectionism
- Pornography / Sexual Addictions
- Resentment and Forgiveness
- Self-Harm
- Sin Issues
- Tobacco
- Workaholic Tendencies
- ...or any hurt, hang-up or habit.

## HURTS, HABITS, HANG-UPS AND SIN

You'll often hear people say Celebrate Recovery and the Landing is for anyone with a Hurt, Habit or Hang-up. Many people also come to Celebrate Recovery to overcome sin issues in their life. As you start the process of healing, it can be helpful to identify what these terms mean.

**A HURT** is an emotional reaction to another person's behavior or to a situation such as abandonment, abuse, divorce, rejection, the unfaithfulness of a spouse, codependency or grief.

**A HABIT** is an addiction to someone or something that usually develops when those hurts are not healed. Several examples include: alcohol, drugs, food, pornography, cutting, stealing, gambling, shopping, workaholic tendencies and perfectionism.

**A HANG-UP** is a negative attitude used to cope with people or hardships. These might include anger, anxiety, depression, fear, shame, guilt, unforgiveness, feeling trapped or prejudices.

**A SIN** is any action or attitude that falls short of perfection. It's a word our culture tends to shy away from. We've come to believe the very use of the word evokes judgment from other people, but as we discover a more personal relationship with God, it's a word we want to address. The Bible tells us that *"...everyone has sinned; we all fall short of God's glorious standard."* (Romans 3:23, NLT) The Greek word (*hamartano*) that's translated as sin in this verse literally means "to miss the mark." An archer will never reach a level of skill where he can hit the exact center of a bullseye every time he shoots an arrow, but he continues to train so he can come as close to that standard as possible. That is how we should approach sin in our lives. We will never reach perfection, but we should desire steady progress in that direction. We do that by studying under (and surrendering to the mentorship of) the one *archer* that has reached perfection, Jesus the Messiah.



## THE MEETING NIGHT

Celebrate Recovery (adults) and The Landing (grades 7-12) meet together every Thursday night in our main building.

For those not old enough for The Landing, we have childcare available for children 6 weeks old through grade 5. The cost is \$7 for one child, \$12 for two, or \$15 for three or more children. Please register your child by noon on Tuesday to ensure there is adequate staff on Thursday night. Visit [brookwoodchurch.org/childcare](http://brookwoodchurch.org/childcare) to register. If you need assistance call 864.688.8240.

## HOW THE MEETING WORKS

Before the meeting begins, we have a family-friendly Celebrate Recovery dinner from 5:40–6:20 pm in the upstairs café for only \$2 per adult. Landing students eat free with their check-in badge. They may eat with their parents upstairs or in a special Landing-only section with other students downstairs.

The official Celebrate Recovery and Landing meeting starts at 6:30 pm in the Chapel with Family Worship (grades 7-adult). Younger children must be checked into childcare prior to the start of the meeting.

**The meeting is made up of three separate components that work together to promote healing: Large Group, Open Share Groups and Crosstalk Café.**

### LARGE GROUP

The first part of the night is the Large Group Meeting. This is where we all come together for a time of family worship followed by a lesson or testimony. Our live CR/Landing Band starts every meeting with worship because we celebrate a God who already has victory over our Hurts, Habits and Hang-ups. Landing students have their own section for VIP seating during worship. After worship, we review the 12 Steps or 8 Principles (see Section II) and announce upcoming fellowship and training events. This is followed by the Large Group Lesson or a testimony.

Adults remain in the Chapel for their lesson and the students are dismissed to the Landing area downstairs where they have their own age-appropriate version of the same lesson followed by their Open Share Groups. For confidentiality and safety, the students do not return to the adult area for the remainder of the evening.

## **OPEN SHARE GROUPS**

After Large Group, adults split up into smaller gender and issue specific groups called Open Share Groups. People attend Celebrate Recovery for many different reasons, so we have different groups. This is your time to share your own experience based on the lesson or testimony shared in the Large Group meeting.

*Celebrate Recovery 101 for Newcomers* is a special Open Share Group for adults attending Celebrate Recovery for the first time. Leaders will share a little about their own story, walk you through the program, and help you determine which Open Share Group to attend next week.

Students in the Landing enter similar groups after their lesson that are separated by age and gender rather than specific issues.

Open Share Groups are where the healing really begins.

## **CROSSTALK CAFÉ**

After Open Share, we all come back together for a time of fellowship at Crosstalk Café where snacks and beverages are provided.

The adult café is upstairs and a dedicated Crosstalk Café for the Landing is located downstairs. Please note: Adults are not allowed at the teen café and teens are not allowed at the adult café.

Crosstalk Café is a great time for fellowship, and a vital time to cultivate healthy relationships, and build your accountability team. While we do not assign sponsors or accountability partners, leaders are here to encourage and guide you through the process. You can find more information in Section III.

We also have two leaders at Sign-Up Central every week to answer your questions or help you register for upcoming Celebrate Recovery events.

## IMPORTANT ELEMENTS OF THE MEETING

### WORSHIP

We start every Celebrate Recovery meeting with worship because no matter where we are in the healing process, we serve a God who already has victory over our struggles. Many of us enter the meeting on Thursday night having had the wind knocked out of us by the world. Spending time in worship allows us to break away from the busyness of the day and prepare our hearts to hear from God. Singing corporately encourages others, reminds us of God's love for us, and praises Him for the work He is doing in our lives. We sing from a place of thankfulness.

### CELEBRATING VICTORIES

It's very intentional that the word Celebrate appears in the name of this ministry. Every week we take time after the Large Group lesson (both adults and students) to recognize the transformation God is bringing to people's lives. We do not celebrate perfection but progress, and we do that by handing out victory chips, coins, and tags for different time-periods of success in your healing journey with Christ (30 days, 60 days, 1 year, etc.).

The most important chip is the blue chip (adults) and the one-day tag (students), because it signifies a desire to do things differently.

If you have an issue problem (e.g. drugs, alcohol, pornography, shopping, gambling) it might signify that you're ready to deal with the root of that behavior. If you're codependent it may mean you're ready to work on yourself, and stop letting your joy be determined by the behavior of others. If you struggle with self-esteem or peer pressure, it may mean you're ready to start seeing yourself through God's eyes instead of the world's. Accepting this first chip or tag signifies your willingness to say, "I'm tired of trying to carry this burden on my own. I'm going to give it over to God and carry this reminder of His grace instead."

## PRAYER

Brookwood Church believes in the power of prayer. The book of James reminds us to Confess [our] sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. (James 5:16, NLT) In addition to the corporate prayers within the Large Group and Open Share Groups every Thursday, we intentionally encourage our participants and leaders to pray for the ministry and one another.

### PRAYER CARDS

During each Open Share Group, you will be given the opportunity to complete a Prayer Card. Participation is optional and you can choose whether or not to include your name. Each person that decides to participate then receives someone else's prayer request. If you choose to take a card, please commit to praying for that person or situation throughout the week.

### THURSDAY PRAYER CIRCLE

We'd like to invite you to participate in our pre-meeting prayer circle that takes place every Thursday at 6:20 pm in the Chapel. This is where a

Celebrate Recovery leader will lead us in a prayer asking God to bless our speaker for the evening, commit the meeting to His will over our own, and ask Him to prepare our hearts for what He wants to communicate to us.

### Meet Jim & Janet

We struggled through the worst years of our marriage, to almost quit, give up and miss the best years of our lives. Our marriage was a mess, it was so heartbreaking and overwhelming, that we couldn't even imagine it would ever change. If we had ended it, we would have never been able to share what we share today, and that is, God loves everyone, He can, and will heal and transform lives according to "HIS" will. We didn't give up, we looked up. God can change lives, He does, and He changed ours. God has given us another chance, and we have taken full advantage of this. We love, we laugh, we cry, and we serve TOGETHER. We cherish each day together that God has given us.



Prayer is a vital part of our healing process and worship.

## Meet Kristin

I started coming to Celebrate Recovery in 2008 to support my husband in his healing. I was ready to let these people at CR fix my husband! How funny that is to me now. God knew I had my own baggage that I was carrying around and didn't need to carry my husband's baggage also. God showed me the areas of my life that I needed to work on and used Brookwood Celebrate Recovery and the step study to help me dig into the hurts, habits and hang-ups of my past that have driven my codependent, controlling, people-pleasing behaviors. When I surrendered control of my life to Him and let God be God, He began to use this ministry to heal me. God has shown me a level of peace and joy regardless of circumstances that I never knew was possible. I am honored that God allows me to give back in this ministry and is now using my past hurts, habits and hang-ups to help others along their paths to healing.

## Section II: The Path We Take

This section of the booklet is called The Path We Take. It outlines the 12 Steps, 8 Principles and 5 Group Guidelines we use in our healing process. The reason this ministry works is because it's based on the Bible and the words of Jesus. The goal of Celebrate Recovery and the Landing is not to check off a list of steps, but to use those steps to discover the purpose God has for your life. No matter where you are in your spiritual walk, we believe God has a purpose and a plan for your life.

This ministry provides a method of discovering the victory and solutions God has for us as we spiritually grow in community. The 8 Principles and 12 Steps do not heal, but are a proven method of building a relationship with the One who does.

The ministry offers participants a clear path of salvation and discipleship, bringing hope, freedom, sobriety, healing and the opportunity to give back.

### THE ROAD TO RECOVERY (8 Principles)

The 8 Principles are based on Jesus' blessings from the Sermon on the Mount (often called the Beatitudes) found in the book of Matthew. They are presented in the form of an acrostic with each principle represented by a letter in the word RECOVERY.

1. **R**ealize 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. (Step 1)  
*Happy are those who know that they are spiritually poor. **Matthew 5:3***
2. **E**arnestly believe that God exists, that I matter to Him and that He has the power to help me recover. (Step 2)  
*Happy are those who mourn, for they shall be comforted. **Matthew 5:4***
3. **C**onsciously choose to commit all my life and will to Christ's care and control. (Step 3)  
*Happy are the meek. **Matthew 5:5***
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 and 5)  
*Happy are the pure in heart. **Matthew 5:8***

5. **V**oluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 and 7)  
*Happy are those whose greatest desire is to do what God requires."*  
**Matthew 5:6**
6. **E**valuate 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. (Steps 8 and 9)  
*Happy are the merciful. Happy are the peacemakers. Matthew 5:7, 9*
7. **R**eserve a 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. (Steps 10 and 11)  
*Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life. Psalm 139:23-24*
8. **Y**ield myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12)  
*Happy are those who are persecuted because they do what God requires. Matthew 5:10*

## THE TWELVE STEPS

### (and their Biblical Comparisons)

1. **We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.**

*I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. Romans 7:18*

2. **We came to believe that a power greater than ourselves could restore us to sanity.**

*For it is God who works in you to will and to act in order to fulfill His good purpose. Philippians 2:13*

3. **We made a decision to turn our lives and our wills over to the care of God.**

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Romans 12:1*

**4. We made a searching and fearless moral inventory of ourselves.**

*Let us examine our ways and test them, and let us return to the Lord.  
Lamentations 3:40*

**5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

*Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16*

**6. We were entirely ready to have God remove all these defects of character.**

*Humble yourselves before the Lord, and he will lift you up. James 4:10*

**7. We humbly asked Him to remove all our shortcomings.**

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9*

**8. We made a list of all persons we had harmed and became willing to make amends to them all.**

*Do to others as you would have them do to you. Luke 6:31*

**9. We made direct amends to such people whenever possible, except when to do so would injure them or others.**

*Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:23-24*

**10. We continued to take personal inventory and when we were wrong, promptly admitted it.**

*So, if you think you are standing firm, be careful that you don't fall!  
1 Corinthians 10:12*

**11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.**

*Let the word of Christ dwell in you richly. Colossians 3:16*

**12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.**

*Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. Galatians 6:1*



## THE TWELVE STEPS FOR OVERCOMING ABUSE

### (and their Biblical Comparisons)

The following steps are based on the same 12 Steps used by people overcoming all types of Hurts, Habits and Hang-ups in Celebrate Recovery, but have been tailored by national Celebrate Recovery leaders to meet the specific needs of those overcoming physical, emotional or sexual abuse.

- 1. We admitted we were powerless over the past and as a result, our lives have become unmanageable.**

*I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. Romans 7:18*

- 2. We came to believe that God could restore us to wholeness, and realized His power can always be trusted to bring healing and wholeness in our lives.**

*For it is God who works in you to will and to act in order to fulfill His good purpose. Philippians 2:13*

- 3. We made a decision to turn our lives and wills over to the care of God, realizing we have not always understood His unconditional love. We chose to believe He loves us, is worthy of trust, and will help us understand Him as we seek His truth.**

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Romans 12:1*

- 4. We made a searching and fearless moral inventory of ourselves, realizing all wrongs can be forgiven and renounced the lie that the abuse was our fault.**

*Let us examine our ways and test them, and let us return to the Lord. Lamentations 3:40*

- 5. We admitted to God, to ourselves, and to another human being the exact nature of the wrongs in our lives, including those acts perpetrated against us as well as those wrongs we committed against others.**

*Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16*

- 6. By accepting God's cleansing, we renounced our shame and were entirely ready to have God remove all these distortions and defects of character.**

*Humble yourselves before the Lord, and he will lift you up. James 4:10*

- 7. We humbly asked Him to remove all our shortcomings, including our guilt. We released our fear and submitted to Him.**

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9*

- 8. We made a list of all persons who had harmed us and became willing to seek God's help in forgiving our perpetrators, as well as forgiving ourselves. We realized we have also harmed others and became willing to make amends to them.**

*Do to others as you would have them do to you. Luke 6:31*

- 9. We extended forgiveness to ourselves and to those who have harmed us, realizing this is an attitude of the heart, not always confrontation. We made direct amends, asking forgiveness from those we have harmed, except when to do so would injure them or others.**

*Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:23-24*

- 10. We continued to take personal inventory as new memories and issues surfaced. We continued to renounce our shame and guilt, but when we were wrong, we promptly admitted it.**

*So, if you think you are standing firm, be careful that you don't fall! 1 Corinthians 10:12*

- 11. We sought through prayer and meditation to improve our conscious contact with God and our understanding of His character, praying only for knowledge of His truth in our lives, His will for us and the power to carry that out.**

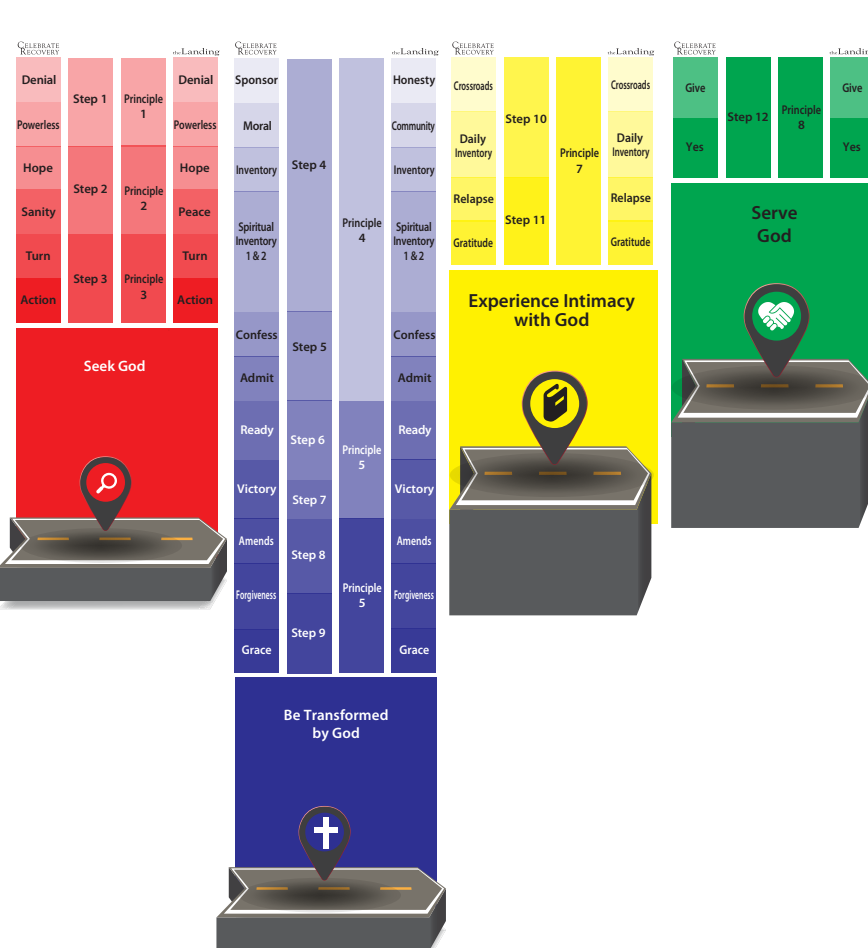
*Let the word of Christ dwell in you richly. Colossians 3:16*

- 12. Having had a spiritual awakening as we accepted God's love and healing through these steps, we tried to carry this message of hope to others and to practice these principles in all our affairs, claiming God's promise of restoration and wholeness as new memories and issues surfaced.**

*Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. Galatians 6:1*

## PURSUING CHRIST IN THE JOURNEY

# Using the 12 Steps for Spiritual Growth and Discipleship



## SMALL GROUP GUIDELINES

To create a safe environment, these guidelines and explanations are read and honored at every Brookwood Celebrate Recovery and Landing Open Share or CR Step Study Group.

- 1. Keep your sharing focused on your own thoughts and feelings, using “I” statements to talk about your own actions or thoughts.** Limit your sharing to 3 to 5 minutes so everyone has a chance to contribute.
- 2. There is NO cross talk. Each person is free to express his or her feelings without interruption.** Cross talk is anything that interrupts a person’s sharing such as conversation between others in the group, asking follow up questions, making comments or making “I can (or I can’t) relate to you” statements. Speak only in terms of your own recovery and experience.
- 3. We are here to support one another, not fix one another.** Advice, book referrals, counselor referrals etc., should only be discussed outside of group time and if a person specifically asks.
- 4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group.** Violations may result in expulsion from CR. **The only exception is when someone threatens to injure themselves or others** or we are concerned for someone’s safety. Please remember this guideline during interactions at Crosstalk Café, when seeing other participants in public and in your social media posts.
- 5. Offensive language has no place in a Christ centered recovery program.** This includes graphic language or descriptions as they can be painful triggers for others in your group.



Community is key to healing. That's why CR has regular Fellowship Events.

## Meet Ed

I was able to hide my alcoholism for many years from my family and friends until I was arrested for DUI in 2013. My wife asked me, "Who are you?" I also struggled with relationships because I was raised in a dysfunctional household. I blamed everyone but myself for my bad habits, hurts and hang-ups.

I came to CR for the second time soon after my DUI incident and completed the 12 step program. I discovered that God still loved me in spite of my many failures. I also found that I was not alone with my struggles in this world.

I now enjoy serving in CR. Following Jesus has led me to a new life of freedom from past struggles and a forever family that will love and support me just as I am.

# Section III: Community & Growth

## ACCOUNTABILITY PARTNERS & SPONSORS

Most of our hurts happened in relationships and most of our healing will happen in relationships as well. Having a healthy team of people to support you is vital in overcoming any struggle. That's because God designed us to grow in community. That's why we recommend finding a sponsor and building a team of accountability partners as soon as possible. If you picture healing as a baseball game, accountability partners are your teammates while the sponsor is your coach. Accountability partners are people of the same gender going through the program with you. They are fellow travelers. A sponsor is someone to help guide you on your path. They need to be someone of the same gender who has already graduated a Step Study and has some experience in their own healing. While we do not assign sponsors or accountability partners, leaders are here to encourage and guide you through the process. Though the Landing does not use sponsors, we do encourage them to build healthy relationships of accountability with one another.

## STEP STUDY GROUPS

Real healing happens on Thursday nights, but for those who want to dig deeper into overcoming the struggles in their life, we strongly encourage you to join a Step Study. Step Studies are gender specific groups that meet on a day outside the regular Celebrate Recovery meeting. The same group of people meet weekly for 6-10 months and work through 4 participant guides that move you through the twelve steps of healing and recovery. These groups have a high level of accountability and transparency which leads to a life-changing experience. Those who graduate a step study are celebrated during a graduation ceremony at a regular Celebrate Recovery meeting.

## FELLOWSHIP AND HOLIDAY EVENTS

A vital part of overcoming our Hurts, Habits and Hang-ups is building healthy relationships and community. That's why Celebrate Recovery offers fellowship opportunities on a regular basis. Fellowship events are announced on Thursday nights, are featured in the monthly Celebrate Recovery and the Landing newsletter, and are listed at Sign-up Central during Crosstalk Café. Whether it's flag football, a cookout, crafting or a family game night, these events are a great way to experience community in a new and healthy way. Some fellowship events are for adult participants only, but others are family-friendly and will include the Landing students.

In addition to our regular fellowship events, we also have a number of special events throughout the year. We know the holidays can be difficult for some people. That's why Celebrate Recovery and the Landing offers special meetings or events on holidays such as Thanksgiving night.

## WORKSHOPS AND TRAININGS

Education and personal growth are just as important to our healing as fellowship and community. That's why Celebrate Recovery and Care Ministries offer regular opportunities for workshops and trainings. Some monthly trainings are specific to the Celebrate Recovery journey like Sponsorship and Leading a Step Study. Others have a wider appeal, such as Boundaries, Suicide Awareness, How's Your Serenity, How to Write Your Testimony and many more. Check the CR/Landing bulletin and our Facebook page for upcoming classes.

## OUTREACH PROGRAMS

Celebrate Recovery believes in reaching out to those who are hurting. That's why Brookwood Celebrate Recovery sends leaders into the community to share the love of Jesus through this healing ministry. Our volunteers minister to the patients at The Carolina Center for Behavioral Health every weekend, sharing the Good News of Christ's healing power.

## CELEBRATE RECOVERY RESOURCES

You'll never have to buy anything to participate in the Thursday night Celebrate Recovery meeting. There are, however, some additional resources we want to share with you:

### BIBLES

Everything we do in Celebrate Recovery is based on the Scripture. We encourage people to explore, read and study God's Word as they heal. We specifically recommend the two Bibles listed below.

- *The Celebrate Recovery Study Bible (NIV)*

This Bible is great for reading the Bible along with the Celebrate Recovery Lessons. It's available on Thursday nights at the CR Welcome Desk for a discounted price.

- *The Holy Bible Large Print, Slim Line Edition (NLT)*

Ask our church Bookstore team about this printing. It is the Bible used during Sunday morning worship and corresponds with the page numbers used on-screen during Sunday messages.

## THE LANDING JOURNAL

The *Landing Journal* gives teenagers a place to record their thoughts and review their progress on the journey toward freedom. The journal offers a safe place to express their thoughts and feelings. Each chapter recaps the key truths and Scriptures from the lesson, presents a devotional linked to that week's theme and features questions that help teenagers dig deep and apply what they've discussed. This resource is provided free to each student by the church.

## CELEBRATE RECOVERY PARTICIPANT GUIDES

The *Participant Guides* are available in the Brookwood Bookstore and include two sets of four booklets. *The Journey Begins* (books 1–4) are used during a participants first step study. *The Journey Continues* (books 5–8) are used for those who have graduated *The Journey Begins* study and wish to do additional step studies.

## COMPANION BOOKS

Celebrate Recovery exclusively uses the Celebrate Recovery curriculum and Scripture during meetings. The following are approved books for Celebrate Recovery use:

- *The Celebrate Recovery Daily Devotional* by John Baker, Johnny Baker and Mac Owen
- *Life's Healing Choices* by John Baker
- *The Purpose Driven Life* by Rick Warren

## TIPS FOR GREATER SUCCESS

Showing up to Celebrate Recovery or the Landing will have a positive impact on your life. Even if you simply sit and listen, God will speak to you through what others share. There are some people however, who want to dig in right from the beginning. Here are some suggestions to help get the most out of the meeting on Thursday nights.

## TIPS FOR GREATER SUCCESS IN LARGE GROUP

- Come early and come willing to worship. There are days we drag ourselves into CR having had the wind kicked out of us by the world. Be committed to come early and participate in worship. Being willing to connect to God (even when we don't feel like it) will prepare you for the change He wants to make in you that night.



- During the lesson take notes. Use the back of your lesson insert to write down what moves you. Students should also make note of how the video illustrations speak to you.
- Even if you initially came to CR to support someone else, fight the temptation to think things like, “You know who needs this lesson?” Focus solely on how it speaks to **your** own spiritual walk.
- Don’t toss away the rote. Ask God to teach you something new through known material. We read the 8 Principles or 12 Steps every week, but don’t become so accustomed to them that they lose their meaning. Our recovery and growth are progressive. When something like the Serenity Prayer starts feeling repetitive to you, say a short prayer before we begin like, “Lord, What do you want me to know or see here that I didn’t before?”
- Your growth doesn’t happen on Thursday nights alone. Everything we do, every lesson we teach is supported by the Bible. Pick out a Scripture that comes up during the night, write it down in your notes, and commit to reading that chapter of the Bible on your own. Feel free to read more if you’d like, but start spending time in the Word.

We also review the weekly Brookwood Church Soul Training exercise at every Large Group Meeting. We encourage you to download the weekly discussion guide and review it with your Small Group or accountability partners.

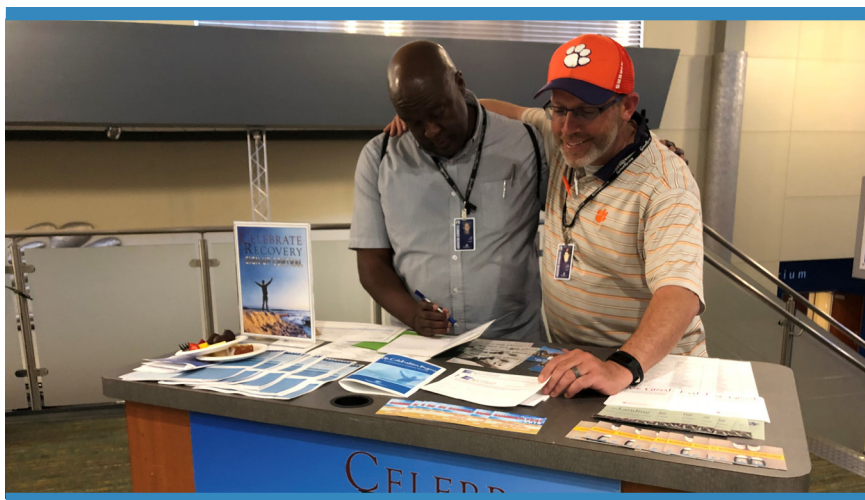
### TIPS FOR GREATER SUCCESS IN OPEN SHARE GROUP

- First and most importantly, go to the Open Share Group. Remember, there are three parts of the meeting and they’re all designed to work together. If the Large Group is equivalent to a Sunday morning service, Open Share is like a Small Group. It’s where you get personally engaged and your continued growth happens. Even if you’re not ready to share yourself, that’s okay. It’s incredibly powerful to know you’re not alone in your thinking or struggles as you hear others share.
- Think through the questions at the bottom of your lesson insert before going into Open Share Group. How did the testimony or lesson affect you? How can you relate to it?
- Be willing to be slightly more transparent than you want to be. This ministry is a safe place for healthy challenges and healthy risks. For some, just identifying why you’re here might be a big step. For others it might be getting that secret off your chest for the first time. Either way, be willing to stretch yourself.
- Finally, follow the guidelines. There are 5 guidelines read at the beginning of every Open Share Group (see page 19). Some of them may seem

uncomfortable or foreign if you're not used to them, but those guidelines are vital to keeping the group safe for everyone. It may be hard for newcomers who don't know all the guidelines or how they work, but don't worry about doing something wrong. We're here to walk you through the process with no judgment. That's why they're called guidelines and not rules.

### TIPS FOR GREATER SUCCESS AT CROSSTALK CAFÉ

- Remember that Crosstalk Café is part of the meeting, so be intentional about building an accountability team. (There's more information about this topic in the Sponsors and Accountability Partners section at the beginning of Section III.)
- Use the time to connect with your sponsor or find a sponsor if you don't have one yet. Landing students can also connect with their group leaders for additional encouragement.
- When having your discussions at Crosstalk Café, remember that we're here to support one another, not to fix one another.
- Finally, remember that the confidentiality from your Open Share Group extends into Crosstalk Café. What was said in your group stays in the group unless someone is in danger.



During Crosstalk Café, Visit Sign-Up Central to learn about upcoming CR events.

## IMPORTANT INFORMATION FOR LANDING PARENTS

The Landing creates an environment where students can learn to make wise choices and develop healthy patterns for living. It's a safe haven to help overcome life-controlling hurts, hang-ups and habits by providing insights on following God's path to greater freedom in life.

The ministry uses interactive and age appropriate versions of the Celebrate Recovery lessons being explored in the corresponding adult meeting on Thursday nights, giving families the opportunity to discuss what they're learning as they grow closer to God together.

We encourage parents who have children in the Landing to attend the adult Celebrate Recovery meeting to promote overall healing and growth for the family.

A schedule for the meeting night is found in Section I. Beyond the information below, please review the rest of this booklet to learn how Celebrate Recovery and the Landing function together.

## GENERAL POLICIES AND HELPFUL INFORMATION

**Privacy:** What's shared in the group stays in the group. Parents will not be notified of what a student shares unless a student reports he or she has been or will be harmed.

**Leaders:** All leaders have background checks and are interviewed and receive training prior to being allowed to work in The Landing. Students will have a leader of the same gender. Please feel free to contact Brookwood Care Ministries at 864.688.8228 should your teenager need additional support outside of The Landing's normal meeting times.

**Adult Visitors:** Because we place a high value on the safety of students, adults who are not part of The Landing leadership team are not allowed into The Landing. To keep this a safe place for students to share, this policy includes parents who are not approved volunteers.

*Attendance:* While we encourage students to attend each week, we realize students may have other events that require them to miss from time to time. Every week a student doesn't attend, he or she will miss out on an important element of dealing with life's hurts, habits and hang-ups. Please encourage your son or daughter to be as consistent as possible in attending The Landing. Please encourage your child to bring their Student Journal every week.

Please be aware that we do not patrol the Brookwood campus to ensure students are not skipping The Landing meetings. Additionally, we can't physically force students to stay in The Landing. Security staff is on campus and can contact our pastors and volunteer leaders when a student is seen loitering around the campus, but we can't force the students to attend. Students must be responsible.

As a parent if you question your student's likelihood to attend, we encourage you to attend the family worship time and remain for Celebrate Recovery.

## FREQUENTLY ASKED QUESTIONS

### **Is there a fee for students to attend The Landing?**

No. There is no charge to attend The Landing. A Student Journal is provided at no cost to record thoughts throughout the lessons. Students should use their journals during the week and bring them each Thursday night.

### **Will there be special events for students to attend outside The Landing?**

See the section called Fellowship and Holiday Events in Section III for information on Landing-specific events. The Landing is also part of the larger Brookwood family. We encourage students participating in The Landing to also get involved with our Middle School - Axis and High School -Crave ministries by attending those weekend services and special events.

### **Does The Landing offer counseling?**

The Landing is not a counseling program. It's a teen support and discipleship group. We do realize, however, that students and families may need additional support outside The Landing, and we encourage you to contact Care Ministries at 864.688.8355 so we can help you make a plan that's right for your family.

## Meet Kayla

I've been a daughter of The King since I was nine years old. I've served with The Landing since its beginning at Brookwood. I've always had a heart for helping young girls. My desire has been for them to feel wanted and accepted but ultimately to find Christ. When I first heard that The Landing was starting at Brookwood, I knew it was a place for me to come alongside of the girls and be an advocate for them. I want to show them God's love. One of the most memorable moments is when one of the girls learned about the Holy Spirit. She was so excited when she realized that the happiness and joy she was feeling at worship was Him! It's been



Crosstalk Café is a great place to learn how to build healthy relationships.

## Section IV: Going Deeper

### ADDITIONAL SUPPORT FROM BROOKWOOD

Celebrate Recovery is part of the much larger Brookwood Church family. If you feel you could benefit from additional support as you heal, we would be honored to take those steps with you. We're here to encourage and support you as you grow. Here are just a few of the support paths we have available:

#### FINANCIAL CARE MINISTRY

Through church and community resources, the Brookwood Financial Care Ministry assists families who are facing difficult financial situations. For more information please visit [brookwoodchurch.org/financialcare](http://brookwoodchurch.org/financialcare).

#### LAY COUNSELING

Our Lay Counseling Ministry provides Christ-based counseling to individuals and married couples who are in need of help. Counselors have completed a training course that equips them to serve God in this ministry. For more information please visit [brookwoodchurch.org/care](http://brookwoodchurch.org/care).

#### PRAYER MINISTRY

Our Brookwood Prayer Ministry has dozens of people willing to pray for you and your prayer requests daily for 30 days. Go online to tell us how we can pray for you. To leave a prayer request visit [brookwoodchurch.org/prayer](http://brookwoodchurch.org/prayer).

#### SUPPORT GROUPS

Celebrate Recovery can address the ongoing struggles in your life year round. We also encourage you to consider a short-term support group at Brookwood. We seasonally offer support groups such as GriefShare, DivorceCare, Life's Healing Choices and more. For more information please visit [brookwoodchurch.org/support](http://brookwoodchurch.org/support).

#### TRANSFORMATION PRAYER MINISTRY (TPM)

Hearing the voice of God in a personal way can be a life changing experience, especially when He addresses specific wounds or issues. TPM provides opportunities to experience God in ways that result in lasting change. For more information please visit [brookwoodchurch.org/tpm](http://brookwoodchurch.org/tpm).

To learn more about these ministries, please feel free to contact us at [careministries@brookwoodchurch.org](mailto:careministries@brookwoodchurch.org) or call 864.688.8355.

We also want to encourage you to get involved with other aspects of the Brookwood Church family. If you don't have a church home, join us on Sunday mornings at 9 or 11 am. You may also want to consider joining a Brookwood Small Group or getting involved in our growth classes. You can learn more about everything Brookwood has to offer by visiting [brookwoodchurch.org](http://brookwoodchurch.org)

*Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

**Hebrews 10:24-25 (NLT)**

## A BRIEF HISTORY OF CELEBRATE RECOVERY

Saddleback Church launched the first Celebrate Recovery meeting with 43 people in 1991. It was designed by John Baker and Rick Warren as a program to help those struggling with Hurts, Habits and Hang-ups by showing them the loving power of Jesus Christ through a recovery process. Celebrate Recovery has helped more than 17,000 people at Saddleback Church alone. God is now using Celebrate Recovery to change millions of lives in over 29,000 churches, recovery houses and prisons worldwide!

Celebrate Recovery was launched at Brookwood Church in August 2003. Since that time, the ministry has expanded to include The Landing (the official Celebrate Recovery program for teens), fellowship events, holiday meetings and a strong community. Leaders from Brookwood Celebrate Recovery also conduct meetings at partner organizations like The Carolina Center for Behavioral Health.

*And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.*

**Philippians 6:1 (NLT)**

## WHAT CR IS AND WHAT IT'S NOT

### 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 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.

## **DEFINITIONS OF SOBRIETY AND VICTORY**

Because Celebrate Recovery is based on the words of Christ and has a focus on building an experiential relationship with God, the Steps and Principles can be used to overcome any Hurt, Habit or Hang-up in your life. We use the Chip Ceremony to celebrate the victories of those growing in recovery. Sometimes, especially for those who are new, it can feel difficult to measure that success. To help you get started, we are providing some definitions for what sobriety or victory looks like in some of the most common areas of healing. These definitions are only a starting point and we encourage you to work with a sponsor or Celebrate Recovery leader to craft a definition that meets your individual needs (whether your struggle is listed here or is something else).

### **Sobriety for Codependency**

The key to codependent sobriety is learning how to have healthy relationships and how to establish and enforce appropriate boundaries so we may accurately establish where we end and another person begins.

I can recognize codependent sobriety when I have not actively sought to control or manipulate others, given unsolicited advice, or based my self-concept on the well-being or approval of others.



While working toward codependent sobriety I'll make a faithful commitment to consistently work the program, which includes working or having worked through the CR Step Study Group, steady attendance at the Thursday night meetings, service and accountability to a sponsor and accountability partners. We advocate journaling, daily inventory, transparency and rigorous honesty.

### **Sobriety for Sexual Addiction**

For the unmarried Christian, sexual sobriety means having no form of sex with self or with anyone else.

For the married Christian, sexual sobriety means having no form of sex with self or with anyone other than his/her spouse. The married person may need to consider a *season* of abstinence from sex with his/her spouse, especially early in the recovery process.

And for everyone, sexual sobriety means seeking and achieving progressive inner sobriety.

### **Sobriety for Codependency in a Relationship with a Sexually Addicted Person**

- Maintaining a state of confidence resulting from a reliance and trust in God.
- Focusing on God and relying on Him to meet my needs.
- Letting go of control and trusting God for the outcome.
- Not taking responsibility for the addict's behavior or recovery.
- Allowing the sex addict to be responsible for his/her own actions and recovery – no rescuing.
- Being honest with myself about my need to be in recovery.
- Minding my own business—no checking up on or spying on the addict, trusting that God will reveal any necessary information.
- Committing to growth through prayer, educational reading, and accountability.

### **Sobriety for Physical/Sexual/Emotional Abuse**

Our definition of sobriety is to discover our purpose, to build our self-esteem, and to repair any damage done. We will allow ourselves to feel our feelings, to accept them, and learn to express them appropriately.

We will not partake in any addictive or self-destructive behaviors. We will not allow the pains of our past to keep us as victims, but grow from God's healing. In order to change, we as survivors of physical, sexual, and/or emotional abuse cannot use history as an excuse for continuing our destructive behaviors.

### **Sobriety for Food Issues**

Sobriety means I have not overeaten compulsively, binged/purged, starved myself, over-exercised, or engaged in any ritualistic eating pattern. Rather, I have released control of my food and way of eating to the control of God and sought to eat in a sane and healthy manner.

### **Sobriety for Anger**

Sobriety means I have not lashed out at others or harbored ill will toward others, but have taken appropriate steps to forgive others and resolve conflicts. I have also not shut down emotionally, giving in to depression, which is anger turned inward.

Sobriety also means working or having worked through a CR Step Study Group, steady attendance at the Thursday night General Meetings, serving and accountability to a sponsor and accountability partners.

### **Sobriety for Chemical Dependency**

In order to attain sobriety from chemical addiction I need to abstain from alcohol and all drugs one day at a time and continue to apply the recovery steps and principles in my life.

### **Sobriety for Financial Issues**

Living by God's Financial Guidelines: Tithe 10% - Save 10% - Living on 80%

### **Sobriety for Gambling**

Sobriety for the compulsive gambler is defined as follows: Complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or *skill*.

## Meet Rick

After 30 years of chasing the American Dream, trying to fill a joy inside I didn't know was there, I found freedom and healing from a life-long battle with drug abuse and addiction in the arms of a loving God. I grew up in a dysfunctional church-going home where our idols were the Washington Redskins, alcohol and pornography. I checked out at an early age after suffering years of verbal, physical, and sexual abuse. The message to me was, "You are no good, and you are worthless." I became isolated, depressed, and would develop deep rooted self-esteem issues. Drugs and alcohol became my coping mechanism, along with pornography. When I came to Celebrate Recovery, I heard Principal 2: "Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover." It was hard to think that I mattered to Him—I didn't think I mattered to anyone. I grew up believing God thought I was a mistake. What I found was a God who didn't want to punish me, but embrace me. Now I live in freedom and have found healthy relationships through Brookwood Church and Celebrate Recovery. an honor to serve for God and an honor to be at The Landing.

## GLOSSARY OF CELEBRATE RECOVERY TERMS

Every group has a tendency to develop their own language with specific expressions and terms. CR is no exception, but we never want someone to feel like they've been excluded simply because they're not familiar with the phrases we commonly use. Below is a list of terms we found confusing as we started Celebrate Recovery, and we hope you'll find it helpful as you start your journey with us.

**Celebrate Recovery:** Celebrate Recovery is a Bible-based ministry helping people find freedom from any Hurt, Hang-up or Habit. This program uses the encouragement of the Bible to apply God's grace and strength to the 12 Steps and 8 Principles of recovery. (See What is Celebrate Recovery in Section I.)

**CR 101 for Newcomers:** A Small Group designed with the Newcomer in mind. This group is offered on the General Meeting Night during the Open Share groups. Celebrate Recovery 101 for Newcomers is a one-time only informational meeting to introduce Newcomers to the ministry and to answer any questions they may have. (See How the Meeting Works in Section I.)

**Crosstalk Café:** This fellowship event takes place each Thursday night after the Large Group Meeting and Open Share Groups. It's a great time to grow relationships of integrity while identifying accountability partners and sponsors. (See How the Meeting Works in Section I.)

**DNA:** This is a term used to describe the required elements of a Celebrate Recovery Ministry. While certain aspects of the ministry are considered *best practice*, DNA elements must be maintained if a ministry is going to use the Celebrate Recovery name.

**General Meeting Night:** General Meeting Night is on Thursdays at Brookwood Church. This night includes dinner, Large Group Meeting, Open Share Groups and a fellowship event called Crosstalk Café. (See How the Meeting Works in Section I.)

**Information and Welcome Table:** Both are set up on the General Meeting Night next to the Chapel entrance (where our meetings are held). They provide a place for Newcomers to find answers to questions, and get updated materials for the night. There are also flyers available with issue-specific information. The Life Recovery and Celebrate Recovery Bibles are also available for purchase or to order at the Welcome Desk.

**The Landing:** The Landing is the official Celebrate Recovery program for Teens. (See Healing the Entire Family in Section I.)

**Large Group Meeting:** A component of the General Meeting Night. This is a time when the entire Celebrate Recovery group gets together for a time of worship, lessons or testimony. (See How the Meeting Works in Section I.)

**Leader:** A participant of Celebrate Recovery who has completed the requirements of leadership. This includes T.E.A.M. members, Small Group and Step Study leaders, Trainers and other key volunteers.

**Open Share Group:** These Small Groups immediately follow the Large Group Meeting on General Meeting Night. The Open Share Groups are intended to provide a safe place for sharing, and do not use the Celebrate Recovery Participant Guides. The groups are gender specific and when possible, issue specific. (See How the Meeting Works in Section I.)

**Participant Guides:** The Participant Guides are two sets of four books (*The Journey Begins* and *The Journey Continues*) which guide a participant through the 12 Steps of recovery. While they follow the themes of the weekly Large Group lessons, they are only required for individuals participating in a Step Study Group. The set is available for purchase in the Brookwood Bookstore. (See Section III for more details.)

**Road to Recovery:** This is the term used to describe the 8 Principles of Recovery by Rick Warren taken from the Sermon on the Mount taught by Jesus in Matthew Chapter 5. They also correspond with the 12 Steps of Recovery. (A list of the 8 Principles and 12 Steps is available in Section II of this booklet.)

**Sign-Up Central:** Sign-up Central is available during Crosstalk Café where two leaders are always available to answer questions, offer information, and help you sign-up for upcoming Celebrate Recovery events and Step Studies.

**Small Group Guidelines:** There are five Small Group Guidelines we use to keep every Open Share and Step Study Group safe. The Guidelines are reviewed at the beginning of every group and can be reviewed in Section II of this booklet. (See Small Group Guidelines in Section II.)

**Sponsors and Accountability Partners:** While CR leadership does not assign or facilitate people finding accountability partners or sponsors, we encourage every participant to build a support team for themselves. Sponsors act as a mentor, guiding you to the next step of recovery and spiritual growth. Accountability Partners journey with you as you hold each other accountable and grow together. Both accountability partners and sponsors must be the same gender. (See Section III for more details.)

**Step Study Group:** The Step Study Group is a 1.5-2 hour meeting designed to help you work through the 12 Steps and 8 Principles, using the Celebrate Recovery Participant Guides. These groups will meet on a different night than the General Meeting Night for 6-10 months. While the groups may have mixed issues, they are always to be gender specific. (See Step Study Groups in Section III.)

**T.E.A.M.:** A group of key Leaders/Coaches who work with the Associate Care Pastor to oversee the Celebrate Recovery ministry. Like many things in Celebrate Recovery, T.E.A.M. is an acronym that stands for:

- T = Training Coach(es)
- E = Encourager Coach(es)
- A = Assimilation Coach(es)
- M = Ministry Leader(s)

**Twelve Steps of Recovery:** The 12 Steps of Recovery have long been used to help people overcome their addictions. By applying these steps with the biblical passages on which the principles were based, they can be used to find freedom from any Hurt, Hang-up or Habit. (A list of the 8 Principles and 12 Steps is available in Section II of this booklet.)

## Meet Diane

Being raised in a dysfunctional family caused me to enter adulthood with no boundaries, no identity and the fear of being rejected and abandoned. This made me the perfect victim for any kind of abuse. I numbed my pain with pathological codependency and nicotine. Jesus took my messed up past and turned it into a message thru His healing and by giving me a new family via Brookwood and CR.



CR Leaders regularly come together for training and to encourage one another in discipleship.

## Meet Sue

I am a beloved daughter of our Lord, Jesus Christ who is celebrating recovery from an Eating Disorder that held me in bondage for nearly 45 years. My journey of recovery began when I entered Selah House (a residential treatment center for women with Eating Disorders), which is located in Indiana. That 6 week stay saved my life, literally, but was just the beginning. There was so much more healing in store for me. I began attending Celebrate Recovery shortly after and CR has played a vital role in my recovery. I am so thankful for the peace that I have in my heart, life and relationships. My greatest desire is to walk beside other women as they find freedom from their hurts, habits and hang ups.









# Stay Connected

864.688.8355 • [careministries@brookwoodchurch.org](mailto:careministries@brookwoodchurch.org)  
[brookwoodchurch.org/celebraterecovery](http://brookwoodchurch.org/celebraterecovery)  
[facebook.com/CRatBrookwoodChurch](https://facebook.com/CRatBrookwoodChurch)  
[twitter.com/joshuajmasters](https://twitter.com/joshuajmasters)

Be sure to fill out a Celebrate Recovery Connection Card for email updates and encouragement. Cards are available weekly at CR 101 for Newcomers or Sign-up Central during Crosstalk Café.



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