

Who can benefit?

Anyone seeking a safe place to learn tools and practice healthy relationships; both men and women; the addicted and/or their families; the guilty, sad or compulsive; anyone in need of recovery.

What is a Celebrate Recovery® meeting like?

Each meeting starts at 7:00 pm with a time of thanking God for his greatness, a teaching or a personal story, and then continues in small discussion groups. Small groups meet from 7:45-8:30 and are gender-specific and issue-related.

Why small groups?

Small groups are one of the most important elements of Celebrate Recovery®, which is built upon the New Testament principle that we don't get well by ourselves – recovery must happen in the context of community. Small groups are gender-specific and issue-related.

Who leads Celebrate Recovery®?

Our meetings and groups are conducted by Christians who have been through 12-step recovery themselves. They understand. Many have been dealt tragic blows in their lives and are able to lead others in similar circumstances by sharing the tools and lessons they have learned in their own lives.

The Church on Lytham
2300 Lytham Road
Columbus, OH 43220
**For every hurt,
habit and hang up.**



What is Celebrate Recovery®?

A court-approved 12-step program that is Christ-centered and Bible-based. We welcome those of any faith and of no faith at all.

How does it work?

This tried and proven recovery process combines the dynamics of small groups, sponsors, accountability partners and special occasions to build recovery for those struggling with addictive habits, codependency, childhood hurts and other life experiences that keep us from learning to prosper and grow.

Why does Celebrate Recovery® work?

Like other recovery programs, Celebrate Recovery isn't for those who need it, but for those who want it.

This recovery program is forward-looking. Rather than wallowing in the past, or dredging up and rehearsing painful memories over and over, Celebrate Recovery focuses on the future

Celebrate Recovery isn't just about alcoholics, addicts, and those who love them, but also about the hurts, habits and hang-ups that affect us all.

Healing happens in community. Addictive lives and behaviors are family problems/illnesses. This is a family ministry; our goal is to heal families and stop the disease and hurts, habits and hang-ups, right here and now.

We embrace not only those with personal issues but also families and their support system.

Eight Recovery Principles Based on The Beatitudes

Principle 1: Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.
"Happy are those who know they are spiritually poor."

Principle 2: Earnestly believe that God exists, that I matter to him, and that he has the power to help me recover.
"Happy are those who mourn, for they shall be comforted."

Principle 3: Consciously choose to commit all my life and will to Christ's care and control.
"Happy are the meek."

Principle 4: Openly examine and confess my faults to God, to myself, and to myself, to God, and to someone I trust.
"Happy are the pure in heart."

Principle 5: Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
"Happy are those whose greatest desire is to do what God requires."

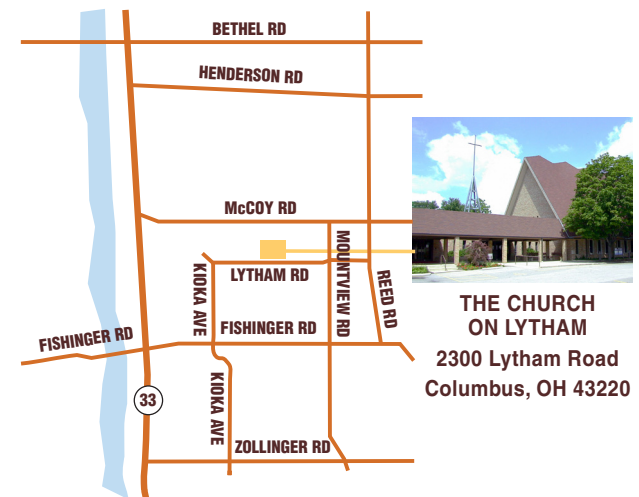
Principle 6: Evaluate all my relationships; Offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others.
"Happy are the merciful." "Happy are the peacemakers."

Principle 7: Reserve a daily time with God for self examination, Bible readings and prayer in order to know God and His will for my life and to gain the power to follow His will.

Principle 8: Yield myself to God to be used to bring Good News to others, both by my example and by my words.
"Happy are those who are persecuted because they do what God requires."

The Serenity Prayer

God, grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And the wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the
pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
That I may be reasonably happy in this life
And supremely happy with Him
Forever in the next. Amen



Need more information about Celebrate Recovery®?

If you have questions, call 451-3736, or e-mail cr@ualc.org.

To learn more about the national Celebrate Recovery® network, go to www.celebraterecovery.com.