

# CELEBRATE RECOVERY

A CHRIST-CENTERED RECOVERY PROGRAM

## FREQUENTLY ASKED QUESTIONS

**Here are some frequently asked Questions:**

### **What is Celebrate Recovery?**

In the words of John Baker, CR's founder, *"Celebrate Recovery is a life-changing ministry...for all different types of hurts, hang-ups and habits. People come to Celebrate Recovery in order to work on issues that have been keeping them trapped and separated from the life that God intended them to live – and in some cases – things that have kept them separated from God."*

### **Is it only about drugs and alcohol?**

No. less than a third of those that attend CR struggle with some form of chemical addiction.

### **So what other issues do you deal with?**

Adult Children of Dysfunctional Families, Anxiety, Anger, Chemical Dependency, Codependency, Depression, Divorce, Domestic Violence, Fear, Finances, Food addiction, Gambling, Guilt and Shame, Grieving, People-pleasing, Relationship addiction, Sexual Addiction (including pornography), Shopping compulsion, Smoking, Unresolved childhood issues, Wounded emotionally, physically and sexually, etc.

### **What's the difference between CR and other Recovery groups?**

There are several ways that differentiate CR from secular recovery groups, but here are 4:

- \*It's a biblically based and Christ-centered program
- \*Jesus Christ is our Higher Power
- \*All the sharing time is gender specific – which ensures deeper sharing
- \*We work all the issues together in the same group

### **Who attends CR?**

Anyone who wants to overcome their **secret** issue that has been keeping them trapped to be everything God wants them to be. That includes: The person that sits next to you at church and who looks "together", pastors, leaders, and everyday ordinary people like you!

### **Do you have to be a member of RHCC to attend?**

No. People come from different churches in the area.

### **How long do I stay in CR?**

It's up to you. Once you find healing, it will be important to be part of a small group in the church and serve in CR or in some other area of the church.

### **Do you do the 12-steps?**

Yes. With the CR curriculum, a "step study" group meets at another time during the week (but never on Friday). With the help of co-leaders the entire group advances through the 12-steps.

**Do I have to share?** No. You can come and just listen until you're ready to share.

### **What is the benefit of sharing in the group?**

When you share with a group in an accepting and non-judgmental environment, you will find freedom and acceptance, realizing that you are not alone in your struggle. Sharing with others frees you from the secrets that have kept you stuck.

**Is there confidentiality?**

Yes. One of the things that makes CR safe is that “what is shared in the group, stays in the group.” We don’t even let people know who comes to our general meetings on Friday nights.

**Do you meet every Friday?**

Yes. We never take a Friday off, even on holidays!

**Is there childcare?**

Yes. It’s free, but you must make a reservation by 2pm on Fridays by calling (310) 519-9406

**Can children attend CR?**

No. CR guidelines mandate that no one under 18 years of age can attend. But this is why we offer childcare.

**Is there Food?**

Yes. Dinner starts at 6pm for a cost of \$4.

**Is there a Cost for joining?**

No. Each member buys their own materials, if they join a Step Study group. We do have a weekly voluntary offering on Friday nights to help defray our costs.

**For more info:** Simply show up any Friday night or call Nate (310)521-2565 or Ellynn-Marie (310)521-2514

**Meets every Friday night on the North Campus.**



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**OUR FRIDAY NIGHT CELEBRATION PROGRAM**

**6-6:30pm Dinner (\$4)**

**6:45-7:30 Worship time and Testimony/Lesson**  
(alternating weekly)

**7:40-8:40 Open-share groups**

**7:40-8:40 Newcomers 101:** this is an informational class that explains the “nuts and bolts” of CR, and where you get all your questions answered.

**8:40 Solid Rock Café** (Dessert and fellowship)