

## **I felt a peace I'd not felt in a long time**

I came to Celebrate Recovery full of major anxiety that created so much angst and panic. A gal from CR I met at the YMCA invited me to come.

I have struggled with anxiety my whole life due to fears as a child not being met, unhealthily parenting and abuse in different forms. I have been a Christian since age 11 and tried counseling and reading books on anxiety and gone to classes which all did help but still felt so alone as a Christian admitting it.

I felt ashamed I had this hang up and couldn't get over it on my own with my bible verses and Jesus. The first evening I went to CR all by myself, I was desperate but felt at home right away, even though nervous.

The first guy that introduced himself on the stage that evening said he was a grateful believer who struggled with anxiety and depression. I couldn't believe they were admitting their problem in front of so many.

I cried during the worship time and felt a peace I hadn't felt for a long time. I wasn't going to be alone in my struggle anymore. I got involved in a step study right away and since have co led two and every time I am healed up even more.

There is no judgment or a critical shaming spirit at CR which was so healing for me in the beginning and what I needed and still do. If anyone has doubts about checking it out I say to just do it...check it out! You are not alone. God is here, His Holy Spirit, and others who can help support you.

Lynne N.