

STEP Studies for Men and Women

Begin on January 10, 2010 at 6:00 p.m. These groups will meet weekly for 6—9 months until they complete their study. Enter the building at the South Peristyle door by the Chapel. Women will meet in C101 and Men will meet in C105. To register or place childcare reservations, please contact one of the leaders listed below.

For more information:

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The Heights Baptist Church

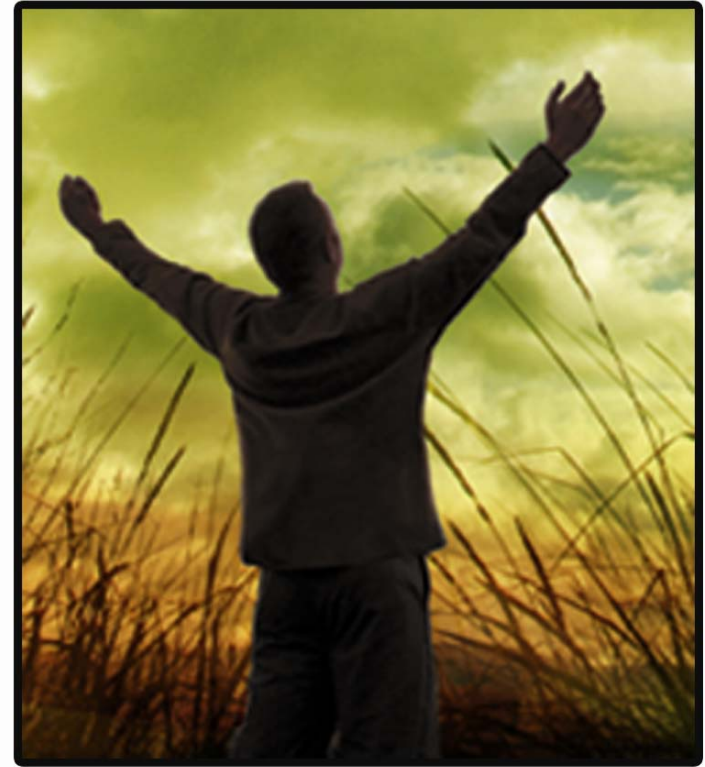
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Celebrate Recovery

Had Enough?

Here's Help!

Celebrate Recovery is.....

A Christ-centered, Bible-Based, 12-Step Recovery program. It is founded on the 8 Principles drawn from the Beatitudes as taught by Jesus in the Sermon on the Mount.

What is the Purpose of Celebrate Recovery?

To serve God by reaching out to others so that they can step out of denial into God's grace, take an honest and spiritual inventory that will help them get right with God, themselves and others, and that will allow them to grow in Christ while helping others.

Who Needs It?

All who need freedom from the hurts, habits, and hang-ups that rob you of joy and hinder your spiritual growth. Anyone can participate in Celebrate Recovery:

- ◆ Anyone ready to start a new life in Christ
- ◆ Men and Women
- ◆ The addicted and their families
- ◆ The sad, guilty, broken or compulsive

Who leads CR?

Celebrate Recovery groups are lead by Christians who have been through recovery themselves. Many have been dealt tragic blows in their lives. Some have suffered from wrong choices that brought painful and lingering consequences, guilt, remorse, grief, and shame. Others suffered abuse from others. They understand the pains of life and the road to recovery.

Why has CR been so Successful?

Thousands of churches, treatment centers, and prisons across the land have established growing CR ministries. There are three reasons CR is special:

- ◆ Jesus Christ is the only "Higher Power"
- ◆ Groups are led by real people who have been through recovery with Christ
- ◆ The Principles and methods applied are Biblical.

What Celebrate Recovery "is" and "is not"

Celebrate Recovery is not a "quick fix", a therapy group, a place to pick up a date, a place to rescue or be rescued by others, a place for selfish control, or a place to judge others.

Celebrate Recovery is a safe place to share, a place of belonging, a place to care for others and be cared for, a place where each person is respected, a place where confidentiality is crucial, a place where you can take off your mask, a place for healthy challenges and relationships, and a new beginning for your life!

What is a Step-Study?

Men and women meet in separate Step Studies where they are lead through four Participant Guides. All participants work through the same material, regardless of their primary recovery issue. Each Guide is a Bible Study designed to move you through the steps as you surrender to Jesus Christ- the only true Higher Power! Each is led by a leader and co-leader who have worked through this process themselves and have experienced the transforming work of Jesus in breaking free from their hurts, habits, or hang-ups. Group members minister to one another as they travel together on the road to recovery. This is an in-depth, life-changing process. A Step-Study meets two-hours per week for up to 6-9 months until completing all the participants guides.

Our proposal and hope for the church is that we will begin having large group meetings by the fall of 2010. The large group will consist of a time of worship provided by our worship team that is to be developed. A participant leads in reading the 12-steps or the 8-Principles with supporting Scriptures. The importance of confidentiality and anonymity is regarded by all saying together "Who you see here, What you hear here, When you leave here, Stay's here, Hear, Hear!" Then one of the CR leaders will share a recovery lesson or a recovery testimony will be given. The CR Serenity Prayer is read aloud by all participants. Then we will dismiss to men's and women's, issue-specific open share groups.

Men and women go to separate small group rooms. Each group is a safe place to share the struggles and victories you experience in your own recovery journey. We will have the following groups available once we have established leaders for these groups:

Women's-

- ◆ Chemical Addiction
- ◆ Co-dependents
- ◆ Victims of Abuse
- ◆ Grief Recovery
- ◆ Sex and Love Addiction
- ◆ Food Addiction

Men's-

- ◆ Chemical Addiction
- ◆ Sex/Porn Addiction
- ◆ Anger/Life Issues
- ◆ Grief Recovery