



On August 30th, we will be begin Celebration Station for children K-6th grades. CS is an ongoing program that teaches children the 12 steps and 8 Biblical Principles that their parents are learning.

There is a \$1 fee each week that helps cover material and craft cost. We ask that each child that attends bring a "brown bag snack" with them. For more information, please contact Becky Bergthold, beckybergthold@aol.com.

Leadership Team:

Cathy Randles, Womens Leader
David Bergthold, Men's Leader

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Pam Nicholson, Staff Sponsor

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The Heights Baptist Church

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Celebrate Recovery

The Purpose of Celebrate Recovery

is to fellowship and celebrate God's healing power in our lives by using the 12 Steps of Recovery to apply the 8 Principles of Recovery to our lives. This experience allows us to be changed. We open the door by sharing our experiences, strengths and hopes with one another. In addition, we become willing to accept God's grace in solving our lives' problems. By working and applying these Biblical principles, we begin to grow spiritually and become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others. As we progress through the program we discover our personal, loving and forgiving Higher Power - Jesus Christ, the one and only true Higher Power.

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 person
- ◆ 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 selfish control
- ◆ Therapy
- ◆ A place for secrets
- ◆ A place to look for dating relationships
- ◆ A place to rescue others or be rescued by others
- ◆ A place for perfection
- ◆ A place to judge others
- ◆ A quick fix
- ◆ A long-term commitment

Celebrate Recovery at The Heights

Celebrate Recovery meets on Tuesday nights in The Brick. The large group will consist of a time of worship, a reading of the 12-steps or the 8-Principles, a recovery lesson or a recovery testimony, and the Serenity Prayer. 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!"

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 each week. Women's Open Share Groups consist of: women's addictions, women's life issues/co-dependency, women's survivors of abuse. Men's Open Share Groups consist of: men's addictions and men's life issues..

Tuesday Night Schedule

Meetings held in The Brick in the lower level
(south parking lot entrance)

6:30	Worship/Teaching
7:20	Small Groups
8:20	Solid Rock Café' (fellowship & desserts)

Childcare for infants and preschoolers by reservation from 6-8:30. Cost is minimal. School age children attend Celebration Station. Contact pnicholson@theheights.org.

Step Studies

Step study groups are the second type of CR small groups. These small groups use a curriculum and require a deeper commitment level. Information is available on these groups at the Tuesday night meetings. Please contact Cathy Randles or David Bergthold (on back) for more information.

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.