

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the 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 hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is; not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next.

Amen

Reinhold Niebuhr

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Celebrate Recovery®

RECOVERY GROUP INFORMATION

**If you are new to recovery, we encourage
you to attend “Newcomers 101”**

We meet every Friday night. . .

6:00-6:45 p.m. Dinner

7:00-8:00 p.m. Worship/Large Group

8:00-9:00 p.m. Small Groups

9:00-9:30 p.m. Cross Talk Café

Crosswinds Wesleyan Church

3360 Middle Cheshire Road

Canandaigua, NY 14424

585-394-5857

www.crosswindsonline.org

www.celebraterecovery.com

Celebrate Recovery Small Groups CAN:

- Provide you a safe place to share your experiences, strengths, and hopes with others that are also going through a Christ-centered recovery.
- Provide you with a leader who has gone through a similar hurt, hang-up or habit and who will facilitate the group as it focuses on a particular Step each week. The leader will also follow Celebrate Recovery's "Small Group Guidelines," listed below.
- Provide you with the opportunity to find an Accountability Partner or a Sponsor.
- Encourage you to attend other recovery meetings held throughout the week.

Celebrate Recovery Small Groups Will NOT:

- Attempt to offer any professional advice. Our leaders are not counselors. At your request, we can provide you with a list of approved counseling referrals.
- Allow its members to attempt to "fix" one another.

Small Group Guidelines:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3–5 minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

* Please be advised if anyone threatens to hurt themselves or others, their Small Group Leader has the responsibility to report it to a Celebrate Recovery Ministry Leader.

Men's & Women's Addictions Groups

Individual groups for men and women

If you find that you cannot quit drinking or using entirely, have a food addiction that causes compulsive overeating or a constant diet roller coaster, are seeking recovery from lust and compulsive sexual behaviors, or are dealing with any other compulsive or addictive habit in your life that you cannot stop or have little control over though honestly desire to, you are probably an addict. If that is the case, you may be suffering from a problem that only a spiritual solution will conquer.

Men's & Women's Relationship Issues Group

Individual groups for men and women

This group is for those struggling with Codependency (the compulsion to rescue and take care of others, have difficulty setting boundaries, or recognizing their own worth), Physical/Emotional and Sexual Abuse (included in the Men's Group) Adult Children of Family Dysfunction, and Recovery from Anger (for those who find that anger is their first response to problems of any size. The anger may be very evident as rage or less obvious in terms of withdrawal and isolation). This groups focus on setting boundaries, healing from the traumas done to us at sometime in our past, as well as healing from the influence these past experiences continue to have on our lives, and addressing our God-given emotions in constructive ways.

Trauma and Abuse (*Starts March 14*)

Individual group for women

This group is for women who have endured past physical, sexual and/or emotional abuse. Recovery includes healing from the traumas done to us at sometime in our past, as well as healing from the influence these past experiences continue to have on our lives.

Welcome to an amazing spiritual adventure!