

CELEBRATE RECOVER FREQUENTLY ASKED QUESTIONS

Are you someone who struggles with:

Lying;	Sex addictions;	Alcoholism;
Gambling	Pornography;	Bitterness;
Perfectionism;	Physical/Sexual/ Emotional abuse;	Guilt & Shame;
Hypochondria;	Co-addicted in relationships with the sexually addicted;	Failures;
Procrastination;	Anger;	Loneliness;
Divorce;	Phobias;	Financial issues;
Overworking;	Fear;	Miscarriages;
Codependency (CODA);	Insecurity;	Abortion;
Depression;	Eating disorder;	Death / Grief (siblings, children, parents);
Manic depressive condition;	Weight problems (loss and gain);	Homosexuality / Bisexuality;
Obsessive-compulsive disorder (OCD);	Smoking or nicotine;	The need to control;
Nervous disorders;	Abusive alcoholic parents (ACA), Drug abuse (illegal drugs, illegal prescriptions, over the counter);	_____ (other - fill in the blank)
Mental disorders;		
Anxiety disorders;		
Compulsive sexual behaviors;		

Have you ever had to deal with any of these issues? Has your behavior affected your life, your family, and those who surround you? If so, then Celebrate Recovery is for you!

We are:

A safe, confidential place to get real with our struggles.

A compassionate family—You're NOT alone!

A proven, Christ-centered, Bible-based, 12-Step program.

What is Recovery?

In physical health, recovery refers to the process of moving from illness to wellness. Our hurts, habits and hang-ups are like an illness and using the tools of Celebrate Recovery we begin to move toward wholeness. Some might say from bondage to freedom in Christ. Others might say from self-reliance to faith in Christ.

Who started Celebrate Recovery?

John Baker started Celebrate Recovery with the main purpose of being able to talk about Jesus Christ as his Higher Power. For the history of Celebrate Recovery see [John Baker's Testimony](#).

Is Celebrate Recovery for me?

Celebrate Recovery offers a person the opportunity to participate in a group fellowship where love and hope combine with God's purpose to mend our lives. Ask yourself:

- Are there things in my life that I do that hurt others?
- Is there something I wish I could live without?
- Is it time to crack my denial and admit I am not in control of my life?
- Do I have a painful habit or hang-up from which I need to be freed?

If you answered "yes" to any of these statements then we urge you to attend a Celebrate Recovery meeting to see if it is for you.

Does it cost anything to attend?

Celebrate Recovery does not charge for this ministry. Our Celebrate Recovery is self-supporting thus free-will offerings are collected. Workbooks are utilized in the [Step Studies](#) and are available for purchase. Prices for these materials range from \$6 - \$20.

What is the difference between AA and Celebrate Recovery?

The principle difference between AA (and other Twelve Step programs) and Celebrate Recovery is that Celebrate Recovery focuses on Jesus Christ as the true Higher Power and uses God's Word as the authority in relation to the [Twelve Steps](#). The Twelve Steps have a Christian heritage as they were modeled after the Oxford Society (see the [AA Story](#)). In order to reach people who would be offended by Jesus or the church, AA focused on a Higher Power. But Celebrate Recovery's [8 Principles to the Road to Recovery](#) tie the Twelve Steps to Jesus Christ's teachings known as the Beatitudes given in The Sermon on the Mount.

Is Celebrate Recovery confidential?

Yes, Celebrate Recovery maintains strict confidentiality. This promotes an atmosphere of trust and enables recovery.

We have a saying that is repeated in every Large Group meeting :

WHO you see here.

WHAT you hear here.

WHEN you leave here.

STAYS HERE.

Hear! Hear!

We are diligent about confidentiality and anonymity. The guidelines/rules protect all of us from judgment and being “fixed”. In a “safe place” you can take off your “mask” and be real and honest without fear. You are 100% in control of when and how much you participate.

Is there child care?

Childcare is available at a cost of \$1 per child. Children are welcome to worship with the large group and then are dismissed after worship.

Do I have to be a member of Briarlake Baptist Church to attend?

No, Celebrate Recovery is a ministry for anyone who is interested in a Christ centered recovery program that will enable them to recover from life’s hurts, hang-ups habits and addictions. There are attendees who are not members and/or do not attend Briarlake Baptist Church. You are welcomed by our loving fellowship of believers to visit with us on Sunday mornings.

What is a Step Study?

The Step Study takes place on a another night other than Fridays. Ours usually meet on Wednesday nights to take advantage of child care. Celebrate Recovery uses the Twelve Steps and its related Scripture as the biblical model for living your life. A Step Study is a personal journey though each of these steps in a confidential group lead by a facilitator who has completed a study. We use Celebrate Recovery's four participants books. When you finish the study you will have worked your hurts, habits, and hang-ups through each step. A Step Study is a long-term commitment to the members of the group. It will typically take 12 months to complete the study. After completing the Step Study, we hope you will join with us as we minister to others dealing with their hurts, habits and hang-ups. We do have guidelines for the groups that are strictly followed.

Do I have to share?

In the Issue Groups, absolutely not . . . until you are ready. You can pass anytime you wish and for as long as it takes for you to become comfortable. In the Step Studies everyone is required to share as the questions are answered.

What if I can't make it every week?

You are welcome to come when you can for worship, large group and issue groups. However if you join a Step Study, you are expected to come each week until you complete it. As with any endeavor, the more effort you put into Celebrate Recovery, the more benefit you will gain.

CR Small Groups will:

- Provide a safe place to share experiences, victories, and hopes with others who are going through a Christ-centered recovery.
- Provide you a leader who has gone through a similar hurt, habit, or hang-up that will facilitate the group as it focuses on a particular Step each week.
- Provide a leader will ensure CR's Five Small Group Guidelines are adhered to.
- Provide you the opportunity to find an accountability partner or sponsor.
- Encourage you to attend other recovery meetings held through-out the week.

CR Small Groups will NOT:

- Attempt to offer any professional clinical advice. Our leaders are not counselors.
- Allow its members to attempt to "fix" one another.

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 member
- 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
- A place for therapy
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix