

# Celebrate Recovery®

*Join a community of people who are seeking healing and freedom in Christ!*

*Experience God's love, grace, and mercy in your life.*

Celebrate Recovery is for anyone who is experiencing a hurt, habit, or hang-up. Our faith community is filled with people who self-identify as living with a variety of life issues that relate to loss, relationship challenges, eating disorders, mental health, and trauma. Some of us are here to have a place to openly journey through the grieving process. Others of us find a place to express ourselves and be heard and valued in the midst of living into life's challenges. Many of us are survivors of physical, sexual, or emotional abuse.

We are a safe place for those who live with habits or hang-ups, which are often trained responses to an internal reaction to painful experiences and wounds. We understand that patterns are created to survive and to function as a natural response. We welcome those who self-identify as struggling with substance abuse/alcoholism or various addictions such as food addiction, sexual addiction, and gambling addiction.

Celebrate Recovery leaders are trained to provide a safe experience for everyone, but we are not here to "fix" anyone or provide counseling. Like you, we are all in recovery and in need of God's grace each day of our lives. Celebrate Recovery offers people a safe faith community to be supported through healthy Christ-centered relationships and a social network.

If you feel that you need more help in addition to what our community offers, let us know and we'll do our best to help connect you to other resources in Christ Church's Wellness and Recovery Ministry and the wider community.

*What should I expect if I show up to Celebrate Recovery?*

**Worship Service:** Our worship service includes music, a lesson or testimony, and prayer. Celebrate Recovery is a Christ-centered 12 step program that has eight principles that are based in the beatitudes. In each service, you will hear the 12 steps or 8 principles and their Biblical comparisons shared.

**Open Share Groups:** These groups meet immediately after the worship service and provide a place for people to share together and reflect on the lesson or testimony from the worship service with other Celebrate Recovery attendees. This is a safe place where participants can be in gender-specific groups and issue-specific groups. If you are new to Celebrate Recovery, we ask that you attend a Newcomers 101 group before entering one of these groups.

**Newcomers 101:** This group is for first-time attendees and will help you better understand what Celebrate Recovery is. We'll provide you the opportunity to ask questions or process your feelings in a safe environment before you make a commitment to a small group. This group also teaches the boundaries that people are asked to keep ensuring that Celebrate Recovery small groups offer a safe place and experience for everyone.

**Connection Café:** If you would like to share in casual conversation with other people in our community, find an accountability partner, or search for a sponsor, Connection Café is the place! Come join us in the Ignite room after your Open Share or Newcomers 101 group concludes. We serve free coffee and tea 9-9:30pm.

**Step Studies:** After you've attended Celebrate Recovery for a while, you will be invited to join a step study. The step study small group is for those who are ready to delve deeper into their past and the choices they have made. This is where participants see real, lasting changes start to happen. Step studies take place another night of the week and require a 10-12 month commitment to complete.

### ***When and Where?***

Christ Church's Celebrate Recovery program officially launches on April 22, 2019, and will meet weekly on Monday nights at 7600 Ox Road, Fairfax Station, Virginia. Our doors open at 6:45pm, and worship begins at 7pm in the Ignite Room, which is located on the second floor of our church.

Open Share groups occur after our worship service at approximately 8pm and conclude at 9pm. If you have time and want to share in conversation, come grab a cup of coffee or tea at our Connection Café 9-9:30pm.

Parking is available in the front and back parking lots of our church. There are separate entrances to our church's atrium area that are accessible from each parking lot. Greeters will meet you and help you find us if it is your first time visiting Christ Church.

### ***Will my confidentiality be protected?***

Celebrate Recovery is not the only ministry that uses space at Christ Church on Monday nights. However, Christ Church has worked hard to widen the definition of recovery and continues to work to destigmatize all hurts, habits, and hang-ups that bring people to Celebrate Recovery. Because people attend Celebrate Recovery worship services for a variety of reasons, no one will know why you are here unless you choose to share your reason. We ask everyone to always remember that someone's attendance and participation in Celebrate Recovery is theirs alone to share with other people who are not part of our community.

All Celebrate Recovery small groups (Newcomers 101, Open Share Groups, and Step Studies) have small group guidelines that people are expected to follow, which include anonymity and confidentiality. What is shared in your group stays in your group. The only exception is when someone threatens to harm themselves or others.

### ***Can I attend if I want to support my friend or family member?***

Everyone is welcome in Celebrate Recovery worship services and our Newcomer 101 group. Many people come to Celebrate Recovery to support a loved one and discover their own healing journey in our small groups. We ask that family members attend separate Open Share groups and Step Studies so that everyone can have a safe place to share their thoughts and feelings. We strive at all times to keep our sharing focused on ourselves and our own thoughts, feelings, and healing journey. While we encourage everyone to share what brought them to Celebrate Recovery, we encourage each other to focus more on our own struggles than someone else's hurts, habits, and hang-ups.

### ***Do you offer childcare?***

Yes! Christ Church provides free childcare for children 12 and under on Monday nights for Celebrate Recovery attendees. Check-in begins at 6:45pm. If you are unsure of where childcare is located, ask a greeter for assistance. Please plan on spending a few extra minutes for the check-in process the first time you check your child in so that we can make sure we keep your children as safe and healthy as possible while they are in our care. We ask that children are picked up from childcare by 9:15pm.

### ***Can youth attend and participate in Celebrate Recovery?***

Celebrate Recovery is a ministry that was created for adults who are at least eighteen years old. Our worship services and small groups are not intended for children or youth. Christ Church has programming and ministries for children and families on other days and evenings of the week. If you have a teenager who you think needs a recovery program, the Landing is Celebrate Recovery's student ministry geared towards Junior High and High School age students. This curriculum is designed to mirror the same material as the adult Celebrate Recovery curriculum, only packaged for students. Christ Church's Wellness and Recovery Ministry Leader can connect families with local programs and resources for youth, including a local Landing program, upon request.

### ***Do you need volunteers?***

We are always in need of volunteers! Celebrate Recovery is a program that nourishes people along their journey of healing so that they can share and guide others on the journey they have been on. Examples of volunteer opportunities include greeters, the resource table, connection café needs, and worship musicians (instrumentalists and vocalists). Once you have been attending Celebrate Recovery for a while and are in a step study, you may also want to consider going through leader training to help facilitate groups.

If you are interested in learning more about volunteering or leading, we'd love to hear from you! All Celebrate Recovery leaders can connect you with opportunities to serve. You can also email the Director of Celebrate Recovery at [LBlitz@ChristChurchVA.org](mailto:LBlitz@ChristChurchVA.org) to inquire about how your gifts can be shared in our community.

*Are there other Celebrate Recovery programs in the area?*

Celebrate Recovery is a world-wide ministry. You can learn more about Celebrate Recovery and search for other programs at <https://www.celebraterecovery.com/> . Many people in recovery attend more than one program a week, depending on their needs and schedule. We encourage you to visit the following local programs if you aren't available on Monday nights or are looking for more than one CR community:

Tuesday 7pm            Floris United Methodist Church, 13600 Frying Pan Road, Herndon, VA

Wednesday 7pm        Fairfax Church of Christ, 3901 Rugby Road, Fairfax, VA

Thursday 7pm           Park Valley Church, 4500 Waverly Farm Drive, Haymarket, VA

Friday 7pm             New Hope Church, 8905 Ox Road, Lorton, VA  
Calvary Road Baptist Church, 6811 Beulah Street, Alexandria, VA  
New Life Christian Church, 14550 Lee Road, Chantilly, VA