

Schedule

Evening
Schedule:



6—7 Fellowship meal;
Suggested donation of \$5/adult & \$3/child (age 4 to 15); max \$15/family
7—8 Worship & Teaching in Large Group
8—9 Small Group Sharing
9—? Desert, Cross talk, and Worship Music

**Check Website for updates on the day(s) of meetings.*

Common Issues

Alcohol/Drug Abuse * Anger *
Anxiety & Depression * Caregivers Support * Codependency *
Divorce * Eating Disorders * Employment/Financial Disaster *
Grief *
Manliness * Marriage
Restoration * Porn/Romance
N o v e l /
Sexual Addiction * Singleness Support * Toxic Faith (Shame, Prosperity, etc.)



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Evangelical Free Church
of **McHenry**

Connecting with God. Connecting with others.

CELEBRATE RECOVERY AT MEFC

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An explicitly
Christian,
twelve-step
program

What is Celebrate Recovery?

Celebrate Recovery is about discovering and healing from the *hurts, habits and hang-ups* that keep us from experiencing God and living well with others.

- **Hurts:** Hurts cause normal, natural emotional reactions to another person's behavior (family dysfunction, co-dependency, etc.) or to a disturbing situation (grief, medical & financial disasters, criminal victimization, etc.)
- **Habits:** Habits are addictions to someone or something (food, gambling, sex, shopping, relationships, pornography, abuse, smoking, money, alcohol or drugs).
- **Hang-ups:** These cause negative mental attitudes for coping with people or adversity (depression, anxiety, unforgiveness, etc.).

This program focuses on the eight recovery principles found in the Beatitudes as presented by Pastor Rick Warren:



Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable. *"Happy are those who know they are spiritually poor."*

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. *"Happy are those who mourn, for they shall be comforted."*

Consciously choose to commit all of my life and will to Christ's care and control. *"Happy are the meek."*

Openly examine and confess my faults to God, to myself, to God, and to someone I trust. *"Happy are the pure in heart."*

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. *"Happy are those whose greatest desire is to do what God requires."*

Evaluate all my relationships; offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others. *"Happy are the merciful. Happy are the peacemakers."*

Reserve a daily time with God for self examination, Bible readings and prayer in order to know God and His will for my life and to gain the power to follow His will.

Yield myself to God to be used to bring this Good News to others, both by my example and my words. *"Happy are those who are persecuted because they do what God requires."*

KEEP CALM and FOLLOW THE RULES

Small group leaders are trained to make, and keep, small groups a safe place to share. The following rules help leaders lead.

1. Always keep your sharing focused on your own thoughts and feelings, Use I and Me statements. Please limit your sharing to three to five minutes.
2. There will be no cross talk please. Cross talk is when two individuals engage in a dialogue, excluding all others. Each person is free to express feelings without interruption.
3. We are here to support one another. We will not attempt to "fix" 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 harm themselves or others.
5. Offensive language has no place in a Christ centered recovery group.

