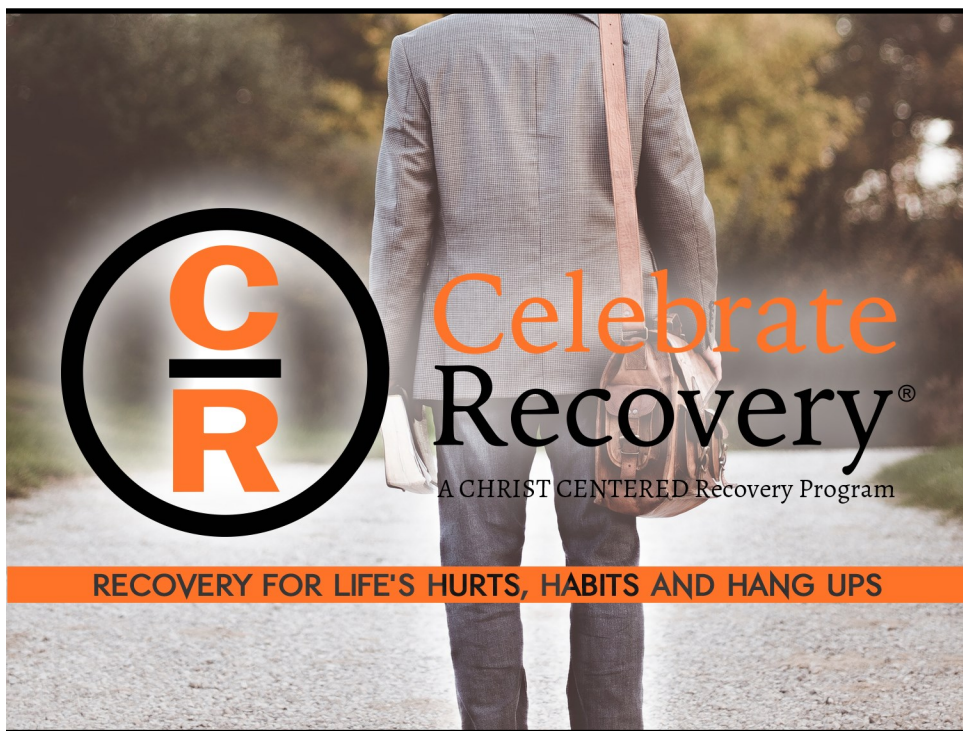


WELCOME HOME



Park Valley Church

4500 Waverly Farm Drive | Haymarket, VA 20169

Every Thursday

Light meal served at 6:30pm

Service starts at 7:00pm

Childcare provided



THINGS WE ARE:

- A PLACE OF REFUGE
- A PLACE TO LEARN
- A PLACE OF BELONGING
- A PLACE TO SHARE IN A SAFE ENVIRONMENT
- A PLACE WHERE YOU CAN TAKE OFF YOUR MASK
- A PLACE TO GROW AND BECOME STRONG AGAIN
- 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 FOR HEALTHY CHALLENGES AND HEALTHY RISKS
- A PLACE FOR A POSSIBLE TURNING POINT IN YOUR LIFE

THINGS WE ARE NOT:

- A PLACE OF THE THERAPY
- A PLACE FOR SECRETS
- A PLACE FOR A QUICK FIX
- A PLACE FOR PERFECTION
- A PLACE TO JUDGE OTHERS
- A PLACE FOR SELFISH CONTROL
- A PLACE TO LOOK FOR DATING RELATIONSHIPS
- A PLACE TO RESCUE OR BE RESCUED BY OTHERS

WHAT IS CELEBRATE RECOVERY (CR)?

This program is a safe and confidential place for all adults (18 and older) who are hurting, confused, struggling and looking for some peace and sanity in their lives. Participants share their hurts, habits, and hang-ups and victories with others in a Christ-centered recovery process. An individual's willingness to be authentic and do the work determines the level of recovery and ability to live a happier, healthier life. Through God's healing power a person can become free of addictive, compulsive, and/or dysfunctional behaviors and begin healing. The fellowship of others in the program works to support individuals as they begin their journey to freedom. The freedom that comes from Jesus results in peace, joy, and continued growth for each person in relationship with God and others.

WHAT TO EXPECT?

6:30-7:00pm:

We come together to break bread and share a meal together. We hope to create a “family” atmosphere.

7:00-8:00pm: Large Group:

Men and women come together for a time of prayer and worship through music. After worship we have announcements, a time of teaching on one of the Twelve Steps and Eight Principles, or a time of encouragement from a personal testimony about recovery. The Large Group closes with the Serenity Payers, and men and women break up into gender specific Open Share Groups.

8:00-9:00pm: Open Share Groups:

Groups are gender specific and provide an opportunity for individuals to share their hurts, habits, and hang-ups and listen to others do the same. The five Small Group Guidelines are crucial to providing a safe and productive meeting. These groups give an opportunity to connect with others who we can identify with and who can identify with us, providing a secure place to begin recovery. Participants can choose to discuss questions from the teachings or testimonies or share whatever is on their hearts. Individuals control their level of participation and whether they choose to share or not share in the group.

WHAT IS A STEP STUDY GROUP?

Groups are gender specific, led by a leader and co-leader, and meet at a different time than Thursday nights. The five Small Group Guidelines are crucial to providing a safe and productive meeting. Group members are required to share as they work through the CR Christ-Centered Twelve Steps and Eight Principles using *The Journey Begins Participant Guides* 1-4. This is a personal journey to overcome struggles and become whole, with a high level of accountability, and in close community with others in the group. Celebrate Recovery has recently released *The Journey Continues Participants Guides* 5-8, designed as a second Step Study curriculum to help people to grow and maintain momentum as they continue to move forward in their recoveries. This Step Study is taken after completing *The Journey Begins Participant Guides* 1-4. Celebrate Recovery testimonies are powerful proof that those who commit to being honest about their lives and doing the emotional and written work required in Step Study find healing from and victory over their hurts, habits, and hang-ups.

THE SMALL GROUP GUIDELINES

The five Small Group Guidelines are crucial to providing a productive and safe meeting, and are read by the Group Leader at the beginning of every Open Share Group meeting and Step Study Group meeting. For any group to be successful these Guidelines must be followed by all participants.

- Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
- 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.
- We are here to support one another. We will not attempt to “fix” one another.
- Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group.
- Offensive language has no place in a Christ-centered recovery group.

Additional Recommended Guidelines:

- Please turn off your cell phones and put them away while in Open Share or Step Study Group so that people are able to speak without interruption.
- Please do not bring food in the Open-Share Group or Step Study Group so that people are able to speak without distractions. Water and beverages are allowed.

SEVEN FEATURES THAT MAKE CELEBRATE RECOVERY UNIQUE & WORK

1. **Celebrate Recovery is based on the Bible.**

Jesus states the eight ways to be happy; today we call them the BEATITUDES. From a conventional viewpoint, these statements don't make sense as they can sound like contradictions. When fully understood, you'll see these eight principles are God's road to recovery, wholeness, and growth.

2. **Celebrate Recovery focuses on the future.**

No matter what has happened in the past, the solution is to start making wise choices NOW and depend on Christ's power to help make changes.

3. **Celebrate Recovery emphasizes personal responsibility.**

This program helps people face up to their own poor choices and deal with what they can change. We cannot control all that happens to us, but we can control how we respond. We can stop blaming, hiding our own faults, and accusing others. We, then, have more energy to focus on problems within ourselves.

4. **Celebrate Recovery emphasizes a spiritual commitment to Jesus.**

The third principle calls for us to surrender our lives to Christ. Lasting recovery cannot happen without this step. Everyone needs Jesus. Changed lives always attract others who want to be changed. However, you do not currently have to be a believer of Jesus to attend this program.

5. **Celebrate Recovery is built around small group interaction.**

We need each other to grow spiritually and emotionally. Numerous therapies, growth programs, and counselors operate around one-to-one interaction. The two important components in Celebrate Recovery are fellowship and accountability. James 5:16 says, "*Confess your sins one to another and pray for each other, so you will be healed.*" So God's requirement for healing is confession to each other and prayer for each other.

6. Celebrate Recovery provides healing from all hurts, habits, and hang-ups.

Some recovery programs only deal with alcohol, drugs, or a single problem. Celebrate Recovery deals with all types of problems/issues.

7. Celebrate Recovery takes the fall of man seriously.

Sin has affected everything. The world is a broken place. The weather is broken. Our body is broken. Every relationship is broken. Every dream is broken. The economy is broken. Sin has broken everything. Everybody needs recovery and everybody needs Jesus.

For a video of the above points by Rick Warren type
<http://tinyurl.com/PBCCR-Why-CR-Works> into a browser.

FREQUENTLY ASKED QUESTIONS

Is Celebrate Recovery for me?

Celebrate Recovery helps people overcome life's hurts, habits, and hang-ups through a balanced and engaging program based on Jesus' teachings. The program offers people the opportunity to participate in a group fellowship where love and hope, combined with God's purpose, brings healing to our lives. Ask yourself:

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

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

How did Celebrate Recovery get started?

John Baker, a believer who struggles with alcoholism, found help through Alcoholics Anonymous. But he felt that Alcoholics Anonymous was too vague in referring to God as a "higher power," and wanted a more specifically Christ-based program. John presented a plan to start a Christian Twelve Step Recovery Program to his pastor, Rick Warren of Saddleback Church, who said "Do it!" John did, and Celebrate Recovery was born. In the summer of 2016, Celebrate Recovery celebrated its 25th anniversary and has helped millions of people overcome their struggles and find healing through Jesus.

Do men and women meet together?

Men and women meet together for the Large Group, and then dismiss into the gender specific Open Share Groups. After Open Share, men and women come back together to enjoy a time of fellowship and snacks at Cross Talk Café.

Is there childcare available?

Childcare is available. The donations collected during Large Group are used to take care of this expense.

How is Celebrate Recovery different from other Twelve Step Programs?

At Celebrate Recovery, our Higher Power is Jesus Christ, and the Word of God is our authority on life. We receive healing by faith, just like we receive our salvation. The Holy Spirit does the teaching and convicting in each believer's life. As we seek direction from God and are obedient to His Word, He is faithful to bring us into healing and wholeness. And in sharing our testimonies of healing, we are able to give hope to others and glorify God. *"All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."* 2 Timothy 3:16-17

Is there a cost for Celebrate Recovery?

Park Valley Church does not charge for this ministry. Donations are accepted to help pay for childcare, materials, and books. To help you on your path to recovery, you can also purchase the CR Bible, the CR 365 Daily Devotional, and Life's Healing Choices at our Resource Table.

Is Celebrate Recovery confidential and safe?

Yes, Celebrate Recovery at Park Valley Church maintains strict confidentiality and anonymity. This promotes an atmosphere of trust, facilitates growth, and enables recovery. Who attends the meeting and what is shared in the meeting stays in the meeting. The 5 Small Group Guidelines protect each person from judgment and being "fixed." This safe environment allows individuals to take off their "masks" and to be real and honest without fear.

Who are the leaders of Celebrate Recovery at Park Valley?

As a ministry of Park Valley Church, Celebrate Recovery leaders are under the authority of the Pastor and Church Leadership. CR leaders are Christian men and women with similar hurts, habits, and hang-ups, who have experienced healing in the recovery process, and have received CR leadership training. CR leaders are not counselors and do not offer any professional clinical advice.

Do I have to be a member of Park Valley Church to attend?

No. Celebrate Recovery is for anyone who is interested in a Christ-centered recovery program.

PROBLEMS/ISSUES AND SOLUTIONS

Celebrate Recovery deals with a wide variety of problems/issues coming from our hurts, habits, and hang-ups and provides solutions through its program and curriculum.

Adult Children of Family Dysfunction and Alcoholics

Co-victims are those who take on the characteristics of the alcoholic without necessarily ever taking a drink. Men and Women Open Share and Step Study Groups help members recognize and exit the modeled behaviors of alcoholism.

Anger

Those people whose first response is anger to problems of any size. The anger may be very evident as rage, or less obvious in terms of withdrawal and isolation. Men and Women Open Share and Step Study Groups provide members the opportunity to focus on managing the God-given emotion of anger in constructive ways.

Chemically Dependent

Those people who cannot entirely quit drinking alcohol or taking drugs, even when they honestly want to stop. And those who are addicted and have little control over the amounts of alcohol or drugs they consume. Men and Women Open Share and Step Study Groups provide members with support and the opportunity to confront their denial and unhealthy behaviors and express their needs in healthy ways.

Co-Dependency

Those people who struggle with the compulsion to rescue and take care of others, have difficulty setting boundaries, and do not recognize their self-worth. Men and Women Open Share and Step Study Groups provide members the opportunity to express their own needs and wants in healthy ways.

Women's Love and Relationship Addiction

Women Open Share and Step Study Groups provide a safe place to deal with the depression, isolation, lack of trust, and the unhealthy use of love and relationships as a means of seeking validation and self-worth.

Co-Dependent Women in a Relationship with a Sexually Addicted Man

Women Open Share and Step Study Groups help co-dependent women move out of denial and isolation into a clearer understanding of their unhealthy behaviors, while gaining insight into their spouses' or partners' sexual addictions.

Eating Disorders and Food Addiction

Those people who have compulsive eating habits or use food to self-medicate. Men and Women Open Share and Step Study Groups provide members the opportunity to learn to trust others, express their feelings, acknowledge that they have unmet needs, say “no” when it is appropriate, and to keep coming back when they really want to hide or run from facing their struggles.

Finances

Men and Women Open Share and Step Study Groups provide members the opportunity to address the core hurts, hang-ups, and habits that cause them financial trouble and rob them of their serenity and joy.

Physical, Emotional, and Sexual Abuse

Those people who have endured past (or are enduring present) physical, sexual and/or emotional abuse. Men and Women Open Share and Step Study Groups provide members the opportunity for healing from past and present traumas, as well as healing from the influence these experiences continue to have on their lives.

Sexual Addiction and Pornography

Men Open Share and Step Study Groups provide members a safe place to share their struggles with lust and compulsive sexual behaviors and their victories, and help establish accountability and mutual support among the group members.

PROBLEMS/ISSUES AND SOLUTIONS

(CONTINUED)

Other Life Problems and Issues:

Abandonment	Gambling
Abortion	Guilt
Anxiety	Laziness
Betrayal/Unfaithfulness	Loneliness
Bitterness	Low Self-Esteem
Blame	Materialism
Complaining	Mental Health
Compulsive Behavior	No Self-Control
Control	Perfectionism
Death	PTSD
Deception	Resentment
Depression	Shame
Failure	Trust
Fantasy	Workaholic
Fear	Worry

THE TWELVE STEPS AND BIBLICAL COMPARISONS

- 1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.**
"For I know that nothing good lives in me, that is, in my sinful nature. "For I have the desire to do what is good, but I cannot carry it out." Romans 7:18
- 2. We came to believe that a power greater than ourselves could restore us to sanity.**
"For it is God who works in you to will and to act according to his good purpose." Philippians 2:7
- 3. We made a decision to turn our lives and our wills over to the care of God.**
"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship." Romans 12:1
- 4. We made a searching and fearless moral inventory of ourselves.**
"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40
- 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
"Therefore confess your sins to each other and pray for each other so that you may be healed." James 5:16
- 6. We were entirely ready to have God remove all these defects of character.**
"Humble yourselves before the Lord, and he will lift you up." James 4:10
- 7. We humbly asked Him to remove all our shortcomings.**
"If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.**
"Do to others as you would have them do to you." Luke 6:31

- 9. We made direct amends to such people whenever possible, except when to do so would injure them or others.**

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." Matthew 5:23-24

- 10. We continue to take personal inventory and when we were wrong, promptly admitted it.**

*"So, if you think you are standing firm, be careful that you don't fall!"
1 Corinthians 10:12*

- 11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.**

"Let the word of Christ dwell in you richly." Colossians 3:16

- 12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.**

*"Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted."
Galatians 6:1*

CELEBRATE RECOVERY'S EIGHT RECOVERY PRINCIPLES

THE ROAD TO RECOVERY BASED ON THE BEATITUDES

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. (Step 1)

"Happy are those who know that they are spiritually poor." ~Matthew 5:3a

Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover. (Step 2)

"Happy are those who mourn, for they shall be comforted." ~Matthew 5:4

Consciously choose to commit all my life and will to Christ's care and control. (Step 3)

"Happy are the meek." ~Matthew 5:5

Openly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 & 5)

"Happy are the pure in heart." ~Matthew 5:8a

Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 & 7)

*"Happy are those whose greatest desire is to do what God requires."
~Matthew 5:6a*

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others. (Steps 8 & 9)

"Happy are the merciful. Happy are the peacemakers" ~Matthew 5:7a, 9

Reserve a time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will. (Steps 10 & 11) *"Happy are those who celebrate recovery!"*

Yield myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12)

*"Happy are those who are persecuted because they do what God requires."
~Matthew 5:10*

ACCOUNTABILITY PARTNER AND SPONSOR COMPARISON

An accountability partner is like someone you go with to the gym.

Pre-Requisites for Accountability Partners

- Must be the same sex
- Actively attend Celebrate Recovery meetings
- Share a similar area of recovery
- Actively seek a deeper relationship with Christ
- Demonstrate growth in his/her recovery

Accountability Partners

- Attend Large Group and Open Share Group together
- Attend Step Study Group together
- Attend Fellowship Events together
- Relate to the same area of struggle
- Call each other
- Encourage each other
- Help motivate each other
- May or may not be at the same place (steps/sobriety time) in their recoveries
- Have at least 3 other people as an accountability team
- Pray for each other

ACCOUNTABILITY PARTNER AND SPONSOR COMPARISON

A sponsor is like having a personal exercise trainer.

Pre-Requisites for Sponsors

- Must be the same sex
- Actively attend Celebrate Recovery meetings
- Worked through the Twelve Steps and completed a Step Study
- Have at least one continuous year of sobriety/abstinence
- Have a Sponsor and Accountability Team

Sponsors

- Same area of recovery
- Coach sponsee through the Step Study Participant Guides
- Provide clarity concerning the Eight Principles and Twelve Steps
- Give recovery related assignments
- Are available during times of crisis or potential relapse
- Serve as a sounding board
- Provide objective points-of-view, suggestions, and recommendations
- Discuss issues in detail too personal for group time
- Require meeting attendance
- Require check-in calls
- Share experience and victories
- Confront denial, laziness, and procrastination

LARGE GROUP CLOSING PRAYER:

THE SERENITY PRAYER

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.