

Celebrate Recovery®

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 other
- 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

Peñasquitos Lutheran Church
14484 Peñasquitos Dr. | San Diego, CA 92129

Sunday Evenings | 6:30-8:30 pm | Room C-201

Pastor Greg Hoffmann 858.672.3466
Vicki Rehkopf 619.993.7885
Martin Naskovski 619.433.9732
Glenda VanderKam 619.218.1423

W E L C O M E

CELEBRATE RECOVERY

A CHRIST-CENTERED RECOVERY PROGRAM

At Peñasquitos Lutheran Church

www.plc-church.org/celebrate-recovery

Sunday Evenings | 6:30-8:30 pm | Room C-201

Come as you are...it will change your life!

Hope and Healing Begins Here

What is Celebrate Recovery?

A Christ-centered program that gives people the resources and relationships to help recover from life's hurts, habits, and hang-ups. This is a program for anyone struggling with past or current dysfunctions or compulsions, whether they are affecting their own life or the lives of those around them. The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through the Eight Recovery Principles found in the Beatitudes and Christ-Centered Twelve Steps. As we progress through the program we discover our personal, loving, and forgiving Higher Power Jesus Christ, the one and only true Higher Power.

How are you hurting?

- Alcohol and Drugs
- Anxiety
- Codependency
- Pornography
- Sexual Addiction
- Gambling
- Abusive Relationships
- Anger
- Overeating



Women's and Men's *Step Studies* are being formed.

THE ROAD TO RECOVERY

The Eight Recovery Principles

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.

Happy are those who know they are spiritually poor. -Matthew 5:3

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. -Matthew 5:4

Consciously choose to commit all my life and will to Christ's care and control.

Happy are the meek. -Matthew 5:5

Openly examine and confess my faults to myself, to God, and to someone I trust.

Happy are the pure in heart. -Matthew 5:8

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. -Matthew 5:6

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. -Matthew 5:7 & 9

Reserve a daily 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.

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

Happy are those who are persecuted because they do what God requires!
-Matthew 5:10

Jesus Christ, the One and Only True Higher Power