

## Are you Struggling?

... with a hurt, habit, or hang-up? Come find lasting freedom at a Celebrate Recovery Program.

This Bible based recovery program can help you find freedom from lifelong struggles such as:

Overworking  
Divorce  
Food Addiction  
Overspending  
Physical/Sexual Abuse  
Lying  
Perfectionism  
Fear/Anxiety  
Sexual Addiction  
Guilt  
Eating Disorders  
Grief  
Hurtful Relationships  
Rejection  
Need to Control  
Insecurity  
Alcohol/Drugs  
Co-dependency  
Anger/Rage  
Gambling

**R**ealize 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 5:3*

**E**arnestly 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*

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

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

**O**penly examine and confess my faults to myself, to God, and to someone I trust. **(Steps 4 and 5)**

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

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

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

**E**valuate 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 and 9)**

*"Happy are the merciful." Matthew 5:7 and "Happy are the peacemakers." Matthew 5:9*

**R**eserve 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 and 11)**

**Y**ield 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*



**C**  
**R**

**Celebrate Recovery**  
A CHRIST-CENTERED Recovery Program

Find healing from your  
Hurts,  
Habits,  
and Hang-Ups

Emmanuel Church  
2600 Hebert Road  
West Kelowna, BC  
V4T 2J6

Questions?  
Email: [phil@emmanuelchurch.life](mailto:phil@emmanuelchurch.life)

 **emmanuel**

## What is Celebrate Recovery?

Celebrate Recovery is a Christ-centered recovery community helping others celebrate freedom from all types of painful hurts, habits and hang-ups.

Celebrate Recovery utilizes the biblical truth that we need each other in order to grow spiritually and emotionally. Together we experience life-changing transformation as we learn to apply the Twelve Steps along with biblical comparisons and Eight Recovery Principles based on the teachings of Jesus. God's healing power leads us to a life of serenity, joy and most importantly, a strong personal relationship with Jesus Christ.

We learn to break free from our need to rely on our dysfunctional, compulsive, and unmanageable behaviors as a "fix" for our pain, and turn to Christ, our personal, loving and forgiving Higher Power.



## Who should attend?

We all struggle! Anyone who desires a new way of managing life should consider attending Celebrate Recovery. Participants may include people who struggle with anger, codependency, overworking, various addictions, compulsive over/under eating, spending compulsively and any other issue that keeps us from becoming the people we are called to be.

## How are meetings structured?

The evening begins with coffee and fellowship and flows to a Large Group meeting with worship, prayer, a reading of the steps or recovery principles, and a biblically based teaching or a testimony. Gender specific support groups immediately follow the Large Group fellowship. We share our experience, strength and hope in an open share fashion.

Step studies, an in-depth concentrated study of the steps and recovery principles are periodically offered throughout the year. Step Studies are gender specific, but include people working toward freedom from a variety of recovery issues.

## What is expected of me?

Come as you are! No registration is needed. Celebrate Recovery is an anonymous recovery meeting. No matter your hurt, pain, or struggle you are welcome. You are free to share or not to share inside the support groups. All meetings are open to anyone who desires change, but anonymity and confidentiality are basic requirements. We encourage you to visit five or six times before deciding if Celebrate Recovery is right for you!

Celebrate Recovery does name and celebrate Christ as Higher Power, but anyone seeking a new way to manage life is welcome.

Come with an open heart, an open mind and ears ready to listen. Newcomers are always welcome!



**emmanuel**

(250) 768-7638

[phil@emmanuelchurch.life](mailto:phil@emmanuelchurch.life)