

Definition of Sobriety

At Celebrate Recovery the sobriety time we claim is a matter of personal integrity. We celebrate milestone lengths of recovery time on chip night-the last Tuesday of each month. For us to honestly take a chip at the end of the month, we must live according to the following guidelines:

Completely abstain from using all illegal drugs

Completely abstain from using any alcohol. Under no uncertain terms, alcohol is a drug.

Seriously consider the necessity of all mood-altering drugs. This can apply to prescriptions for opiates, marijuana, sedatives and other drugs.

Use prescription and over the counter medications as directed.

Completely abstain from using all gray-area “legal” substances like Spice, bath salts and Kratom.

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one 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 injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to Celebrate Recovery Ministry Leader.

CHEMICALLY DEPENDENT



WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

Central Church- Henderson Campus

1001 New Beginnings Drive

Henderson, NV 89011

(702) 735-4004

The Problem

At Celebrate Recovery, we believe that if you honestly want to, but cannot quit drinking or using drugs entirely, or you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If that is the case, you are suffering from a problem which only a spiritual solution will conquer.

One or more of these statements could apply to me:

—I continue to use drugs or alcohol in spite of serious consequences.

—I isolate myself from others except when I am getting, using, and finding ways and means to get more.

—I use drugs or alcohol to escape reality, relieve anxiety, or to ignore the world around me.

—I have been trapped in the illusion of “just one more time” or “this time it will be different”.

—I use drugs or alcohol to avoid facing pain—both past and present.

—Finally, my track record shows it is impossible for me to use successfully.

Furthermore, we know with absolute certainty that this program brings life change. This change naturally happens when we recognize the truth of the Gospel and give ourselves to these simple steps. We choose to adopt a manner of living that requires rigorous honesty, courage and humility.

Some of us suffer from serious emotional and mental disorders. Healing and life change is always possible with honest, Christ-centered recovery and necessary medical treatment.

The Solution

At Celebrate Recovery we believe there is only one solution; to accept Jesus Christ as your Higher Power and accept His plan for your life. By working through the 12 steps and 8 Recovery Principles with Jesus Christ as your Higher Power, you can and will change!

We will learn how to:

- Feel and talk about our addiction in a healthy and appropriate way.
- Stay away from that first drink. If there isn't a first one, there cannot be a tenth one.
- Live without drinking or using one day at a time. When free of drugs and alcohol, life becomes much more manageable.
- Recognize and accept responsibility for our toxic patterns of behavior.
- Identify what triggers our drug and alcohol abuse.
- Establish and preserve healthy, effective boundaries with ourselves and with others.

When we are serious about recovering, we become willing to:

- Form an Accountability TEAM, including a Sponsor, Accountability Partners.
- Regularly attend open share groups and a step study.
- Prioritize time for prayer and Bible reading.
- Learn as much as possible about my area of recovery
- Be used by God as an instrument of healing and restoration in the lives of others through Celebrate Recovery.