

THE 12-STEPS

1. We admitted we were powerless over our addictions and compulsive behaviors, and that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our wills and our lives over to the care of God.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove all our shortcomings.
8. We made a list of all persons we have harmed and became willing to make amends to them all.
9. We made direct amends to such people whenever possible, except when doing so would hurt them or others.
10. We continued to take personal inventory and when we were wrong, promptly admitted it.
11. We sought through prayer and meditation to improve our conscious effort with God, praying only for knowledge of His will for us and power to carry it out.
12. Having had a spiritual experience as the result of these steps we tried to carry this message to others and to practice these principles in all our affairs.

The Road to Recovery 8 Principles Based on the Beatitudes

By Rick Warren

Realize I'm not God; 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 my life and will to Christ's care and control.

"Happy are the meek."

Openly examine and confess my faults to God, to myself, and to another person whom I trust.

"Happy are the pure of heart."

Voluntarily submit to any and all changes God wants to make in my life.

"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 when possible, without expecting any reward.

"Happy are the merciful." "Happy are the peacemakers."

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

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

"Happy are those who are persecuted because they do what God requires."

*Jesus Christ, the One and Only True
Higher Power*

CELEBRATE RECOVERY



New Life Foursquare Church
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*My grace is enough;
it's all you need.
My strength comes into its
own in your weakness.
2 Corinthians 12:9-10 MSG*

WHAT IS CELEBRATE RECOVERY?

CELEBRATE RECOVERY is Christ-centered, 12-step program where we can gain freedom, acceptance, and accountability for life's "hurts, habits, and hang-ups." By applying the 8 Recovery Principles within the 12-step program, we open ourselves up to God's grace so that we can break free. We also open the door to recovery by sharing our experiences and hopes with one other.

Celebrate Recovery ministry is open to all ages, and for anyone who has a "hurt, habit, or hang-up."

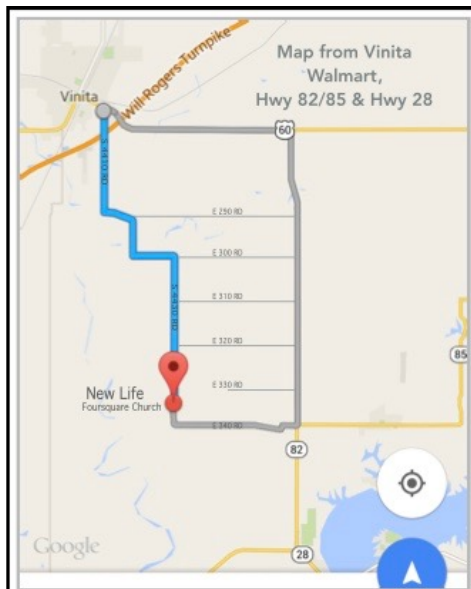
WHEN DOES IT MEET?

Thursdays:

6pm-Dinner

7pm-Meeting & Small Groups

**Transportation from
OK State Bank Parking Lot-5:30pm,
Rt.66 Motel-5:40pm
and Park Hills Motel-5:50pm
Children's Classes for 4 yrs-4th grade**



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

Until the pain of staying the same becomes greater than the pain of change, you won't!



Testimonials

"Celebrate Recovery is an environment that promotes not only sober living but also healthy living. It is designed to teach us better ways to live thru the use of biblical principles and relationship with God.

A little over 16 years ago I had an encounter with God that radically changed my life. The 20 plus years before that; drug, alcohol and everything that comes with it was my life. As you can guess it hasn't been easy but it can be done. Come to a meeting and give it chance, you will find what you've been searching for and so much more. See you there."~Steve

"I grew up in a religious home and strayed away at 18, got hooked on meth, and lived in sin until I came to a CR program and **became fully devoted to following the Lord's will for my life.** CR has made a huge impact and now my mission is leading other addicts to the cross." ~Keisha

"I had developed a hate for God for all that had happened in my life, especially in my addiction. CR showed me His love and mercy is everlasting and **He is always with me no matter what's happened** in my past and through it I want to share His message of love with others."~Carley

Generally, a hurt, habit or hang-up can be anything that keeps you from realizing your full potential as a person. Hurts, habits and hang-ups can knock you off of God's plan and throw you into a worldly detour headed toward destruction and despair.

A **"hurt"** could be classified as any life experience that may have damaged your heart. Some offense against you that crippled your ability to deal with the world in a healthy way. Something that may have twisted your view of yourself, God or others. Some common hurts include:

- Abandonment
- Abortion
- Abused as a child, or by a spouse, employer, or the church
- Adoption
- Betrayal
- Dysfunctional family (divorce, alcoholism, drug abuse, rage, etc.)
- Neglect
- Rape
- Rejection

"Habits" tend to be unhealthy patterns that often start as a perceived "remedy" for some problem in your life, but end up turning into a chronic bad behavior or addiction. Habits are the repeat, default scripts you run to when the going gets tough. They are your grooved plays that continually lead to trouble in your life. Some common habits are:

- Abusive behavior
- Alcohol
- Bitterness
- Cheating, affairs, unmarried sex
- Critical spirit
- Drugs
- Eating disorders
- Gambling
- Gossip
- Homosexuality
- Isolation
- Lying
- Self-mutilation
- Sex addictions

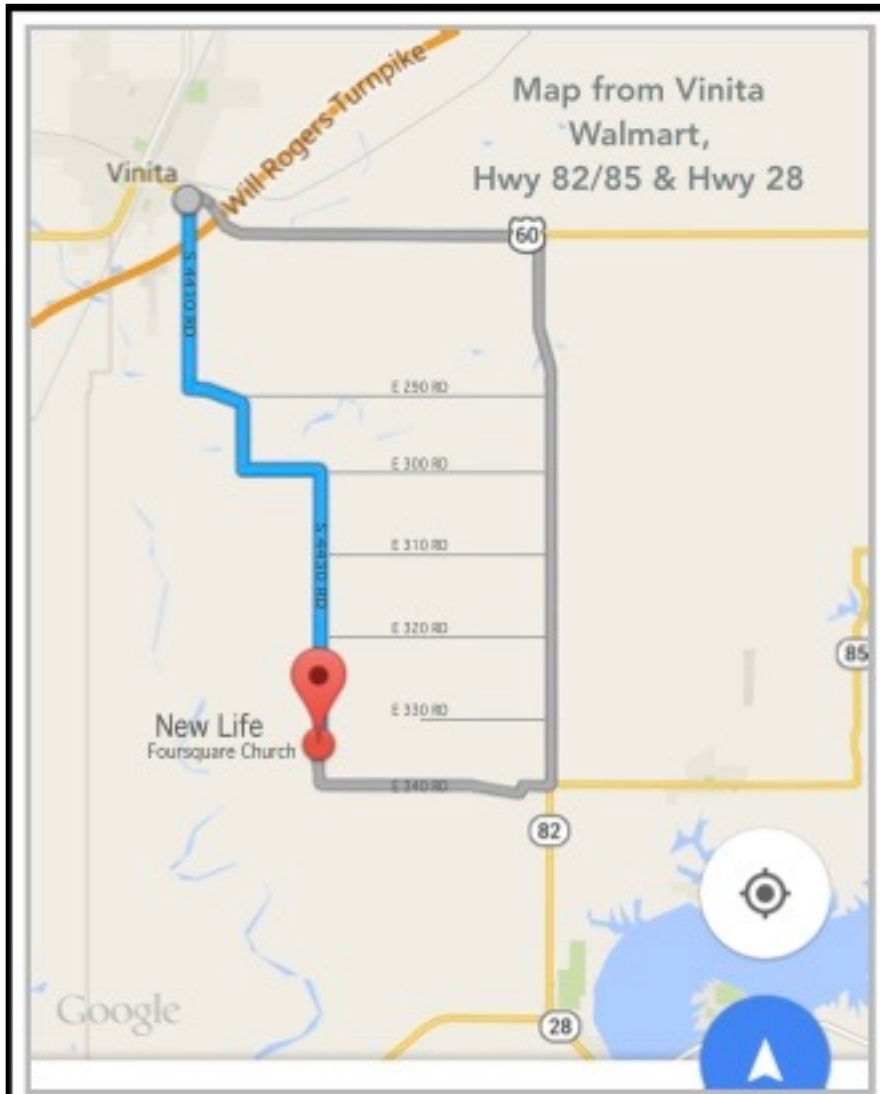
- Spending problems
- Stealing
- Un-forgiveness
- Wasteful pursuits
- Workaholism

And lastly, **"hang-ups"** are those road blocks that keep you from progressing further in God's plan for your life. They are often shaped by some bent thinking you may have received as a child, or some unhealthy attitude you may have adopted as a means of coping with life's challenges. Here are some common hang-ups we work out in our 12-step Celebrate Recovery process at New Life Foursquare Church:

- Anger
- Anxiety, worry
- Arrogance
- Body image problems
- Bullying, bigotry
- Codependency
- Control freaks
- Depression
- Fear
- Frigidity
- Guilt (false) and/or shame
- Impatience
- Lack of self-control
- Lack of trust in God
- Laziness
- Materialism
- People pleasing
- Perfectionism
- Pride
- Procrastination
- Racism
- Self-righteousness
- Self-condemnation

Transportation from
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and Park Hills Motel-5:50pm
Children's Classes for 4 yrs-4th grade

For more information, Contact call/text
Carly Gibson (417) 529-2207
Steve Wheeler (918) 257-1472
Shannon Baker (918) 244-5523



Celebrate Recovery

Thursdays, 6pm-9pm

New Life Foursquare Church

442989 East 335 Road

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www.newlfechurchok.com

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GOT A HURT,
HABIT OR
HANG-UP?

CELEBRATE RECOVERY

A CHRIST-CENTERED RECOVERY PROGRAM



Celebrate Recovery

~Vinita & South Grand Lake Area~

Thursday Nights @ New Life Foursquare Church

Begins Thursday, May 4th

6pm Dinner, 7pm Meeting

Transportation from

OK State Bank Parking Lot-5:30pm, Rt.66 Motel-5:40pm

and Park Hills Motel-5:50pm

Children's Classes for 4 yrs-4th grade

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