

Monthly Newsletter

November 2025



Pinckney

Celebrate Recovery

A CHRIST CENTERED RECOVERY PROGRAM

We are a grace-filled community of strugglers who courageously enter this safe and beautiful space to get honest about our pain, and the negative ways we may see ourselves, God, and others. We use a biblically based approach to help us achieve long lasting recovery by healing our hurts, guiding us toward new healthy truths, and developing life-giving habits.

October Meetings

November 4, 2025

Lesson: Codependency

November 11, 2025

Testimony: William

November 18, 2025

Lesson: Boundaries

November 25, 2025

Testimony: Special Guest

JOIN US EVERY Tuesday Night

6:15pm

Dinner & Fellowship

7:00pm

Worship & Lesson

8:00pm

Small Group

(Gender specific)



**500 W Main St,
Pinckney, MI
48169**

SERVICE OPPURTUNITIES

There are many ways to support Celebrate Recovery.

- Provide Meals on Tuesday nights
- Share your testimony
- Give a lesson
- Tell your friends/family about us

Gratitude

Recovery is a journey filled with challenges, growth, and transformation. Some days, you may feel strong and empowered, while other days can feel overwhelming. But amidst the ups and downs, one powerful tool can help you stay grounded and focused on healing:

gratitude.

Gratitude isn't just about saying "thank you." It's a mindset—a way of shifting your focus from what's missing to what's present in your life.

How Gratitude Supports Your Recovery

When you are recovering it's easy to get caught up in regrets about the past or worries about the future. Gratitude helps bring you back to the present moment, allowing you to focus on what's going right instead of dwelling on what went wrong. Here's how gratitude can support your recovery.

Gratitude Shifts Your Perspective

Hurts, habits and hangups often create a negative mindset, leading to feelings of hopelessness, shame, and frustration. Practicing gratitude allows you to see the good in your life, no matter how small. It helps rewire your brain to recognize positive moments, making it easier to appreciate progress instead of focusing on setbacks.

It Reduces Stress and Anxiety

Recovery can be stressful, and anxiety about the future can feel overwhelming. Studies show that practicing gratitude can lower stress hormones, helping you feel calmer and more in control. Instead of worrying about what might happen, gratitude helps you appreciate what is happening right now.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

Gratitude Strengthens Your Relationships

Addiction often damages relationships, but recovery gives you a chance to rebuild trust and connection. Expressing gratitude toward those who support you—whether it's a friend, sponsor, therapist, or family member—helps strengthen those bonds. It also encourages a spirit of generosity and kindness, making it easier to develop healthier relationships.

It Keeps You Motivated in Recovery

Gratitude reminds you why you chose sobriety in the first place. By focusing on the positive changes in your life—better health, deeper relationships, increased self-awareness—you'll feel more motivated to keep moving forward. Even on difficult days, acknowledging small wins can reinforce your commitment to recovery.

Gratitude Improves Emotional Resilience

Recovery isn't a straight path; setbacks happen. Gratitude helps you develop emotional resilience by shifting your focus from what went wrong to what you can learn from each experience. Instead of viewing obstacles as failures, gratitude allows you to see them as opportunities for growth.

Taken from <https://lascrucesrecoverycenter.com/recovery/why-gratitude-is-essential-for-your-recovery/>

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STAYING SOBER DURING THE HOLIDAYS

Holidays often include parties and gatherings where alcohol is served. These temptations can make it tough for people in recovery to stay on track. Fortunately, there are things you can do to stay strong and avoid falling back into old habits.

1. Plan Ahead

Planning ahead is a big help. You can create a plan for each event you'll attend during the holidays.

Have an exit plan: If you ever want to leave an event, it's a good idea to plan how.

2. Choose the Right Events

You don't have to go to every single holiday party. It's okay to pick the ones that are less focused on alcohol and where you feel more comfortable.

3. Learn to Say No

Saying "no" to alcohol can be tough, but it's important to prepare for any scenario. You can say, "No, thank you, I'm not drinking tonight," or "I'm the designated driver, so I can't." Being prepared can make it easier to say no.

4. Bring Non-Alcoholic Drinks

If you bring your own drinks to a party, you'll always have something to sip on, and it can help you avoid the pressure to drink alcohol.

5. Stay Connected with Your Support System

During the holiday season, it's important to stay in touch with the people who support your recovery.

This could be your sponsor, therapist, or support group.

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour". ~ 1 Peter 5:8

6. Take Care of Yourself

Holidays can be stressful, and stress can make it harder to stay sober. It's important to take care of yourself during this time.

7. Create New Traditions

If your old holiday traditions were connected to drinking, it's a good idea to create new ones that don't involve alcohol.

Volunteer: Helping others during the holidays can give you a sense of purpose and happiness.

Host alcohol-free gatherings: If you're hosting a party, make it a no-alcohol event. Encourage your guests to bring non-alcoholic drinks and plan fun activities.

8. Look at How Far You've Come

Take a moment during the holiday season to think about your progress. Think about the positive changes you've made and what you've achieved in your recovery.

9. Be Aware of Tough Situations

Some situations during the holidays can be more likely to make you want to drink. It's important to be aware of these and have a plan to deal with them.

10. Focus on the Big Picture

Remember, staying sober during the holidays isn't just about saying no to alcohol. It's about taking care of your long-term recovery and well-being. The holidays are a short period, but your recovery is worth protecting.