



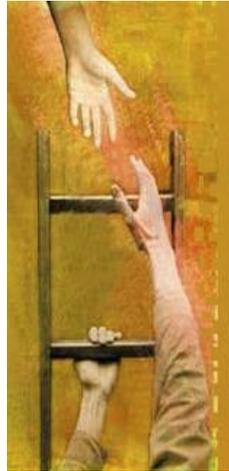
What is Celebrate Recovery?

Celebrate Recovery is a Christian recovery ministry based on eight principles from the Beatitudes. On Thursday nights at Grace Baptist Church, we enjoy refreshments together, worship, teaching and sharing.

Christ-centered recovery is based on God's Word, the Bible. It is forward-looking; it recognizes past pains but helps those hurt by past wounds to move forward in hope.

Everyone is welcome! We all have trouble sometimes, experiencing God's best due to past or present hurt, habits or hang-ups. We provide a confidential atmosphere where we can share with others who also desire greater freedom in Christ. There's no need to register- just show up!

Are you at a place of defeat? Have you lost hope? Join us on the journey back to freedom, hope and joy. God promises to bless those who seek him with their whole heart, soul, strength and mind. We believe he wants to bless you ...



Is it for me?

If you desire relationships that are healthy and godly, seek freedom from compulsive behaviors, hunger and thirst for a clean life, seek forgiveness from others and for others, and desire to know God's mercy and love, CR is for you!

Heal From

Hurts

- Verbal or emotional abuse
- Physical or sexual abuse
- Divorce, separation or difficult marriage
- Abandonment
- Cultural or ethnic shame

Habits

- Alcohol abuse
- Chemical or substance abuse
- Prescription medication abuse
- Pornography
- Sexual compulsions
- Food addiction or eating disorders
- Self-inflicted violence
- Other addictions

Hang-ups

- Anger
- Co-dependency (pleasing or enabling others)
- Fears or doubts
- Low self-value (rejection or condemnation)
- Perfectionism control issues

What does CR look like?

THURSDAYS

6:30-7:00 FREE Refreshments

7:00-8:00 Large Group Session

8:00-9:00 Open Share

Large Group Session:

Features contemporary worship and either a personal testimony that inspires hope or teaching from the Celebrate Recovery curriculum.

Open Share:

Small groups that are determined by gender and similar experiences and life challenges allow for sharing and discussion in a confidential setting.

Just show up! Meetings every Thursday night. No need to register or sign-up. For more information contact CR@gracehudson.org



The Road to Recovery...

1. Realize I'm not God
2. Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
3. Consciously choose to commit all my life and will to Christ's care and control.
4. Openly examine and confess my faults to myself, to God, and to someone I trust.
5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
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.
7. 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.
8. Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

Things We Are

Things We Are Not

Things We ARE:

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
- Where respect is given to each member
- Where confidentiality is highly regarded
- A place to learn
- A place to grow and become strong again
- 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:

- Therapy
- A place for selfish control
- 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 long-term commitment
- A place to judge others
- A quick fix

GRACE BAPTIST CHURCH

353 River Road
Hudson, Ma 01749
Phone: 978-562-8550
Fax: 978-562-8551

Email: info@gracehudson.org

Website: gracehudson.org

 Grace Baptist Church/Hudson

CELEBRATE RECOVERY



For those who want to know how to experience and celebrate recovery from overeating, stress, anxiety and worrying, sexual addictions, obsessive compulsiveness, anger, depression and a multitude of life's hurts, habits and hang-ups.