

CELEBRATE RECOVERY®

A recovery program based on eight principles from the Beatitudes

INFORMATIONAL PACKET

WELCOME TO CELEBRATE RECOVERY!

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Celebrate Recovery is a Christ-centered recovery program based on the Beatitudes. It is currently being used in over 10,000 churches nationwide, and internationally. Since 1991, over 8500 people have gone through the program at Saddleback Church addressing many of life's hurts, habits, and hang-ups.

Celebrate Recovery was written by Pastors Rick Warren and John Baker. The purposes of Celebrate Recovery are to fellowship and celebrate God's healing power in our lives through the 12 Steps and 8 Recovery Principles. This experience allows us to "be changed". We open the door by sharing our experiences, strengths and hopes with one another. In addition, we become willing to accept God's grace in solving our lives' problems.

By working and applying these Biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others.

You may be thinking that recovery is just for those with alcohol or drug problems. We've found that only one-third of the people attending Celebrate Recovery are dealing with chemical dependencies. **As Pastor Rick Warren says "We all have sinned, we've all fallen short, we've all been hurt, and we've all hurt others. Everybody needs recovery."** All of life's hurts, habits, and hang-ups are addressed through this one curriculum. Small groups that Saddleback Celebrate Recovery currently has are Adult Children of Alcoholics, Anger Groups, Chemically Addicted, Codependents, Eating Disorders, Financial Recovery, Love & Relationship Addiction, and Sexual Addiction, Women in Relationship with a Sexually Addicted Man, Food Addiction, Same Sex Attraction, Sexual/Physical/Emotional Abuse and Grupo De Hombres En Espanol.

When Celebrate Recovery started over 70% of our attendees came from within Saddleback Church. **Now, 70% are coming from outside the church!** And over 85% of the 8000 that have attended Celebrate Recovery now call Saddleback their church home. Over 43% of those are now actively serving in Celebrate Recovery or other ministries of the church. It's a Leadership Factory!

HURTS, HABITS AND HANG-UPS

A hurt, habit, or hang-up is something that hinders your walk with God.

Healing is available through applying the principles of a Bible based recovery process to our lives.

Celebrate Recovery®

INTERESTED IN STARTING A CELEBRATE RECOVERY PROGRAM?

Celebrate Recovery meets 52 weeks a year, providing a large group teaching time of life changing lessons and open share breakout groups where participants are invited to share openly about their struggles and victories

and on another day of the week Step Study groups utilizing the Celebrate Recovery Participate Guides for deeper growth and freedom from addictive and compulsive behaviors.

Getting Started:

- ❑ Go to www.celebraterecovery.com online for review. Print and gather essential information and prepare an informational binder.
- ❑ Purchase the Celebrate Recovery Program Kit by linking to www.pastors.com

Celebrate Recovery Program Kit Includes:

- ▶ 20-minute DVD introductory guide for leaders
 - ▶ (1) Leader's Guide that goes through:
 - 25 lessons based around the eight principles of the Beatitudes
 - The 90 day kit off strategy
 - TEAM strategy
 - Group Formats
 - Group Guidelines
 - ▶ (1) Set of Participant Guides (Lessons 1-4)
 - ▶ Road to Recovery Series taught by Rick Warren, (1) CD-ROM
 - ▶ (1) Leader Resource CD-ROM-John Baker's 25 lessons & teaching notes from the Leader's Guides
 - ▶ 5-Volume audio CD sermon series
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- ❑ Upon receipt of your CR Program Kit, thoroughly read through the Celebrate Recovery Leader's Guide and the Participant's Guides, paying particular attention to the "90 Day Kick off Strategy". (If you are not yet ready to invest in a program kit, we recommend that you purchase one CR Leaders Guide and a set of the participant guides.)
 - ❑ Study the "CR Trademark Statement" (below) and begin to understand all it means to model Celebrate Recovery. Understand that if you choose to call your ministry "Celebrate Recovery", you must model Saddleback's Celebrate Recovery!
 - ❑ Make an appointment with your Senior Pastor and share your passion to start a Celebrate Recovery Ministry. An excellent tool is the Senior Pastor Support Video by Pastor Rick Warren. This video plays for 20 minutes and addresses five issues that should be important to every

senior pastor. You may purchase a Senior Pastor Support Video on-line at www.pastors.com

- Locate your CR State Representative and Celebrate Recovery ministries running in your area. Visit the website at www.celebraterecovery.com. Click on the icon of the U.S. map located at the top right hand corner of the home page. Contact your state representative and ministry leaders in your state or city by clicking on your state, then directory.
- Attend every Celebrate Recovery that models Saddleback's Celebrate Recovery. If there is a Celebrate Recovery in your city, you might want to inquire about attending/joining a step study with their church in order to be trained in the process. Develop relationships with other CR ministry leaders, praying for one another.
- Plan now to attend the annual 3-Day Celebrate Recovery Summit at Saddleback Church, Lake Forest, CA. **The Summit is held every August.** You can register by visiting www.purposedriven.com. Take as many potential ministry leaders with you. **It will be enjoyed by all: Invite your senior pastor to attend as well.**
- Check online for any One Day Seminars in your area. This is a great way to meet others interested in starting or growing Celebrate Recovery ministries in your area. Understanding that attending a One Day Seminar does not replace the ideal, of attending the 3-Day Summit.
- Order Celebrate Recovery training material; you will need to train your leaders. **Just some of the areas of training available includes The Celebrate Recovery Advance Leadership Training Kit which includes, small group formats, group guidelines, group dynamics and how to Orient your new leaders.**

Reference: Order Reference sheet found at the end of this packet will help guide you in obtaining all the Celebrate Recovery resources.

How Celebrate Recovery Started

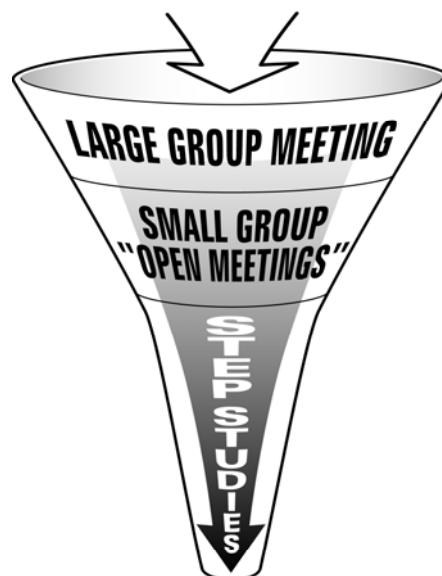
Celebrate Recovery started 1991 at Saddleback Church. At that time the church was meeting at a high school gymnasium. After John Baker was unable to share openly about Jesus Christ in his secular recovery meetings and was uncomfortable sharing about his struggle with alcohol in his men's Bible study, John wrote Pastor Rick the now famous concise 13-page single space letter outlining the vision God had given him for Celebrate Recovery. Pastor Rick said, "Great John, do it."

The first night 45 people showed up and Celebrate Recovery was born. With only four groups, men's and women's chemical dependency and men's and women's codependency, the ministry has grown from those four groups to the twenty open share groups we have today. Thousands of people have gone through the workbooks and are now serving in CR and the church. Celebrate Recovery has become the number one outreach at Saddleback Church, with over 70% of its members come from outside the church.

The first ten years were the birth stage of Celebrate Recovery and now God is calling us to take it to the World. There are now thousands of groups around the world and growing. We are part of a movement that is bringing hurting and broken in the Church to the healing power of Jesus Christ.

To find more information regarding Celebrate Recovery go to www.celebraterecovery.com

Celebrate Recovery's "Growth Funnel"



with Jesus as
"The Higher Power"
=
"a changed life"

Characteristics of Groups

Celebrate Recovery meets 2 times a week, where as the Large Group, New Comers 101 and Open Share Groups meet 1 time a week 52 weeks a year and Step Study groups meet on another time of the week until completion of the participant guides.

Large Group Session

- ALL (genders) participants' meet together
- Meets 52 weeks a year
- 1 Hour Meeting
- Celebrate Recovery Information and Resource Table is set up
- Worship with Celebrate Recovery Band
- Reading: 8 principles or
 - 12-steps and Biblical comparison
- CR Announcements
- Special music and *offering
- Teaching/Testimony/Special guest speaker
- No obligation to share
- Serenity prayer close
- Dismiss large group time to Open Share Groups/Newcomers 101

*Offerings are optional

Open Share Group

- Recovery Issue Specific
- Meets 52 weeks a year
- Gender Based
- 1 Hour Meeting
- Funnel groups to Step study Groups
- Meeting Group guidelines facilitated
- 1 hour meeting
- Leaders Focus question – Open Share
- Acknowledge sobriety with sobriety chips
- Meet accountability partners
- Find a Sponsor
- Meetings always open to new comers
- At close of meeting invite participants to Solid Rock Café

Solid Rock Café

- Fellowship, Coffee and Desserts

New Comers 101

- One time meeting
- Mix Recovery Issues
- 1 Hour Meeting
- Genders together
- Newcomer 101 video
- Explanation of CR
- Split into 2 groups, gender separated
- Answer questions/time of sharing
- Facilitators 1 male and 1 female
- Hand out Solid Rock coupon
- Hand out Welcome Back coupon

Step Study Group

- Mix Recovery Issues OR Recovery Issue Specific
- Gender Based
- 2 Hour Meeting
- Celebrate Recovery Participant's Guides (curriculum)
- Life Recovery Bible
- Meeting guidelines facilitated
- Build Accountability Teams
 - Accountability Partners
- Meeting closed to new comers by step 4
- Completion of the 12-Steps (1 year)
- All Step Study Facilitators required to attend training prior to starting a step study small group

In order to gain the full benefits of Celebrate Recovery, participants are encouraged to attend Main session night, Open Share Groups and Fellowship and a Step Study group. That is personal recovery and growing our relationship with Christ; becoming more like Christ.

Large group service provides teaching and personal testimonies provide hope. Open Share groups provide recovery specific issues and solutions while step study groups provides an opportunity to thoroughly work the steps in a group setting opposed to by yourself. In

addition, main service nights are where newcomers find an Accountability Team; Sponsors provide one on one care and accountability partners provide accountability and healthy relationships. And then there is the critical component of fellowship that your main session night provides which is not provided during step study nights.

So, while we encourage and challenge the newcomer to attend both, we can not make it a requirement. (CR participation is based on voluntarily attending) We can however, require our CR Leaders to attend both. CR Leaders who are leading step studies are required to attend both not only to serve as an example but to continue to grow in their personal recoveries.

Accountability Team: Accountability Partners and Sponsor

As a new Celebrate Recovery Ministry you may have limited number of people available to sponsor your newcomers. As leaders you certainly can not sponsor everyone! That is why developing Accountability Teams are so important.

Initially the emphasis must be put on participates establishing accountability partners. More and more people will become available to sponsor others after they have completed a step study group.

You can help a new comer understand the concepts and importance of Accountability Teams through:

- Large Group Teaching
- Open Share group Leaders' announcements
- Newcomers 101
- Reference: Participate Guide #2

Here is a list of the differences between Accountability Partner's and a Sponsor.

COMPARISON CHART

Accountability Partner's	A Sponsor
Attend Large Group and Open Share Group together.	Coaches you through the 8 Principles/Steps; Participant's Guide.
Join and attend Step Study Group together.	Available in time of crisis or potential relapse.
Get involved in Celebrate Recovery Service together.	Serves as a sounding board by providing objective point of view.
Holds you accountable for same area of recovery and issues.	Discuss issues in detail too personal for meeting time. (Listens to 5 th Step)
Call each other daily.	Give recovery related assignments.
Encourage each others' program.	Requires meeting attendance.
Help motivates each other.	Requires check in calls.
Are at the same place (steps, sobriety time) in their recoveries.	Has at least 1 year continuous sobriety and has completed the 12-Steps.
Includes at least 3 or 4 people.	Same area of recovery and gender.
Pray for each other.	Shares experience strength and hope.
Attends BBQ together and Solid Rock Café.	Will confront denial and procrastination.

A sponsor is like having a personal weight/exercise trainer.

An accountability partner is some you go to the gym with.

It has been suggested that Leaders provide a list of available sponsors and accountability partners. This goes against one of the most important steps for a newcomer; initiating their recoveries and seeking new relationships. A newcomer must take responsibility for their own recoveries.

Ways of finding a Sponsor:

- Attend Celebrate Recovery BBQ and Solid Rock Café
- Small Group Leaders will have a phone list. Get to know members of the group – this will give you contacts for accountability partners and a potential sponsor.
- Ask God to lead you to the person of His choosing.
- Research other Celebrate Recoveries in your area by visiting www.celebraterecovery.com,

To learn more about Accountability Teams review the Celebrate Recovery Leaders Guide and Participant Guide #2, Lesson 8: Sponsor. You may also purchase the Celebrate Recovery Advance Leadership Training Kit for additional Sponsor and Accountability Teams training materials.

Celebrate Recovery small group guidelines are implemented during Open Share Groups and Step Study Groups which is the foundation of ensuring a safe place of sharing.

SMALL GROUP GUIDELINES

These guidelines are designed to provide a safe and productive meeting for everyone. Please honor these guidelines throughout the meeting.

- **Keep your sharing focused on your own thoughts, feelings, and the workbook questions. Please limit your sharing to 3-5 minutes.**
- **There is NO cross talk please.** Cross talk is when two people engage in a dialogue during the meeting. Each person is free to express feelings without interruptions.
- **We are here to support one another.** We will not attempt to “fix” another.
- **Anonymity and Confidentiality are basic requirements** What’s shared in the group stays in the group. **The only exception is when someone threatens to injure themselves or others.**
- **Offensive language has no place in a Christ-centered recovery group,** including no graphic descriptions.

Over the years we have tried hundreds of ideas to maintain the health and growth of Celebrate Recovery. These are the Seven Keys that have been essential for this Christ-centered recovery ministry.

7 Keys

1. Senior Pastor Support - Our senior pastor's support makes it acceptable for someone to be in recovery.

2. Worship - Is a major difference between a Christ-centered and a secular recovery program. Worship starts off your Large Group Session.
3. New Groups – Open Share groups are built around individual needs and recovery issues, new groups act like blood transfusions in our recovery ministry.
4. Fellowship events- Our recovery program needs to be out in the open, a regular place where people in recovery can join together. Implement a regular BBQ/Pizza Parlor and Solid Rock Café.
5. Curriculum - Learn to implement this curriculum that is built on God's Word. Step study Groups provides a group environment to work through the Celebrate Recovery participant guides
6. Outreach – Celebrate Recovery is an outreach opportunity to connect with the un-churched in your community.
7. Leadership training- Once you stop learning, you stop growing. Trained CR Leaders will keep your Celebrate Recovery Healthy and growing.

How the 7 Keys apply to Celebrate Recovery

Senior Pastor Support

Pastor Rick Warren endorses CR and claims it as a Saddleback Church signature ministry!

Worship is the main focus during Large Group Session

New Groups are recovery specific Open Share groups that start after someone completes a Step Study Group and becomes aware of other areas of addiction in their lives.

Fellowship Events

BBQ Dinner before Large Group Session and Solid Rock Café after Open Share groups.

Curriculum

Celebrate Recovery Participant's Guides and Life Recovery Bible utilized in Step Study Groups. Step Study Groups are gender separated however includes all areas of recovery.

Outreach

Celebrate Recovery has partnered with Prison Fellowship, rescue mission organizations, and treatment centers and participant in church wide activities involving the community.

Leadership Training

CR Leaders meet together monthly for planning, training, support and encouragement. CR also ensures all New Leaders are trained in the "How" To's. (New Leader Orientation, How to Lead an Open Share Group/Step Study Group, Sponsor Training, etc...)

CELEBRATE RECOVERY®

The 8 Principles

Realize 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 they are spiritually poor" (Matthew 5:3)

Earnestly 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)

Consciously choose to commit all my life and will to Christ's care and control. (Step 3) *"Happy are the meek" (Matthew 5:5)*

Openly 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)

Voluntarily submit to every change 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)

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. (Steps 8 and 9)

"Happy are the merciful" Happy are the peacemakers" (Matt 5:7, 5:9)

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. (Steps 10 and 11)

Yield myself to be used to bring this Good News to others, both by my example and by my words. (Step 12)

"Happy are those who are persecuted because they do what God requires" (Matthew 5:10)

12-Steps and the Biblical Comparisons

All Scripture quoted from the New International Version.

- 1. We admitted we were powerless over our addictions and compulsive behavior. That our lives had become unmanageable.** *I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)*

2. **Came to believe that a power greater than ourselves could restore us to sanity.** *For it is God who is at work in you to will and to act according to his good purpose. (Philippians 2:13)*
3. **Made a decision to turn our life and our will over to the care of God.** *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. (Romans 12:1)*
4. **Made a searching and fearless moral inventory of ourselves.** *Let us examine our ways and test them, and let us return to the LORD. (Lamentations 3:40)*
5. **Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.** *Therefore, confess your sins to each other, and pray for each other, so that you may be healed. (James 5:16a)*
6. **Were entirely ready to have God remove all these defects of character.** *Humble yourselves before the Lord, and he will lift you up. (James 4:10)*
7. **Humbly asked Him to remove all our shortcomings.** *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)*
8. **Made a list of all persons we had harmed and became willing to make amends to them all.** *Do to others as you would have them do to you. (Luke 6:31)*
9. **Made direct amends to such people whenever possible, except when to do so would injure them or others.** *Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your offering there in front of the altar. First go and be reconciled to your brother; and then come and offer your gift. (Matthew 5:23-24)*
10. **Continued to take personal inventory and when we were wrong, promptly admitted it.** *So, if you think you are standing firm, be careful that you don't fall! (1 Corinthians 10:12)*
11. **Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.** *Let the word of Christ dwell in you richly. (Colossians 3:16a)*
12. **Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.** *Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)*

The Value of Using The Celebrate Recovery[®] Name

Celebrate Recovery[®] desires to be a network of like-minded; Bible based Christ-centered recovery ministries. This growing network crosses denominational and cultural boundaries to help hurting people in our church and community.

There are many benefits of using the *Celebrate Recovery*[®] name, here are just a few:

■ **CONNECTION**

Your ministry is part of an international movement to bring Christ-centered Bible based recovery to the world. As a genuine *Celebrate Recovery* ministry you join in a network of thousands of other local *Celebrate Recovery* ministries reaching people for Christ and helping them break free from their hurts, hang-ups, and habits.

■ **SUPPORT**

Your ministry has the support and partnership of the *Celebrate Recovery* National Team, as well as assistance from your State and Regional Representatives. These entities work to help your ministry succeed.

■ **RESOURCES**

Your ministry has access to the materials and resources from Saddleback Church that have proven to be invaluable tools in recovery.

■ **VALIDATION**

Your ministry is validated in your church and community by being associated with *Celebrate Recovery*.

■ **PROMOTION**

Your ministry is listed with the other *Celebrate Recovery* programs on the official *Celebrate Recovery*[®] websites.

It is our desire for each local *Celebrate Recovery* ministry to have a clear and consistent character that identifies it as a genuine part of the *Celebrate Recovery* movement, yet maintaining its own creative distinctions of the local ministry and church.

To illustrate, here's an example of what it means to have consistency while allowing for creativity.

A McDonald's restaurant in Boulder, Colorado may have a Western theme and a McDonald's in Orlando, Florida may have a Mickey Mouse theme. Nevertheless, you can be sure when you order a "Big Mac" they are going to taste the same at both locations. Our desire is that no matter where a newcomer or visitor attends a *Celebrate Recovery* meeting, they will experience the same quality content and program to find God's healing from their hurts, hang-ups and habits.

The *Celebrate Recovery*[®] name is a registered trademark.

In a desire to protect the integrity of the broader ministry, *Celebrate Recovery*[®] requires that if you use the *Celebrate Recovery*[®] name that the following are an irreducible minimum of your program.

The DNA of an authentic *Celebrate Recovery*[®] Ministry.

1. *Jesus Christ is the one and only Higher Power. The program is Christ-centered.*
2. *The Bible* and Celebrate Recovery curriculum consisting of the Leader's Guide, four Participant's Guides, and the Celebrate Recovery Journal are to be used exclusively. The Large Group lessons are taught from the Leader's Guide, keeping at least the acrostic and the Scriptures as the key points in the lessons. This is to keep consistency within groups, allowing teachers to be creative with the introduction and conclusion of each lesson.*
**Use of the Celebrate Recovery Bible is strongly encouraged due to the fact that it is the only Bible that directly corresponds to the Celebrate Recovery curriculum. The Celebrate Recovery Bible has been designed to work with the resources developed and tested in the national and international ministry of Celebrate Recovery.*
3. *The ministry is "group based." All groups are gender specific and use the group guidelines and format.*
4. *The Celebrate Recovery "Five Small Group Guidelines" are implemented and followed.*
5. *Accountability to Christ, the local church, and Celebrate Recovery at Saddleback Church.*

A church or organization may decide to use the *Celebrate Recovery*[®] curriculum and mix it with other materials, or other programs, which is certainly up to their discretion, HOWEVER, they are prohibited from using the *Celebrate Recovery*[®] name.

Items produced for commercial sale using the Celebrate Recovery name are strictly prohibited.

Questions regarding *Celebrate Recovery*[®] trademark guidelines or violations should be directed to Teri Moote (949) 225-2196 or terim@saddleback.net.



Order Reference Guide

NEW TOOLS!

Celebrate Recovery Tools

www.pastors.com /1-866-829-0300

Celebrate Recovery Bible

Life's Healings Choices

Celebrate Recovery Program Starter Kit
Celebrate Recovery Leaders Guide
Celebrate Recovery Participant's Guides
Advanced Leadership Training Guide (ALT)
Celebrate Recovery Journal
Senior Pastor's Support Video
Stories Of Celebrate Recovery (Audio)
Testimonies To Go – Volume's 1-6 (VHS/DVD)
Celebrate Recovery "Words" (VHS/DVD)
CD'S Recovery Music
Spanish Resources

Celebrate Recovery Visual Kits (Power Point) www.eyeeffectsworship.com

Visual Kit 1 – 25 Lessons/Worship/8 Recovery Principles
Visual Kit 2 – Celebrate Recovery graphic/images/logo's
Advanced Leadership Training Visual Kit – Coincides with the ALT Guide.

Celebrate Recovery Financial Recovery

marnieb@saddleback.net

Financial Recovery Financial Recovery Workbooks	\$16.00
Financial Recovery Leaders Guide	\$7.50

Celebrate Recovery Chips

www.celebraterecoverygear.com

30, 60, 90 days, 1 year etc.
Celebrate Recovery Shirts/Banners/Logo

Registration

www.purposedriven.com

1-Day Seminars/ALT's
Annual 3-Day Summit

Other

Life Hurts, God Heals
www.simplyyouthministry.com

Celebrate Recovery Global Locations

www.celebraterecovery.com