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IN RECOVERY FROM 2020?



It's certainly been a year we'll remember! Although some say there have been positives, most have found the uncertainty, loss, isolation, and change to routines that coronavirus has brought quite challenging.

Even Celebrate Recovery groups have been impacted, with many resorting to online connection or phone calls during lockdown periods and, upon return to in-person meetings, having to cope with mask-wearing and other Covid guidelines such as sanitising our hands and our buildings.

2020's pressures have led to many seeing that aspects of their lives are broken – their choices, relationships, thought-life, behaviours. This is hard, however it is not necessarily a bad thing to have recognised; acknowledging our brokenness is the first step to recovery. If we won't admit it, we won't turn to God for healing and recovery.

Celebrate Recovery is a much needed ministry that can help churches offer 'broken' people regular, Christ-centred support and biblical direction for living well. In 2020, more churches expressed interest in Celebrate Recovery as they seek to help people in 2021 experience the forgiveness, love, and healing power Jesus offers. Please get in touch if your church is ready to bind up broken hearts and set captives free!

Testimony: Anxiety Calmed

God used Celebrate Recovery to help Liz to overcome anxiety struggles and to continue to trust Him through 2020's changes.

I'm Liz. I'm a grateful believer in Jesus Christ and I came to Celebrate Recovery as I was experiencing anxiety at a level I knew wasn't God's best for me. I came as I had a friend who came and I could see what a difference Jesus had made in her life and I wanted to be healed from my anxiety.

When I came to CR it took me a few weeks to get used to the format but now I appreciate it so much as I know what to expect each meeting, I know that I can say what I need to and no one will comment, good or bad. It gives me much needed space to focus on me and my recovery. When else in my week do I have the time to do that?

The issue I was struggling with was uncontrollable anxiety and through the lessons, testimonies and step studies, I can see that the biggest truth I needed to grasp is part of Principle 1. Realise that I'm not God. I had been putting myself in God's rightful place and trying to control things myself. I needed to be reminded that not only is God in control but that it is a good thing that He's in control. Recognising this was a huge turning point for me. I can honestly say that I no longer feel anxious in the way I did. I know that as Romans 8:28 tells me, '*God works for the good of those that love Him*'. I can be confident that whatever I face, He is with me, He loves me and will sustain me. I can now recognise when my anxiety is triggered and I stop, pray and remind myself of the truths I know. I'm grateful that Jesus has and will continue to change me.



This year has been like no other, there has been so much uncertainty and so much change. I find change difficult but I know that if God hadn't changed me in the way that he has over the last few years I would have found this uncertainty so much harder. I am thankful to have been able to continue meeting each week for CR, whether online or in person. It has given me a much needed space to acknowledge how I've been feeling and remind myself that God always has been, and will continue to be, in control.....just what I needed to hear in 2020!

Behaving Like a Newt!



Newts are amphibians, which means, as cold-blooded creatures, their body temperature goes up and down in response to the temperature of their surroundings; it does not remain constant as it does in warm-blooded animals.

We humans, though physically warm-blooded, sometimes behave like cold-blooded creatures *emotionally*, don't we?

When I struggled with low self-worth my emotional temperature was hugely affected by feelings of acceptance, how well I did in exams, the praise I got or didn't get for a task completed....

What others thought of me controlled me. Eating disorders became a way I tried to cope with, and distract myself from, the intense feelings of 'up' and 'down'.

Finding my value in Jesus, rather than looking for it from other people led to my yo-yo-ing self-esteem temperature levelling out to become more constant.

Of course this doesn't mean I am immune to hurt - far from it! What it means is that when people are hurtful, when I am unfairly treated, when people badly let me down, the way I view myself hardly wobbles. Celebrate Recovery reinforces the truth that my identity is in Jesus and helps me to shape my self-view on Him and what He says about me rather than on how people treat me.

Catherine Robinson

Zooming into and out of 2020!

• Introducing Celebrate Recovery:



Getting to grips with 'new to some of us' technology has opened up new opportunities for Celebrate Recovery in the UK. At the end of November, we held our first online 'Introducing Celebrate Recovery' meeting.

Over 30 church representatives attended this Zoom event. The Celebrate Recovery UK Representatives presented three sessions:

1. What is Celebrate Recovery?
2. Celebrate Recovery General Meeting Nights
3. Setting up Celebrate Recovery at your church

Each session was followed by a time of Questions and Answers. We hope people found it helpful to consider what's involved in running the programme and how that might look in their own situation.

Some people missed the event, and though we didn't record the evening, we have been able to send them our free USB, "Introducing Celebrate Recovery - a pack for UK churches" which covers the same topics. If your church doesn't have this resource, please contact us at enquiries@celebraterecovery.co.uk with your UK postal address and we'll pop one in the post to you.



We plan to repeat the event in the spring so keep an eye out for details at www.celebraterecovery.co.uk and [Facebook.com/CelebrateRecoveryUK](https://www.facebook.com/CelebrateRecoveryUK)

• Ministry Leader Mornings



Another success for 2020 was connecting with some of the UK Ministry Leaders in a more regular way.

We held three Saturday morning Ministry Leader online events. They offered us a chance to connect, to consider a particular aspect of Celebrate Recovery and to learn from each other. Ministry Leaders have certainly gained insight and ideas from the sharing of fellow Ministry Leaders. With the changing times and restrictions of 2020, these discussions shaped our planning and helped us feel we were not alone in the uncertainties.

With the positive feedback we've had from those who have attended, we will continue to host these events. Our next Ministry Leader morning is on Saturday 6th February, 10am-12 noon on Zoom.

Autumn UK Conference



Our main event for 2021 will be the Celebrate Recovery UK Conference on Friday 1st - Saturday 2nd October. Please pencil these dates in your diary!

We originally hoped to hold this event in spring but have had to move it to later in the year. Again, we will have to hold this date lightly but we are hopeful that by October we will all be meeting back together.

This event will be open to everyone involved in Celebrate Recovery across the UK - Ministry Leaders, small group leaders, and participants - and for people considering starting up the ministry in their churches.

CR Connected - a new initiative



The US Celebrate Recovery national team has launched 'Celebrate Recovery Connected' - *"a library of inspirational and educational videos, exclusively for CR members.... designed to help your personal recovery, as well as strengthen your local ministry."*

For \$99 annually, which is approximately £74, you will be able to access brand new content that can only be found in the 'CR Connected' online portal. You can join at <https://cr-connected.com/>.

P•R•A•Y•E•R•S for Celebrate Recovery

An acrostic of prayer pointers! Thank you for praying!

- P** Participants to engage with the eight Christ-centred principles to find freedom from their struggles
- R** Recovery groups to grow in strength. Pray for Ministry Leaders and their teams of volunteers
- A** Advertising to churches - for effective and low cost ways to let churches know about CR
- Y** Your UK Team of regional representatives to support churches and CRs. Pray for more reps too
- E** Establishing new groups - pray for more churches to run with CR and build strongly
- R** Reaching the hurting - that the hurting in our churches and communities hear about CR
- S** Safe place - for Celebrate Recovery groups across the country to follow the DNA for safety for all