

# CELEBRATE RECOVERY UK



*Celebrate Recovery is a Christ-centred, 12-step recovery programme for anyone struggling with hurt, pain or addiction of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that control us.*



## THANKS FOR COMING!

What a great day we had at the Celebrate Recovery UK Conference in Derby earlier this month. Thank you to Tony and Val Turner and the team in Derby for hosting us in their splendid centre. Thanks also to everyone for coming; some travelled many miles to join the Celebrate Recovery UK family. It was good to be together.

The event was aimed at our Celebrate Recovery (CR) leaders and participants as well as church leaders investigating the programme for their own churches.

Someone who had been considering running CR commented, "Because of this conference, I'm closer to starting a Celebrate Recovery group."

One CR leader said the day had provided "time to reflect on what makes our CR group successful."

We covered a lot of content and most people appreciated the variety of speakers, testimonies and interaction. Someone summed up the day with this reflection, "I liked that there was some fun as well as the serious stuff."

# TESTIMONIES

**We had three very different testimonies at the conference demonstrating that God is using Celebrate Recovery to help people overcome all kinds of hurts, hang-ups and habits. Here's a snippet from each share.**

## **I'm Liam. I'm a Christian and I'm in recovery from drug abuse.**

Things got bad for me during lockdown. In the space of one week I lost both my parents to the Covid virus. I started to relapse using crack cocaine quite heavily and with increased frequency. It was then that I sought out Celebrate Recovery (CR). It arrested the drug relapse almost straight away.

Principle 4, "Openly examine and confess my faults to myself, to God, and to someone I trust", helped me to reach out and find an accountability partner and a sponsor. This helped me take my problems to a safe place and not dump them on my wife.

After attending for nearly two years, I made the mistake of thinking that I'm ok with attending less. Eventually, after a few months of minimal attendance and less and less contact with my support group, coupled with the sudden death of someone who was close to me, I hit a real crisis. I felt like I was coming apart mentally and just wasn't coping with pressure. But God is good. He led me back to Celebrate Recovery and has shown me that it has to be front and centre in my world, because this is where He's going to continue to heal me. My wife has said that she has never seen me more together than when I regularly attend CR. It's true!



## **I'm Claire. I'm a Christian who struggles with anxiety.**

Anxiety for me covers a lot of things, worry about what people think of me, that I'm not doing things right, a fear of authority figures, over thinking, wanting to be in control, not wanting to ask for help, having high expectations of myself and others, and fear. Through the openness and honesty of other CR participants, I have learned that it's not just me; other people, other Christians struggle too. Simply not feeling unique in my difficulties is incredible!

God has helped me see patterns in my behaviour, taking me from feelings of powerlessness over my situation and reaction, to understanding that I can and should have an active role in my responses to circumstances. I cannot change others but God and I can work together to change me. God does not need me to be someone else. He needs and wants me to be me and as cheesy as it is no-one else can do that. This new-found perspective helped me co-lead a Step Study on Zoom in 2021; it was an immense privilege to work with women from all over England and beyond, sharing the freedom and hope I have stumblingly found by putting my life in God's hands.

I keep coming back to CR to be reminded to put my faith in God and the death of Jesus to bring me into a right relationship with Him and to apply the Godly truths that I know in my head to my life and struggles.



## **My name is Iain. I'm a grateful believer in Jesus and I'm in recovery from rejection, anger and low self esteem.**

Arguments, shouting and door slamming by my parents were common place during my childhood. At age 18 I left home for university and never returned. I lived a hedonistic lifestyle but in the quiet, reflective moments of my life I felt empty and unsatisfied. I gave my life to Jesus at the age of 31 and I married the attractive young lady who had led me to Christ. Although I was now a Christian, I brought all my hurts, hang ups and habits into our marriage. During the inevitable disagreements I became withdrawn and prone to anger. My wife gave me an ultimatum, get some help or she would separate from me. I thank God that in our church we had a ministry called Celebrate Recovery. Here I observed men being totally open and honest about the things they found difficult and taking responsibility for their actions. Gradually I began to participate and talk about my own hurts, hang ups and habits. I joined a Step Study group. My wife commented on the changes she had seen in me. I have continued with Celebrate Recovery in order to consolidate the positive changes and to work on other areas that my inventory had revealed. I started to put back into Celebrate Recovery, as a welcomer, putting out the chairs, making the coffee. I was asked to be an assistant Step Study group leader. Today I am part of our CR leadership team. I lead a men's Step Study, The Journey Begins. I am also working through the Step Study, The Journey Continues, with my sponsor as part of my ongoing recovery. Giving back has been an important part of my own recovery.



# THE ORDER OF THE DAY



This year's conference was opened with a time of worship; this is a key element of Celebrate Recovery, keeping us looking to Jesus for hope, healing and help.

With a packed programme, our UK Director, Tony Turner, kicked off our first session by modelling a CR General Meeting Night. The Large Group Time included a powerful testimony from Liam. We then had some fun with role play, modelling a badly run Open Share Group meeting (with Tony sneaking into the women's group!) to highlight some common mistakes, before modelling a correctly run group which followed the small group guidelines for safe sharing.

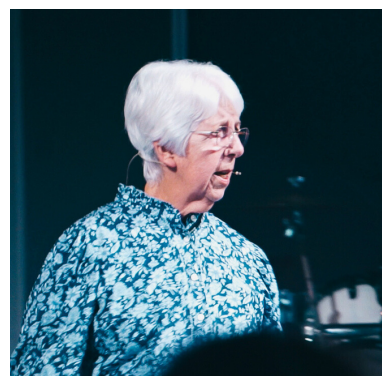


Session 2 focused on '7 Keys' to starting a Celebrate Recovery group and keeping it growing. Catherine Robinson (North East & Scotland Rep) organised a game of word 'Bingo' during our focus on CR's '7 Unique Features' led by Kath Leigh (North West & N.Ireland Rep) and Val Turner; this ensured that delegates were glued to every word spoken. Later, Catherine took us on the journey to recovery; our lost and heavily burdened actor - Kath - was encouraged along the path to recovery with Jesus leading the way.



After lunch, we looked at the practicalities of starting a CR ministry following the 90 day kick-off strategy, before discussing around our tables the important qualities of a Celebrate Recovery leader - in 'Top Trumps' style.

Other sessions included sponsoring people through the eight principles, and the top 10 hints from CR leaders for keeping a CR group thriving. It was great to hear from Andy Townsend, a Celebrate Recovery UK Trustee, about our vision for growth, looking to develop 50 new groups in the next 5 years, and to hear further wonderful testimonies from Claire and Iain showing how God is using CR to bring hope to different situations.



Good Celebrate Recovery Leaders' Top Trumps

Celebrate Recovery Leader:  
**Chris Hope**

**Profile:**  
Recovery area: anxiety and drugs  
Year joined Celebrate Recovery: 2018  
Celebrate Recovery roles: Open Share Group leader, sponsor

**Qualities:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

We were also blessed to have Mark and Julie Macklin from [Purpose Driven UK](#) on hand for advice about the many Celebrate Recovery resources on sale.

It was certainly a day to remember, and our Celebrate Recovery UK family has just got a little bigger!



# KEEP YOUR GROUP THRIVING

## 10 Top Tips To Keep Your Group Thriving

- Pray! Pray! Pray!
- 10 Don't give up when numbers are low!
  - 9 Share out the load and encourage service
  - 8 Hold regular team meetings
  - 7 Get people into the Participant's Guides
  - 6 Always follow the DNA of CR
  - 5 Stay honest about your own brokenness
  - 4 Include plenty of testimonies
  - 3 Take welcoming seriously
  - 2 Keep it about Jesus
  - 1 Visible senior pastor support



At our conference, we asked those involved in leading their Celebrate Recovery ministry to give some tips to people hoping to run a group in the future. We collated the answers and came up with "10 Top Tips" for keeping a Celebrate Recovery group thriving.

There was a general consensus that because Celebrate Recovery is God's programme, leaders should be praying at every stage.

What advice would you have given to a new group?

# TELL HOW MUCH JESUS HAS DONE



*"Jesus... said, 'Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.' So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed."*

**Mark 5:19-20**

Our conference delegates were tremendous! Having so many of us together provided an opportunity to do some filming - with the intention of producing a Celebrate Recovery UK promotional video. So many were willing to tell how Jesus is using Celebrate Recovery to help them, that we may be able to produce two or even three videos. Keep checking our website, [celebraterecovery.co.uk](http://celebraterecovery.co.uk), for new videos, and please pray that those who see the video/s are amazed by how much Jesus has done.

# EVENTS COMING UP



Celebrate Recovery UK's next online **Ministry Leader meeting** will be held on 18th November at 10am. This will provide opportunity to connect, and time to consider how to sponsor others.

For anyone contemplating running Celebrate Recovery, we recommend our **'Introducing Celebrate Recovery'** on 18th January.

Zoom details for both events from [enquiries@celebraterecovery.co.uk](mailto:enquiries@celebraterecovery.co.uk)



## LEARN MORE



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