

CELEBRATE RECOVERY UK

helping churches bring hope and healing to the hurting



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Celebrate Recovery UK is a registered charity 1201252 in England and Wales

New Promotional Videos for Your Church

We start 2024 with three new Celebrate Recovery UK videos - with help from our autumn conference delegates.

- **How Celebrate Recovery Helps Me** is an ideal video to use in church services, groups and events to promote each new cycle of Celebrate Recovery. 14 people share how God has used this ministry to change them.
- **The Difference Celebrate Recovery Makes to Church Life** is produced with church leaders in mind. Leaders and participants reflect on the blessings Celebrate Recovery has brought to the whole church family.
- **Celebrate Recovery UK Events** provides feedback from our recent conference, encouraging church leaders and our Celebrate Recovery family to attend future events.

Find the videos on our website, celebraterecovery.co.uk and YouTube channel, [@celebraterecoveryuk](https://www.youtube.com/@celebraterecoveryuk). To download MP4s, contact enquiries@celebraterecovery.co.uk.

Ella: Stepping Out of Anxiety



My name is Ella, I'm a Christian, and I'm in recovery from **anxiety** and **overthinking**. I was worried my anxieties weren't 'bad enough' to need a support group like Celebrate Recovery (CR). However, I realised pretty quickly that CR has no label for what is 'too bad' or 'too ok'.

I sat down in my first open share time and burst into tears - indeed I spent at least three weeks just crying and not able to share. However, in time the CR commitment to **confidentiality** gave me freedom to share things that I have never said out loud before.

As someone who is easily swayed by the opinion of others, I found the rules - that we don't try to fix one another, don't comment on anything anyone else has said, don't talk over each other, and don't offer advice - really frustrating! But also much more helpful than I expected. This means the input I get is **Jesus-centred**.

I had just moved cities, was jumping into my first job out of uni and settling into a new church, all while planning a wedding. I quickly started having panic attacks for the first time and I was terrified. In CR I found a group of people who also shared this struggle. Being reminded I wasn't alone gave me the space and inspiration to face these scary moments and work out my triggers.

CR doesn't just equip us using **God's word**, it provides **practical tools** and ideas for facing life's struggles, which came in very handy. I haven't had a panic attack for 5 months now. I recently completed 7 months of the CR step study course. God was kind enough to teach me a lot both about him and myself, and I realised that my first step towards recovery needs to be mending my lukewarm relationship with him. This won't be easy, but I'm hoping as I keep coming to CR, **God will keep changing me** into the person he wants me to be.

Leave Your Burdens at the Cross

by Catherine Robinson

Celebrate Recovery is good news to the lost and burdened, taking people on a journey to **'Recovery'** - with Jesus Christ leading the way.

Admitting we're lost is the first step on the right path; it moves us to a position where we're ready to seek the help we need. At Celebrate Recovery, we discover that Jesus has the power to help us when we commit to following Him. Following Jesus involves unpacking our hurts, hang-ups and habits, and learning how to leave them at His cross, and move on. Celebrate Recovery's tools help us to cooperate with Jesus to see our hurts heal, hang-ups weaken, and bad habits change.

Once unburdened, the journey to **'Recovery'** gets easier. Recognising when we're taking a wrong turn, choosing to follow the map (the Bible), and asking God to lead us, are all key to keeping us going in the right direction.

Something else helps us continue to **'Recovery'**; sharing with others how Jesus is leading us to **'Recovery'** reinforces the eight healthy biblical principles in our own lives, keeping us growing strong.

If you've not taken the Celebrate Recovery journey to **'Recovery'** yet, I encourage you to do so. If you're on that journey, keep going!



We learn to leave our hurts, hang-ups and habits at the cross



'Forever Family' Visits

by Catherine Robinson

As the launchpad for Celebrate Recovery, Saddleback Church in California is the exciting hub of this global movement of Jesus-centred hope. Being 8500 miles away here in the UK, however, it's easy at times to feel isolated from our Celebrate Recovery family. What a blessing it is therefore, when we manage to catch up *in-person* with some of our global brothers and sisters.



On a rainy November afternoon, Wendy Kinyanjui, Celebrate Recovery Country Representative in Kenya, arrived in Newcastle and joined our Celebrate Recovery's annual Celebration Evening. It was a great blessing to get to know Wendy and to share our hopes and dreams for Celebrate Recovery (CR) in our countries. Wendy said,

"The evening was filled with celebration, heartfelt conversations, shared stories, and a genuine sense of camaraderie."

Wendy also visited CR in Derby, meeting Tony and Sue who lead the ministry there, and shared her testimony. She says of her trip to the UK,

"It's exciting and inspiring to see how Celebrate Recovery has grown here; it's a universal beacon of hope that transcends borders. In the face of cold weather, both literally and metaphorically, the warmth of community and recovery shines through, making every moment a celebration of resilience and renewal."



Whilst on a church mission trip to Cambodia, one Celebrate Recovery UK family member, Liam, had a great time meeting up for coffee, chat, and prayer with Phnom Penh's CR Ministry Leader, Matthew McCullough.

We are family! If you travel within the UK or abroad, why not seek out the nearest Celebrate Recovery group and bless them with your presence.

With Celebrate Recovery UK, There Is Hope; But Only with Your Help

by Dave Priestley (on behalf of CR UK Trustees)

The team at Celebrate Recovery UK work incredibly hard on your behalf all year round. Their positions are 100% voluntary. At Celebrate Recovery UK, we can't contemplate life without CR and the prospect of being unable to reach new areas of the UK. In order to continue this amazing ministry in the UK, started by Tony & Val Turner and the team in Saddleback, **we need your financial help**. Working with new regions, and supporting existing UK groups, requires us to cover our costs. Your donation allows resources to be produced and further training and events to be run across the UK. It also helps to cover administration costs. Celebrate Recovery UK receives no external funding.

A one-off donation of £20 allows us to produce a single resource; a monthly donation of £10 funds a training event for UK Ministry Leaders. A one-off gift of £100 covers the admin costs associated with producing and sending introductory materials to potential new Celebrate Recovery groups, following up and providing initial training. **If you are a UK Taxpayer, please complete the form to allow us to obtain Gift Aid on your generous donation.** 100% of donations go to support the work of Celebrate Recovery UK.

Without your help, Celebrate Recovery UK can't continue its incredible work. You can help now by clicking the "donate" button on the homepage at celebraterecovery.co.uk, or by scanning the QR code.



Coming Up

For UK churches just starting a Celebrate Recovery ministry or wanting to find out about it, our **'Introducing Celebrate Recovery'** online meeting at 7pm on Thursday 18th January is for you! Three short presentations provide a starting point for our discussions:

1. What is Celebrate Recovery
2. General Meeting Nights
3. Setting up Celebrate Recovery in your Church

For Ministry Leaders and Assistant Ministry Leaders, the **'Ministry Leaders' Meeting** at 10am on Saturday 3rd February, provides a great opportunity for news, connection and support. Our February meeting will include discussion around managing the five small group guidelines in our Open Share Groups.

For Zoom details for either meeting contact enquiries@celebraterecovery.co.uk



Thursday 18 January
7pm-9pm, online

Introducing Celebrate Recovery

What is Celebrate Recovery?
Who's it for?
What happens at meetings?
How do we start it at our church?

enquiries@celebraterecovery.co.uk

Connection Information
Questions
Support
Networking
Experience
Together
Prayer

News
Sharing
Answers
Safety
Accountability
Learning
Guidance
Ideas

MINISTRY LEADERS' MEETING

SATURDAY 3 FEBRUARY 10AM - 12PM

And let us consider how we may spur one another on toward love and good deeds
Hebrews 10:24



MORE INFO

Website: celebraterecovery.co.uk
Facebook: [/CelebrateRecoveryUK](https://www.facebook.com/CelebrateRecoveryUK)
Instagram: [@celebraterecoveryuk](https://www.instagram.com/celebraterecoveryuk)
YouTube: [Celebrate Recovery UK](https://www.youtube.com/CelebrateRecoveryUK)

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Website Contribution?

Help make the [Celebrate Recovery UK website](http://celebraterecovery.co.uk) a vibrant and relevant resource!

As well as pointing churches in the right direction to launch successful Celebrate Recovery ministries, advertising upcoming events, and listing CR programmes running in the UK, our website contains much more information.

Here are three ways you can help us tell the world that God is using CR in the UK to make a difference.

- **Write a blog**

What's important about CR? What do you wish you'd known before starting CR? What valuable CR experiences have you?... Read other blogs at celebraterecovery.co.uk/blog/ and send us your idea for a blog. We can't wait to read it!

- **Tell us what's going on**

What are you or your Celebrate Recovery group doing to share hope for recovery in Jesus? We'd love to tell others about it here celebraterecovery.co.uk/whats-going-on/.

- **Testimonies**

Do you have a Celebrate Recovery testimony we could share? We need new and varied stories of transformation on this page - celebraterecovery.co.uk/testimonies/.

Please send blogs, 'what's going on' news, and testimonies to enquiries@celebraterecovery.co.uk