

CELEBRATE RECOVERY UK

helping churches bring hope and healing to the hurting



Check Out Our New Webshop

Great news! Our new webshop is now live, making it far easier to access and purchase resources to support your Celebrate Recovery ministry in the UK context. No more clunky processes for accessing testimonies or organising invoices. Everything is now simple and streamlined. While official curriculum will always come from the [Celebrate Recovery Store](#) in America and [Purpose Driven UK](#), our home-grown resources are designed to help you promote your Celebrate Recovery (CR) group without having to reinvent the wheel. We have a vision to keep developing more tools over time to strengthen CR's impact across British culture, and we're so grateful to our talented web designer for creating a smooth, accessible experience. Do take a look: celebraterecovery.co.uk/shop/

Grab the Conference Early Bird Offer



Join us for the 2026 Conference on **Saturday 24 October**. Newcastle-upon-Tyne in North East England - with an international airport and excellent rail and road links - is relatively easy to reach from wherever in the UK you are.

Go to TryBooking.com and search Celebrate Recovery UK to book your ticket and download our '[Pre-Conference Information Booklet](#)' for full details and city highlights. Early bird rates are available!

Whether you're part of a church pastoral team, already serving in or attending a Celebrate Recovery group, or just want an encouraging day, this conference is for you.

See page 3 for an outline of the day.

Full of Hope

Sarah came to realise that the emptiness she had tried filling with unhealthy coping mechanisms was actually a longing for Jesus.

I am Sarah, a Christian in recovery from bulimia.

Celebrate Recovery has been central to my journey from despair to hope, shaping my faith and my understanding of forgiveness. In 2023, I felt trapped in hopelessness. By 2024, after a relapse, I believed I had lost all hope and was beyond repair. During that season, I wanted to give up and surrender to bulimia, which became the voice of the enemy in my life. I felt ashamed, isolated, and convinced that I was too broken to be restored.

Scripture reminds us,

The Lord is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18

Those words describe exactly where I was. I was exhausted from fighting a battle I did not know how to win, and I truly believed my sins were too great to be forgiven. Yet God met me where I was, even when I doubted Him. This further links to Principle 2:

Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover.

Everything began to change when I found Celebrate Recovery (CR) at the end of 2024. For the first time, I found a place where I did not have to pretend. There were no expectations placed upon me, only acceptance and support. I was free to be myself and honest about my struggles, my doubts, and my pain. Although I was initially sceptical about how Jesus could help, CR gently allowed me to explore faith at God's pace.

In 2025, I committed to CR and hope slowly began to grow. Through worship, testimonies, and lessons, God showed me that healing has no deadline. There were no rushed outcomes, only gentle growth guided by His perfect timing. Over time, I began to understand that the emptiness I had tried to fill with unhealthy coping mechanisms was actually a longing for Jesus.

Now, in 2026, I can say I am full of hope. I have even taken my 1-year chip last month as I am learning to replace negative behaviours with truth found in God's word. I approach situations differently, surrendering control to God and trusting His guidance. I know I am forgiven for my past, and I walk forward with faith, joy, and peace, confident that God is restoring what was lost. He gives me hope.

Thank you for letting me share.

A Different Street



I first heard this well-known piece at the Celebrate Recovery Summit in 2015. It's a powerful picture of what happens when we are serious about recovery.

"Autobiography in Five Short Chapters" by Portia Nelson (wording slightly adapted for UK readers i.e. 'sidewalk' changed to 'pavement')

I.

I walk down the street.
There is a deep hole in the pavement.
I fall in. I am lost. I am helpless.
It isn't my fault.
It takes forever to find a way out.

II.

I walk down the same street.
There is a deep hole in the pavement.
I still don't see it. I fall in again.
I can't believe I am in the same place.
It isn't my fault.
It still takes a long time to get out.

III.

I walk down the same street.
There is a deep hole in the pavement.
I see it there, I still fall in.
It's habit. It's my fault. I know where I am.
I get out immediately.

IV.

I walk down the same street.
There is a deep hole in the pavement.
I walk around it.

V.

I walk down a different street.

Through the Celebrate Recovery process, many of us experience this pathway to freedom - from denial, to awareness, to taking responsibility, and finally choosing a new path with God's help.

Which chapter are you in with your current hurts, hang-ups, and habits? Ask God to guide you to that "different street" as you commit to applying CR's biblical principles.

Catherine Robinson
Celebrate Recovery UK Director

Meet Our New CR Rep - Alison Boughey



Hi, my name is Alison. I'm a grateful believer in Jesus Christ, in recovery from addiction; my outlets were sugar and alcohol. I am now over 4 years and 8 months alcohol free, and I am delighted to be the new Midlands Rep for Celebrate Recovery (CR).

I first heard about CR in 2018 while visiting Newcastle upon Tyne for a weekend. I attended a service at my old student church, Jesmond Parish Church, which ran CR. It immediately grabbed my attention, as I was struggling with binging on sugary foods and alcohol and knew I needed help. When I returned home, I looked up more information about CR and was disappointed that there was no group near to me in Birmingham.

The following year, in 2019, my church announced plans to start a CR ministry. I immediately sensed God's provision and calling. Due to Covid and a building project at my church, we didn't start CR until January 2022. Initially it was led by the community pastor, with me serving as women's ministry lead. In January 2025, I became overall ministry lead.

The Lord has now clearly called me in this next step to become Midlands Rep. I am excited to be serving alongside the other Regional Reps and learning from Catherine and Kath on the National Team. Psalm 18: 19 has meant a lot to me in my journey: **"He brought me out into a spacious place, he rescued me because he delighted in me."**

I am so grateful that Jesus has saved me from addiction and provided a safe Christian community for my ongoing recovery. I am passionate about seeing others freed from hurts, hang-ups and habits. I hope to see current ministries grow and more churches start CR. Celebrate Recovery is one of our church's "bridge-building" ministries, and my hope is that CR will, in part, be a bridge for those who don't know Jesus yet, so they can encounter His love, forgiveness and healing.

Alison Boughey, Celebrate Recovery UK Midlands Representative

October's Conference Line-Up

Saturday 24 October in Newcastle is going to be great! We are planning a full day conference with something for everyone. We believe you'll find the day both enjoyable and informative. Let's make the most of this annual event; please invite friends and church contacts - our [Facebook Event](#) can help you do this.

Doors will open at 9:00am for a 9:30am start, and the event will finish at 4:30pm. We look forward to networking, learning together, and celebrating the joy of Christ-centred recovery.

Just £25 per person with an early bird rate of £20 before 31 August. See links for booking on the front page.

9.30	Worship; Devotional Talk; Testimonies
10.30 You choose from 3 workshops	<p>1. What is Celebrate Recovery? Learn about CR and how it can help you care for the hurting in your church and community</p> <p>2. Celebrate Recovery Meetings - the what and the how Take your CR meetings to the next level - learn from others and share ideas.</p> <p>3. Making the most of Celebrate Recovery How the tools of Celebrate Recovery can help you grow in recovery</p>
11.30	Resources
11.40	Coffee Break
12.00 You choose from 4 workshops	<p>4. Your Celebrate Recovery Journey - A Deeper Look at the Principles and Getting Your Team CR Ready Unpack the participants' journey and explore how your church can establish this ministry.</p> <p>5. The Celebrate Recovery Process for Hurts</p> <p>6. The Celebrate Recovery Process for Hang-ups</p> <p>7. The Celebrate Recovery Process for Habits In workshops 5-7, learn from someone's own journey through key CR Principles</p>
1.00	Lunch Break
2.00	Worship; Testimonies; Panel
3.00 You choose from 5 workshops	<p>8. Making Recovery a Vital Part of Your Church</p> <p>9. Communicating CR to your Church and Community</p> <p>10. Principle 8 Service</p> <p>11. Walking Alongside Others on the Journey (Sponsor Training)</p> <p>12. How to Write Your Testimony</p>
4.00	Finale



Ambassadors in Action

In January, we held our first Ambassador meeting, bringing together people from across the UK Celebrate Recovery family who share a heart for reaching more people with the good news that Jesus Christ loves them, offers forgiveness, and gives strength to overcome hurts, hang-ups, and habits. Since then, three Ambassador Teams have been formed to help expand the reach of Celebrate Recovery:

- Database Team – building a list of UK churches to introduce to Celebrate Recovery
- Communications and Content Team – preparing emails, press releases, and future content / resource plans
- Social Media Team – creating online content to share testimonies, encouragement, and updates

Ian from Newcastle helps on the **Database Team**. He says:

“To introduce Celebrate Recovery to churches who may still not have heard of this wonderful programme, we are now working on a nationwide database of churches. We will be contacting church leaders across the country to make sure they are aware of Celebrate Recovery and the benefits to everyone struggling with hurts, hang-ups and habits.”

Kath from Lancaster heads up the **Communications and Content Team**. She says:

“As a team we want to support the great work of the wider Ambassador Team, by writing and contributing to the content and style of our communications, so we can promote Celebrate Recovery to new and existing churches and participants. We hope to creatively enthuse others about the transforming impact that this ministry is having in the lives of so many.”

Mike from Gloucester serves on the **Social Media Team**. He says:

“We’re working on several projects to promote the life-changing work of Celebrate Recovery. Social media allows us to reach a wide audience through impactful visuals and share what God is doing through this amazing programme. In April, the media team released its first testimony slide pack which received 1,000 views in its first few days. New and upcoming series include slides of the 12 Steps and the 8 Principles of Celebrate Recovery.”

Could You Help?

If you have a heart for Celebrate Recovery and understand its mission, could you give a few hours of your time to one of these teams? We especially need more people for the Database Team. It may be an unseen task, but it plays a vital role in helping us introduce Celebrate Recovery to more churches. We would also love help from people who can create social media posts, design graphics in Canva, or assist with video content. If you would like to get involved, please contact enquiries@celebraterecovery.co.uk.

Leadership Toolkit - CR Community

Join the worldwide Celebrate Recovery family on Mighty Networks.



This is **the** platform to stay connected with all things Celebrate Recovery worldwide! CR Community on Mighty Networks offers a free basic plan for all involved in Celebrate Recovery. It provides free resources, event information, and chat, and allows us to ask questions for quick answers. Sign up here: celebraterecovery.com/cr-community/.

Additional plans offer even more. For less than £12 per month, the **Individual Plan** gives access to monthly videos in the video library. The **Church License**, at around £225 per year, gives all your CR and church members the same access as the Individual Plan. The **Ultimate Church License** includes everything in the Church License plus training for Celebration Place (children’s CR) and The Landing (youth CR) for approximately £375 per year. Why not start with the free basic plan and begin your connection with our global Celebrate Recovery family.

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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TO GIVE

