

Are you ready to embark on a journey
of real and lasting change?



Celebrate Recovery

at EMMANUEL BAPTIST CHURCH

A CHRIST-CENTERED
12-STEP RECOVERY PROGRAM

**MONDAY NIGHTS | 6:30 PM | 18+
EMMANUEL BAPTIST CHURCH VERNON
3412 - 15th Avenue | 250-545-5941**

Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.
Amen.

Reinhold Niebuhr

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Celebrate Recovery (CR) is a biblically-based recovery program that addresses life's Hurt, Hang-ups and Habits using a 12-step approach based on the Beatitudes in the book of Matthew.

CR leaders and participants understand your struggles as we have experienced freedom from addictive, dysfunctional and compulsive patterns in our own lives.

CR provides a safe environment to work through life-controlling issues in an authentic and accountable community.

IS CELEBRATE RECOVERY FOR YOU?

ASK YOURSELF WHETHER YOU OR SOMEONE YOU ARE IN A CLOSE RELATIONSHIP WITH MAY:

- Do too much
- On your phone too much
- Work too much
- Exercise too much
- Spend too much
- Lust too much or too often
- Sleep too much
- Gamble too much
- Use illicit drugs
- Act compulsively too often
- Feel used too often
- Lose control too often
- Become jealous too often
- Feel guilty too often
- Feel hopeless
- Feel trapped
- Feel unloved
- Feel like a failure
- Eat too much
- Worry too much
- Give to others too much
- Become sad too often
- Get frustrated too easily
- Drink too much
- Smoke too much
- Rush too much
- Obsess too much
- Procrastinate too much
- Diet too much/often
- Seek excitement too often
- Yell or scream too often
- Get angry too often
- Act sexually inappropriately
- Feel overwhelmed
- Feel envious too often
- Feel anxious or afraid
- Be late too often
- Feel resentful too often
- Feel lonely too often
- Feel unlovable
- Feel worthless
- Feel unattractive
- Feel unforgiveable
- Play video games too much

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