

## Celebrate Recovery at Pacific Crossroads

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### OVERVIEW

There are 2 major components of Celebrate Recovery:

1) *Weekly Large Group Meetings* – these are co-ed meetings that consist of sharing a meal, a time of worship and a teaching or testimony, and concludes with a time of sharing in single gender groups. This group is open to anyone who is interested – new visitors, group members, families/friends of group members, and all supporters of Celebrate Recovery who would like to join us and hear testimonies.

2) *Men's and Women's Step Studies* – high commitment, single gender, usually 8-12 members each, meet weekly over 9-12 months. Step study participants go through an established curriculum (4 workbooks) that will guide them through the biblically based steps in-depth and allow participants the time and space to delve into their own struggles and work through them from a biblical perspective.

#### *Frequently Asked Questions*

What is the nature of our large group meetings and step studies?

- **Sharing:** The focus of the groups is on honesty, authenticity, safe sharing and listening, not on formal discipleship or Bible study.
- **Serving:** Our groups offer a context for participants to "give back" to others. This happens first and foremost by simply being present in the group and offering a compassionate, listening ear. For some, serving may involve returning after completing a step study, for a 2nd cycle (or more) to help by acting as a partner to a new member or as a co-facilitator.

Who are the facilitators and the group members?

- Group facilitators are leaders who have gone through a similar process of healing and recovery. Their role is to facilitate safe sharing, not to conduct "group therapy" or serve as mentors or disciplers. They serve as peers who are simply "a few steps ahead" in the Celebrate Recovery process.
- Group members are composed of men and women from all over the Crossroads community and sometimes members of other churches and/or individuals from other Celebrate Recovery groups around the city.

What are large group meetings like?

- Group meetings typically last 2 hours
- There is a set structure and the agenda is as follows:
  - 7 - 7:30 pm - Dinner is provided
  - 7:30 - 8 pm - Welcome to Celebrate Recovery (introduction to what Celebrate Recovery is and a reading of the biblically based principles)
  - 8 - 8:30 pm - Depending on the week, there is either a teaching on one of the biblically based steps OR a testimony/personal story shared by someone who is part of the Celebrate Recovery family.
  - 8:30 - 9pm - Open Share Groups- these groups are single gender, consist of a time of open and honest sharing, and end in prayer.

- Every meeting begins with a reminder of the Group Guidelines (see below). These group guidelines are essentially a way to ensure the primary purpose of the group is fulfilled – to offer a safe, compassionate context for sharing.

What are Step Studies like?

- Step studies typically last about 1.5 to 2 hours each week.
- There is a set structure for the whole cycle and each week uses a particular topic or chapter of a workbook as a guide for sharing.
- The meeting time involves a series of questions to help people share. Facilitators may also include an opening and closing prayer, or a brief reading from the workbook.
- Every meeting begins with a reminder of the Group Guidelines (see below). These group guidelines are essentially a way to ensure the primary purpose of the group is fulfilled – to offer a safe, compassionate context for sharing. Biblically, abiding by these guidelines is a way to love our neighbors and to extend the grace of Christ to them.

#### *The Large Group & Step Study Guidelines*

- Anonymity and confidentiality are essential requirements. What is shared in the group stays in the group! (Group members are required to sign a "commitment of confidentiality" upon joining a group.)
- Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
- There will be no cross talk. Cross talk is when two individuals engage in dialogue, excluding all others. Each person is free to express his or her feelings without interruption.
- We are here to support one another, not "fix" one another. Members must not interrogate each other or offer unsolicited advice.
- Offensive language has no place in a Christ-centered group.