

There is a Solution!

The purpose of Whitewater Crossing Christian Church's Celebrate Recovery is to fellowship and celebrate God's healing power in our lives. We open the door by sharing our experiences, strengths, and hopes with another. In addition, we become willing to accept God's grace in solving our life problems.

By working the Christ-centered steps and applying their biblical principles found in the Beatitudes, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others. As we progress through the principles and the steps, we discover our personal, loving, and forgiving Higher Power—Jesus Christ. We will no longer have to rely on our dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for our pain.

Hours and Contact

Location:

Whitewater Life Center

Phone: 513-738-7500

5771 State Route 128,

Cleves, OH 45002

whitewater crossing  **christian church**

Meeting Information:

Wednesday Evenings: 7-9pm

Large Group Worship: 7pm

Small Share Groups: 8pm

(Men's & Women's Groups)

Come early for fellowship and refreshments.

Doors open at 6:30pm



Adult Children of Family Dysfunction

Celebrate Recovery®

"A safe place to share hurts,
hang-ups & habits!"



The Problem

As Adult Children of Family Dysfunction, our feelings, thoughts, experiences, actions, and assumptions from childhood will affect us throughout our adulthood. When our experiences come from a dysfunctional home affected by an addict (or multiple addicts), we can create a "secret" about family addiction that we carry with us throughout life.

As Adult Children of Family Dysfunction, our survival skills from childhood, such as isolation, perfectionism, and family peacemaker, have become our habits and hang-ups as adults. And, there are a host of other characteristics we have exhibited as adults.

The Problem

Common Characteristics of Adult Children of Family Dysfunction:

- Guess at what normal is.
- Have difficulty following a project through to completion.
- Lie, when it would be just as easy to tell the truth.
- Judge themselves without mercy.
- Have difficulty having fun.
- Take themselves very seriously.
- Have difficulty with relationships.
- Overreact to changes over which they have no control.
- Constantly seek approval and affirmation.
- Either super responsible or super irresponsible.
- Extremely loyal even when the loyalty is undeserved.
- Look for immediate rather than deferred gratification.
- Lock themselves into a course of action; no serious consideration for alternate behaviors or possible consequences.
- Seek tension and crisis, and then complain about the results.
- Avoid conflict or aggravate it; rarely do they deal with it.
- Fear rejection and abandonment, yet are rejecting of others.
- Fear failure but sabotage their success.
- Fear criticism and judgment, yet criticize and judge others.
- Manage time poorly and do not set priorities in a way that works effectively for them.

The Solution

Only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject.

Celebrate Recovery does not promise to solve your life's problems. But it can show you how to live with the help of our Higher Power—Jesus Christ. When you are free from the past, you will find that life is much more manageable with Christ's power.

The solution is to become your own loving parent. You will find the freedom to express all the hurts and fears kept inside and gain freedom from the shame and blame carried over from the past. You will become an adult who is no longer imprisoned by childhood reactions. You will offer forgiveness to those who have hurt you and make amends for harm done to others (except when to do so would harm them or others). And you will see beautiful changes in all your relationships, especially with God, yourself, and your parents.