

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.

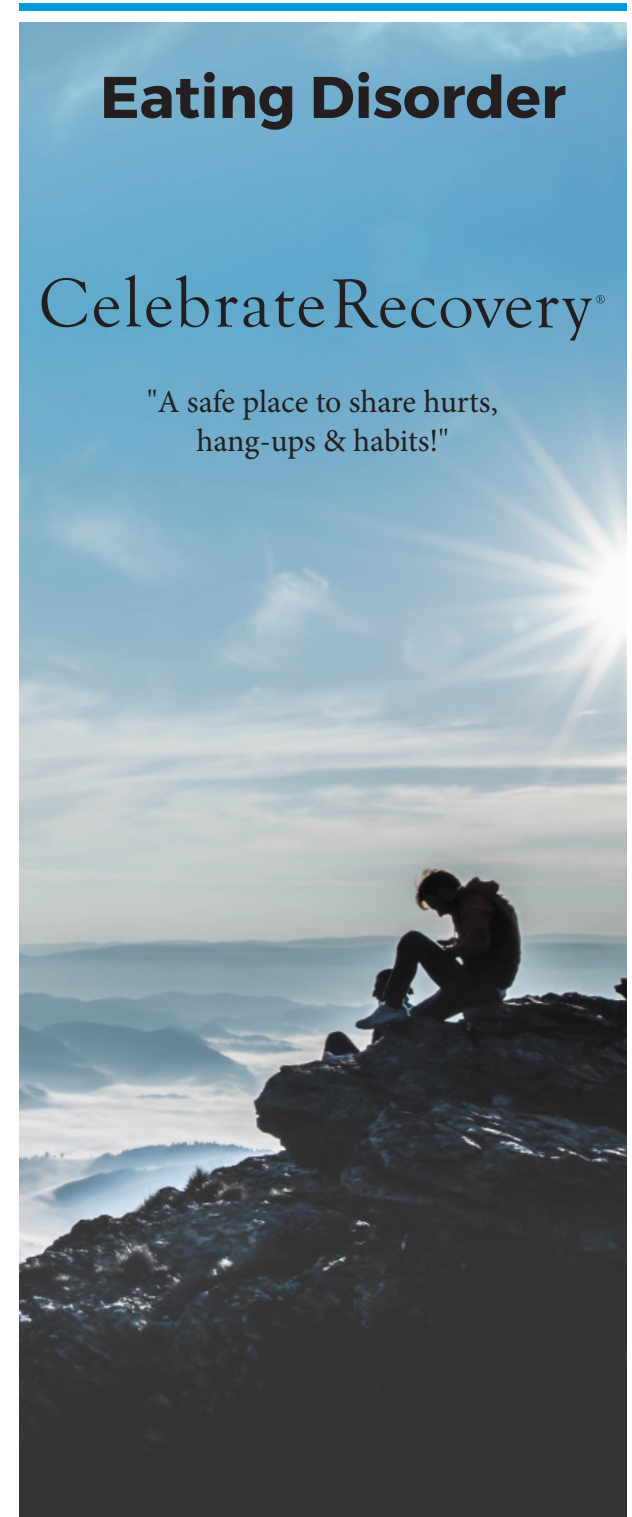
Doors open at 6:30pm



Eating Disorder

Celebrate Recovery[®]

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



The Problem

Eating disorders involve extreme disturbances in eating behavior. An eating disorder can begin to reveal itself very early in life, and is no respecter of race, gender, or ethnicity. An eating disorder can be characterized as:

- an excessive or compulsive consumption of food (bingeing)
- getting rid of food (purging)
- self-induced starvation and excessive and unhealthy weight loss

It may also show itself in any combination of these extreme eating behaviors, bringing with it strong feelings of being completely out of control. We may manifest inappropriate behaviors to compensate for our unhealthy eating behaviors, including, but not limited to frequent dieting or an overall unhealthy obsession with body weight and shape.

We may have believed the lie that our bodies define who we are, and changing our body image to fit an imagined standard would bring fulfillment, peace, and acceptance. We may have jeopardized our relationships, health, jobs, morals, and values to ensure we meet these imagined standards.

Ask Yourself

Do you suffer from an Eating Disorder?
Ask yourself these questions...

1. Do thoughts about food occupy much of your time?
2. Are you preoccupied with a desire to be thinner?
3. Do you starve to make up for eating binges?
4. Are you overweight despite concern by others for you to lose weight?
5. Do you binge and then vomit afterward?
6. Do you exercise excessively to burn off calories?
7. Do you overeat by bingeing or by grazing continuously?
8. Do you binge and then take enemas or laxatives to get rid of the food you have eaten?
9. Do you hide stashes of food for future eating or bingeing?
10. Would you rather eat alone? Do you feel uncomfortable when you must eat with others?
11. Do you feel fat even when people tell you otherwise?
12. Are you ever afraid that you will not be able to stop eating when you are on binge?
13. Do you feel your eating behavior is abnormal? Do you try to hide it from others?

What Is Your Score?

Did you answer YES two or more times?
If so, you may be dealing with an eating disorder.

The Solution

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

Healing begins NOT when we change our behaviors, but when we change our beliefs about who we are and the purpose for which God created food.

We let go of the lie that our bodies define who we are. We let go of the lie that food is a means to control and manipulate our disordered eating. We begin to believe the truth about who we are. Then, the truth about God's purpose for food can bring about healing.

With support from our recovery group, our Sponsor, and our Accountability Partners, we can begin to renounce these lies and believe the truth that:

1. God loves me unconditionally, He gives me my value, and I do not need to change my body to have worth and significance, and
2. God created food for His purposes: to fuel my body, to enjoy in moderation, and to celebrate in community.