

## 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



## Sexual, Physical, Emotional Abuse

## Celebrate Recovery®

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



## What about survivors?

Our common background is a history of abuse and our goal is to enter into or maintain recovery. Recovery for us is a twofold issue. We need healing from the traumas done to us at some time in our past; and we need healing from the influence these past experiences continue to have in our present lives.

(Most) Survivors of Sexual / Physical / Emotional Abuse:

1. Are hesitant to identify themselves as victims of abuse.
2. Feel isolated, depressed, worthless, and helpless to change.
3. Are struggling with feelings about God in relation to their life experiences of being abused.
4. Condemn themselves, trying to deny that being abused in the past somehow affects present circumstances.
5. Feel out of control; defeated in areas of compulsive behavior.
6. Feel angry, bitter, rebellious, having trouble with authority figures.
7. Feel a lack of self-worth.
8. Are preoccupied with thoughts of what it means to have a "normal" relationship with others; men, friends, family.
9. Question their own sexual identity and may experience confusion regarding their own sexuality.
10. Desire to regain their sexuality and feel safe intimately.
11. Question self-reality; "Who am I?"
12. Question whether life has a purpose for living.
13. Feel "at home" in crisis situations.
14. Struggle with perfectionism or "all or none thinking."

## Recovery

Survivors of Sexual / Physical / Emotional abuse can experience recovery when...

1. We recognize that we are powerless to heal the damaged emotions resulting from our abuse, and we look to God for the power to make us whole.
2. We acknowledge that God's plan for our lives includes victory over the experience of abuse.
3. We understand that the persons who abused us are responsible for the abusive acts committed against us.
4. We will not accept the guilt and shame resulting from those abusive acts.
5. We look to God and His Word to find our identity as worthwhile and loved human beings.
6. We honestly share our feelings with God and at least one other person to help us identify those areas needing cleansing and healing.
7. We accept the responsibility for our responses to being abused.
8. We are willing to accept God's help in the decision and the process of forgiving ourselves and those who have perpetrated against us.
9. We are willing to mature in our relationships with God and others.
10. We are willing to be used by God as an instrument of healing and restoration in the lives of others.

## Only you...

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 we can show you how we are learning to live with the help of our Higher Power—Jesus Christ.

When we are free from the past, we find that life is much more manageable with Christ's power.