



## WELCOME NEWCOMERS!

Celebrate Recovery (CR) is a Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life.

We are so glad you are reading this! Since 2009, over 5000 people have been in your shoes – reaching out to this group to look for hope and relief from a cycle of hurt, pain or addiction. All of them started the journey, many found the courage to keep coming back, and for those that do...*they found what they were looking for*. You can too – just keep coming back! There's a team of over 40 leaders and volunteers working the Steps and Principles alongside you here to encourage you and support you as you get started – we call it the Forever Family.

This document is an overview and an orientation covering the basics how we do things here at First Baptist Orlando CR. If you have any questions, don't hesitate to ask the person who is leading your Newcomers 101, or reach out to us at any time via [celebraterecovery@firstorlando.com](mailto:celebraterecovery@firstorlando.com).

In Christ (our Higher Power!),  
Simon Hunt – Director

### CR Background

- John Baker struggled with alcohol, attended AA, and saw a need for a Christ-Centered recovery program where our higher power is Jesus.
- In 1991, under the leadership of Saddleback church, Celebrate Recovery started. Today there are **350,000** Celebrate Recovery churches around the world.
- The 12 steps correlate to the 12 steps used in AA, NA, SA etc. The 8 principles go along with the 12 steps and come from the Beatitudes found in the book of Mathew – the actual words of Jesus.  
You don't have to be a Christian or a Jesus follower to join us, but we do use the Bible as our big book.

### Schedule

*We meet Every Tuesday at the [Language Ministry Center](#), (both in person and online during COVID-19) as follows:*

- 6:30pm – Large Group (In Person and Online), featuring teaching or testimony with worship music
- 7:45pm – Open Share Groups (In Person and Online)
- 8:30pm – Café (In Person Only)

### About CR Open Share Groups

- No study materials are needed
- You are not required to share. If you are not ready to share, just say pass
- Groups are issue-specific and gender-specific (men with men, women with women)
- Groups active at FBO CR can be found at <https://firstorlandorecovery.com/groups.html>

**Celebrate Recovery Small Groups CAN:**

- Provide you a safe place to share your experiences, strengths, and hopes with others that are also going through a Christ-centered recovery.
- Provide you with a leader who has gone through a similar hurt, hang-up, or habit and who will facilitate the group as it focuses on a particular Step each week.
- The leader will also follow Celebrate Recovery's "Small Group Guidelines," listed below.
- Provide you with the opportunity to find an Accountability Partner or a Sponsor.
- Encourage you to attend other recovery meetings held throughout the week.

#### **Celebrate Recovery Small Groups WILL NOT:**

- Attempt to offer any professional advice. Our leaders are not counselors. At your request, we can provide you with a list of approved counseling referrals.
- Allow its members to attempt to "fix" one another or give unsolicited advice.

**One of the main ways we keep CR safe is thru our guidelines – we abide by them at ALL meetings. They will be read at the beginning of every group.**

#### **ALL GROUPS: Small Group Guidelines**

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3–5 minutes.
2. There will be NO cross-talk. Cross-talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others. \*  
**Please be advised if anyone threatens to hurt themselves or others, their Small Group Leader has the responsibility**

**to report it to a Celebrate Recovery Ministry Leader.**

5. Offensive language has no place in a Christ-centered recovery group. This includes graphic descriptions.

#### **ONLINE: Additional Group Guidelines**

6. All members must use headphones. This will ensure that no one else can overhear what is being shared.
7. All members must be on camera. If the group leader asks, participants must show the rest of the group that no one else is in the room. Please do not leave your chair while the meeting is going on.
8. The meetings will not be recorded.

#### **Café**

- Cafe time is from 8:30p-9:00p
- Coffee, water, and a small meal available on a donation basis
- Suggested donation \$3-\$5
- This is an unstructured time to work on building an accountability team & other key relationships
- Seeking to date other participants is strongly discouraged

#### **Preschool, Kids & Teens**

Please check <https://www.firsttorlandorecovery.com/youth> for the current offerings in person

##### **Preschool**

- Nursery is provided for babies 2 months/8 weeks and up to children 5 years of age
- The child should have already had 2-month appointment at pediatrician
- Please pack appropriate diaper bag and feed your child before dropping them off

##### **Kids: Celebration Place**

- For Elementary Aged kids, 5-10 years old
- Lessons that coincide with the lessons the adults hear on teaching nights, but on their age level

- Runs from 6:30pm to 8:30pm in a separate environment
- Please pick up your children on time between 8:30p and 8:35p!

### **Teens: The Landing**

- The Landing is for Middle School and High School students, ages 11 to 17
- Students join the adults for large group in person, and then attend an age-level appropriate environment during open share time

### **Step Studies**

- Meet on a day other than Tuesday and may or may not meet here at First Baptist Orlando
- Require a commitment and a high degree of accountability for 6 months to 1 year+ depending on size
- Participants are required to share
- The Celebrate Recovery Bible is used in the Step Study – we will give this to you after 5 weeks of registered attendance
- Step Studies remain open for a few weeks after starting, but then close to any newcomers
- If a person can only do Tuesday night OR a Step Study, we recommend they do a Step Study
- Step Study sign up on our website, <https://firstorlandorecovery.com/stepstudy> –
  - Step Studies open periodically, and are announced at large group, on the website, and via email to waiting list

### **Get Involved!**

There are lots of ways to get involved at FBO CR, some right away and some after you have completed a step study and been thru training. A current list & sign up form can be found at <https://firstorlandorecovery.com/getinvolved.html> . Some examples of places to get involved right away include:

- Accountability partner (open share group)
- Tech Team (sound and graphics)
- Social Media Team
- Café, setup, and cleanup teams

## **FAQ & Helpful Links**

- **Where can I learn more about Celebrate Recovery?**
  - [celebraterecovery.com](https://celebraterecovery.com) and the CR App on [Google Play Store](#) for Android and [Apple Store](#) for iPhone
  - “Is CR for me?” – <https://www.celebraterecovery.com/is-cr-for-me>
  - A video from the national leadership: <https://www.celebraterecovery.com/about/what-is-celebrate-recovery>
  - Ministries within CR: <https://www.celebraterecovery.com/about/cr-ministries>
- **Where can I find current information about First Baptist Orlando’s Celebrate Recovery?**
  - [firstorlandorecovery.com/](https://firstorlandorecovery.com/)
  - [Weekly Email Updates](#)
  - Weekly text updates: text FBOCR to 77411
- **Where can I find FBO CR on social media?**
  - Facebook Group: <https://www.facebook.com/groups/fbocr>
  - Instagram: <https://www.instagram.com/fbocr>
  - YouTube: [https://www.youtube.com/channel/UCuh25FZXiTmjGp\\_\\_A9\\_LvYw](https://www.youtube.com/channel/UCuh25FZXiTmjGp__A9_LvYw)
  - All of these links can be found on [www.firstorlandorecovery.com](https://www.firstorlandorecovery.com)
- **What open share groups do you currently have available**

### **for men and women?**

- <https://firstorlandorecovery.com/groups.html>
- *During COVID-19, some groups will meet in person and some online on Tuesdays*
- **When does the next women's or men's step study begin?**
  - We begin Step Studies whenever we have identified an available leader and co-leader and at least 10 participants that will commit to the process. There is no set schedule as to when this takes place, but we launch them as often as it makes sense to.
  - The best way to keep up to date on current step study offerings is to check <https://firstorlandorecovery.com/stepstudy.html> and register for the interest list. Updates will be sent to these lists when a group is forming.
- **How do I become a leader and/or get more involved?**
  - <https://firstorlandorecovery.com/getinvolved.html>
  - Complete the leadership & volunteer application to be interviewed for group leadership
  - 1 year of sobriety and completion of a step study are required for leadership roles
- **Who leads the Preschool, Kids, and Teens Programs?**
  - The KIDS Staff Team at First Baptist Orlando partners together with FBO CR to provide support for Preschool childcare and Elementary aged Celebration Place programs
  - Trained leaders from within FBO Celebrate Recovery facilitate the curriculum for both Celebration Place and The Landing (Teens)
  - ALL adults serving in any role (staff or volunteer) with minors are background checked yearly via FBO HR process
- **How can I get a FREE CR Bible?**
  - Check in with us for 5 weeks!
  - Visit <https://firstorlandorecovery.com/checkin.html> on

your newcomers 101 Night and complete the form

- When you check in the 5<sup>th</sup> time, you will receive a voucher that you can exchange for a Celebrate Recovery Bible!
- If you have questions, email us at [celebraterecovery@firstorlando.com](mailto:celebraterecovery@firstorlando.com)

## **Chemically Dependent**

### **Individual groups for men and women**

If you find that you cannot quit drinking or using entirely, even when you honestly want to, or if you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If that is the case, you may be suffering from a problem that only a spiritual solution will conquer.

## **Co-Dependency**

### **Individual groups for men and women**

This group is for those struggling with the compulsion to rescue and take care of others, have difficulty setting boundaries, or recognizing their own worth. Members in this group learn to express their own needs and wants in healthy ways.

## **Physical/Emotional and Sexual Abuse**

### **Individual group for women**

This group is for those who have endured past physical, sexual and/or emotional abuse. Recovery includes healing from the traumas done to us at sometime in our past, as well as healing from the influence these past experiences continue to have on our lives.

## **Adult Children of Family Dysfunction**

### **Individual groups for men (formerly Adult Children of Alcoholics)**

The family problem of alcoholism made us “co-victims”—those who take on the characteristics of the alcoholic without necessarily ever taking a drink. Choosing to recognize and exit the modeled behaviors of alcoholism is the beginning of recovery for the ACFD.

## **Sexual Addiction**

### **Individual groups for men and women**

Support group for those seeking recovery from lust and compulsive sexual behaviors. This group provides fellowship, is a safe place to share our struggles, pain, and victories, and helps to establish accountability and mutual support among the group members throughout the week.

## **Eating Disorders and Food Addiction**

### **Individual groups for women**

This recovery group's purpose is to learn a new way of living. The Eating Disorder group addresses Anorexia and Bulimia. The Food Addiction group addresses compulsive overeating and those on the diet roller coaster. We have learned, our tendency is to compulsively try to control food or to be out of control with food. At your own pace, you will learn to trust, to ask for your needs to be met, to say "no" when it is appropriate, to express your feelings, and to hang around when all you want to do is run.

## **Women's Love and Relationship Addiction**

This group deals with Romance and Relationship Addiction only, and provides a safe place to deal with the depression, isolation, lack of trust, and the unhealthy use of love and relationships as a means of achieving worth.