

Frequently Asked Questions

Will I have to say anything?

You do not need to say anything until you are ready to. It is fine to 'pass' on any question in our Open Share Groups.

Why does the programme take a whole year?

Recovery is not a 'quick-fix'. The year allows you time to work through the recovery principles thoroughly and steadily. It also gives you time to build a support team.

Could I just work through the programme at home?

The four Participant's Guides are helpful to work on at home but the road to recovery is not meant to be travelled alone. On your own you are more likely to give up. Also, Principle 4 requires that you have 'someone you trust' alongside you as you progress on through the programme. As well as keeping you regularly focused on God and recovery, attending meetings enables you to get to know others who may become part of your support team. Hearing people who are further along the road to recovery share their progress provides hope for your own progress.

Is my problem a big enough problem to attend Celebrate Recovery?

People with a wide variety of hurts, hang-ups and habits are finding Celebrate Recovery helpful. God is using Celebrate Recovery to help people recover from addictive behaviours, experience healing from major hurts, and find freedom from more universal struggles such as worry, anger, anxiety, low mood and more. This programme helps people to understand what is at the root of their struggles and gives people tools to overcome them. Whatever hurt, hang-up or habit spoils your sense of peace, it is certainly a big enough reason to attend Celebrate Recovery.

Is Celebrate Recovery confidential?

There are guidelines we must abide by in our sharing groups in order to keep our Open Share time safe. These include the need for anonymity and confidentiality. At every meeting we remind participants, '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'.

What if I can't get to every meeting?

You are welcome to come to our main Monday meetings as often as you can. We believe that regular attendance is beneficial. As with most things, the more you put into it, the more you gain.

How much is it?

Meetings are free. You may find the four Participant's Guides helpful for deepening your understanding and application of the eight Principles. They cost £5.00 each.