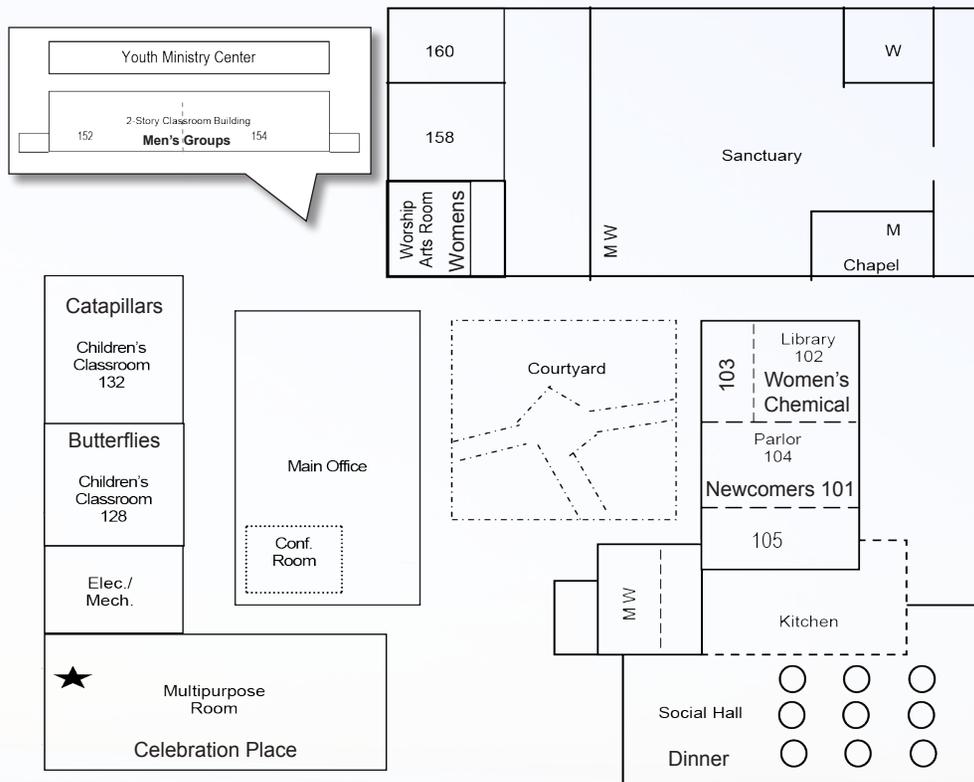


Prayer for Serenity

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time. Accepting hardship as a pathway to peace: taking as Jesus did, this sinful world as it is, not as I would have it. Trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. AMEN

(Reinhold Niebuhr)

CAMPUS MAP



Cape Coral First

UNITED METHODIST CHURCH



CELEBRATE RECOVERY

FIRST TIME GUEST?

Wondering how to get plugged in? What group is best for me?
How do I get started? We've got the place for you!
101 Group Tonight

6:00pm - 6:45pm Dinner in the Social Hall

7:00 - 8:00pm Worship in Sanctuary

8:00pm Small Groups

9:00pm - Solid Rock Cafe

Free Childcare from 7:00 - 9:00

CR Ministry Leader: Ken F.

4118 Coronado Parkway
Cape Coral, FL 33904
Tel: (239) 542-4051

8 Principles Based on the Beatitudes

1. Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

"Happy are those who know they are spiritually poor."
Matthew 5:3

2. Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover.

"Happy are those who mourn, for they shall be comforted."
Matthew 5:4

3. Consciously choose to commit all my life and will to Christ's care and control.

"Happy are the meek." Matthew 5:5

4. Openly examine and confess my faults to myself, to God, and to someone I trust.

"Happy are the pure in heart." Matthew 5:8

5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

"Happy are those whose greatest desire is to do what God requires."
Matthew 5:6

6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. *"Happy are the merciful."* Matthew 5:7

"Happy are the peacemakers." Matthew 5:9

7. Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

8. Yield myself to God to be used to bring this Good News to others both by my example and by my words.

"Happy are those who are persecuted because they do what God requires." Matthew 5:10

GROUPS

Open Share Groups

- Newcomers Group 101

Room 104

Women's Groups

- Women's Chemical Dependency
- Women's Co-dependency

Library
Worship Arts

Men's Groups

- Men's Co-dependency/Anger
- Men's Chemical Dependency
- Men's Sexual Integrity

Room 154
Room 152

Celebration Place

- Free Child Care

Multipurpose Room

What is a Hurt, Habit, or Hang-up?



A hurt, habit, or hang-up is something that hinders your walk with God.

Hurts: The feeling of being hurt is an emotional reaction to another person's behavior or to a disturbing situation. Examples include: abuse, abandonment, codependency, divorce, or relationship issues.

Habits: A habit is an addiction to someone or something. Examples include: alcoholism, drugs, food gambling, sex, shopping, or smoking.

Hang-Ups: Hang-ups are negative mental attitudes that are used to cope with people or adversity. Examples include: anger, depression, fear, or unforgiveness. These life problems can be stumbling blocks or stepping stones. Healing is available through applying the principles of a Bible based recovery process in your life.