

Celebrate Recovery

Creating a Healthy & Safe Community
Through a Faith-Based 12 Step Program

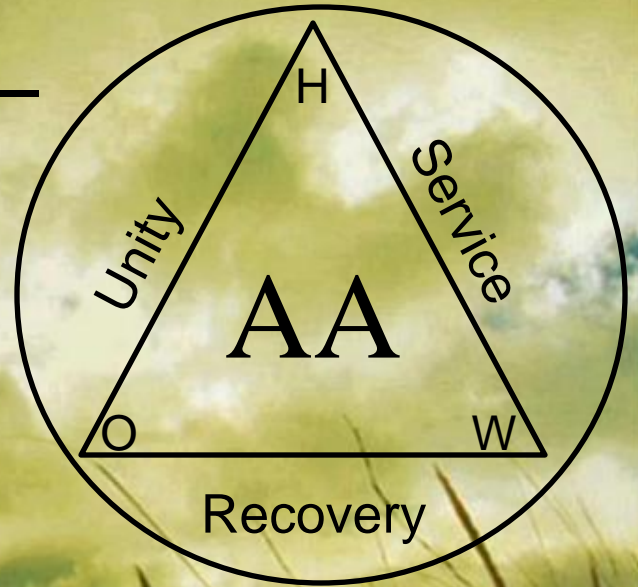
Presenters: Anthony Jankowski
Linda Lomas
Joseph Rampulla



Where It All Began — Anthony Jankowski

Alcoholics Anonymous (AA) —

The first 12-step program.



Where It All Began — Anthony Jankowski

- Alcoholics Anonymous (AA)
 - ✓ Fellowship began in 1937
 - ✓ 12-Step in 1939
 - ✓ A Mutual-Aid program
 - ✓ Helper-Therapy Principle



Where It All Began — Anthony Jankowski

- Bottom Line — it IS effective!
 - ✓ The American Psychiatric Association
 - ✓ Court Acceptance
 - ✓ Counselors
 - ✓ Prisons
 - ✓ Rehabs
 - ✓ Spouses



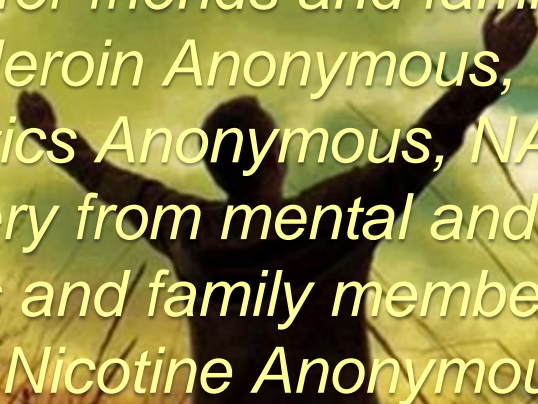
Programs Patterned After 12 Steps

Fellowships in this section follow reasonably close variations of the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. They are:

ACA - Adult Children of Alcoholics, Al-Anon/Alateen (for friends and family members of alcoholics), CA - Cocaine Anonymous, CLA - Clutterers Anonymous, CMA - Crystal Meth Anonymous, Co-Anon (for friends and family of addicts), CoDA - Co-Dependents Anonymous (for people working to end patterns of dysfunctional relationships and develop functional and healthy relationships), COSA - formerly Codependents of Sex Addicts, COSLAA - CoSex and Love Addicts Anonymous, DA - Debtors Anonymous,

Programs Patterned After 12 Steps

EA - Emotions Anonymous (for recovery from mental and emotional illness, EHA - Emotional Health Anonymous (for recovery from mental and emotional illness), FA - Families Anonymous (for relatives and friends of addicts), FA - Food Addicts in Recovery Anonymous, FAA - Food Addicts Anonymous, GA - Gamblers Anonymous, Gam-Anon/Gam-A-Teen (for friends and family members of problem gamblers), HA - Heroin Anonymous, MA - Marijuana Anonymous, NA - Narcotics Anonymous, NAIL - Neurotics Anonymous (for recovery from mental and emotional illness), Nar-Anon (for friends and family members of addicts) NicA - Nicotine Anonymous

A silhouette of a person standing in a field of tall grass, with their arms raised in a gesture of triumph or joy. The background is a bright, hazy sunset or sunrise, with the sun low on the horizon, creating a warm, golden glow. The person is positioned in the lower-left quadrant of the frame, facing right. The grass is tall and thin, reaching up to the person's waist. The overall scene conveys a sense of hope and recovery.

Programs Patterned After 12 Steps

OA - Overeaters Anonymous, OLGA - Online Gamers Anonymous, PA - Pills Anonymous (for recovery from prescription pill addiction), SA - Sexaholics Anonymous, SA - Smokers Anonymous, SAA - Sex Addicts Anonymous, SCA - Sexual Compulsives Anonymous, SIA - Survivors of Incest Anonymous, SLAA - Sex and Love Addicts Anonymous, WA - Workaholics Anonymous



Bottom Line . . . It's Effective!

AND . . . IT WORKS!



But . . . 12-Step Limitation!

It only provides . . .
SINGLE issue recovery



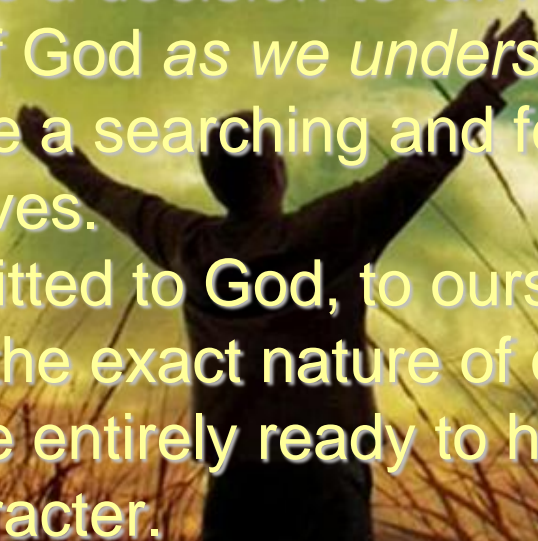
So... a “faith-based”
12-Step Program?

Yes, **it is** and **it always was!**



The 12-Steps

These are the original Twelve Steps as published by Alcoholics Anonymous:

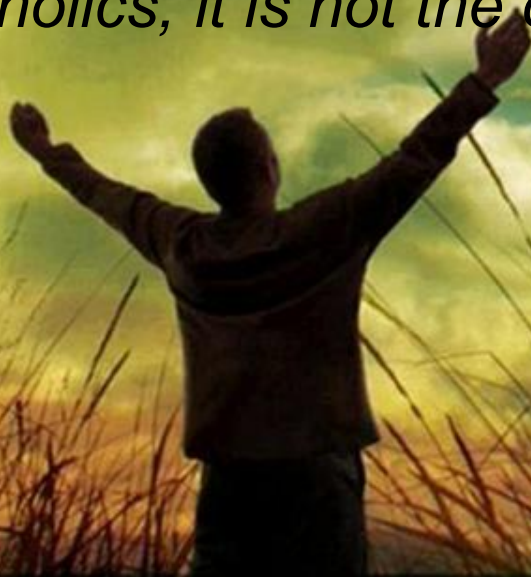
1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
 2. Came to believe that a Power greater than ourselves could restore us to sanity.
 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
 4. Made a searching and fearless moral inventory of ourselves.
 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 6. Were entirely ready to have God remove all these defects of character.
- 

The 12-Steps

7. *Humbly asked Him to remove our shortcomings.*
8. *Made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *Continued to take personal inventory, and when we were wrong, promptly admitted it.*
11. *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

. . . It always was

“A study found a robust association between an increase in attendance to AA meetings with increased spirituality and a decrease in the frequency and intensity of alcohol use over time. The research also found that AA was effective for agnostics and atheists. The authors concluded that though spirituality is an important mechanism of behavioral change for alcoholics, it is not the only means used.”



According to AA

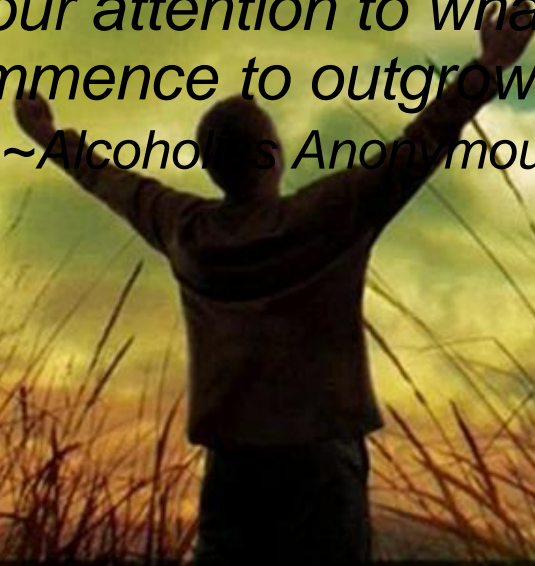
- The AA Big Book states "we are told that alcoholism 'is an illness which only a spiritual experience will conquer'".



According to AA

"We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

*~Alcoholics Anonymous, 4th Edition,
How It Works, pg. 68~*



According to AA

- “The scope of AA's program is much broader than just abstinence from drinking alcohol.^[35] Its goal is to effect enough change in the alcoholic's thinking "to bring about recovery from alcoholism"^[36] through a spiritual awakening”.



Celebrate Recovery — Anthony Jankowski

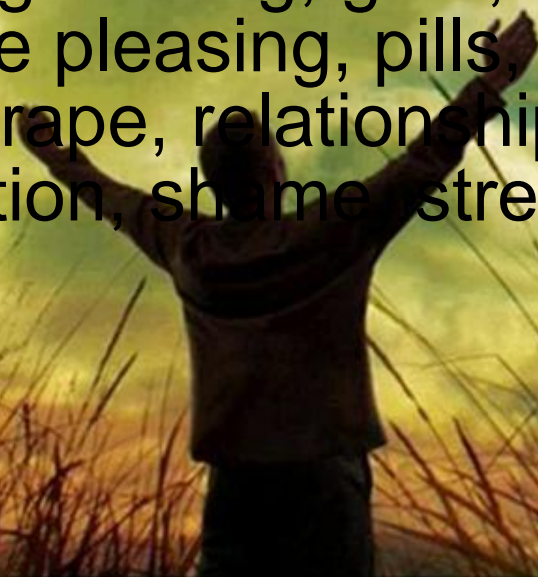
1. What is Celebrate Recovery?

- a. A faith-based 12-step program for all of life's "hurts, hang ups & habits".
- b. A program that addresses drug/alcohol issues and other issues.



Celebrate Recovery — Anthony Jankowski

Do you or a loved one struggle with any of the following? Abuse, adultery, affection, aggravation, alcohol, anger, attention, anxiety, codependent, control, cutting, death, depression, despair, disgust, divorce, domestic violence, drugs, dysfunctional family, fear, financial problems, focus, forgiveness, food, gambling, grief, hatred, love, lust, neglect, people pleasing, pills, pornography, pride, racism, rage, rape, relationships, sadness, selfishness, sex addiction, shame, stress, spouse of..., child of ...



Celebrate Recovery — Anthony Jankowski

CR gets to the ROOT —
THE HEART — of the matter.



Celebrate Recovery — Anthony Jankowski

1. What is Celebrate Recovery?

b. Reach: Local / National / International

- i. 19,000 programs
- ii. 1,000,000 people



Celebrate Recovery — Anthony Jankowski

1. What is Celebrate Recovery?

c. Government acknowledgment/praise/support

At the Faith-Based and Community Initiative Conference in 2004, U.S. President George W. Bush praised John Baker and Celebrate Recovery by saying that, "*government is not good at changing hearts. But people like John Baker has been good about it and successful doing that.*" [\[3\]](#)



Celebrate Recovery — Joseph Rampulla

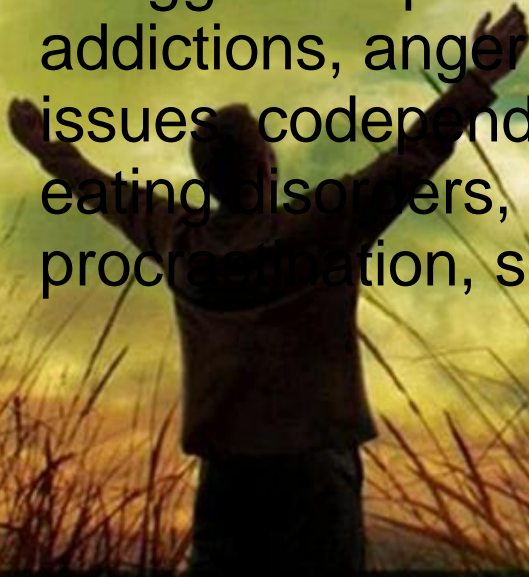
2. Drug/Alcohol addictions only? No!

Areas & Issues CR addresses:

a. What is Recovery?

b. Got a hurt, habit or hang-up?

- CR participants are finding victory over a variety of struggles as previously mentioned: abuse, addictions, anger, depression, divorce/relationship issues, codependency, grief/loss, fear, gambling, eating disorders, workaholism, perfectionism, procrastination, sexual addiction, etc.



Celebrate Recovery — Joseph Rampulla

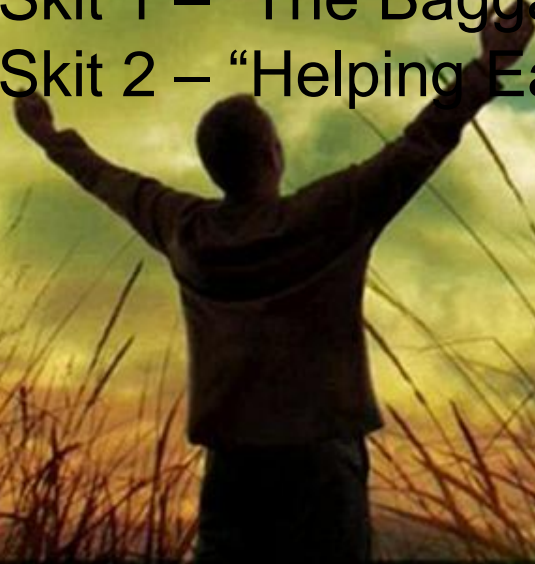
2. Drug/Alcohol addictions only? No!

Areas & Issues CR addresses:

c. Therefore, CR deals with core issues that lead to addiction; impacting the whole person.

Skit 1 – “The Baggage We Carry”

Skit 2 – “Helping Each Other with the Baggage”



The Serenity Prayer

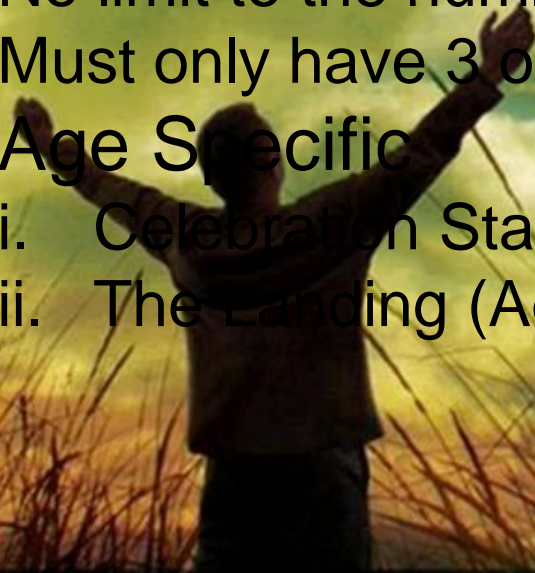
God grant me the serenity to accept the things I cannot change. The courage to change the things I can, and the wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardship as a pathway to peace; Taking as Jesus did, this sinful world as it is, not as I would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

- Reinhold Niebuhr

Celebrate Recovery — Linda Lomas

3. What people groups are included in CR?

- a. Demographics
- b. Geographics
- c. Gender Specific
- d. Issue Specific
 - i. No limit to the number of different groups.
 - ii. Must only have 3 or more to form a group.
- e. Age Specific
 - i. Celebration Station (Ages 5-12)
 - ii. The Landing (Ages 12-19)



Celebrate Recovery — Linda Lomas

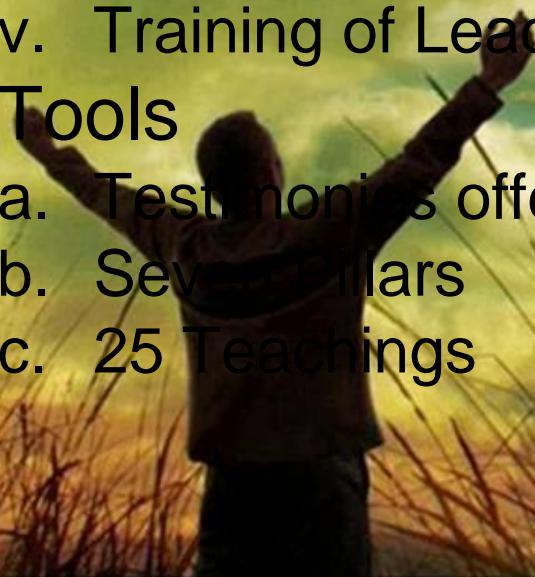
4. How Does CR Operate?

a. Assimilation of Newcomers

- i. Curriculum and format is universal
- ii. Structured Format
- iii. Guidelines
- iv. Step Studies
- v. Training of Leaders

b. Tools

- a. Testimonies offer inspiration (Speaker Night)
- b. Seven Pillars
- c. 25 Teachings



Celebrate Recovery — Linda Lomas

4. How Does CR Operate?

c. The Numbers

- i. Number of Programs (state-wide, national, int'l)
- ii. Number of individuals (participating, graduating)

d. Outcomes

- i. Sobriety
- ii. Restoration of Families
- iii. Lower Recidivism Rate



Celebrate Recovery — Anthony Jankowski

5. How Does CR Impact the Community and Family through ancillary programs?

a. Building healthy and safe communities by building families.

i. Celebration Station (Ages 5-12)

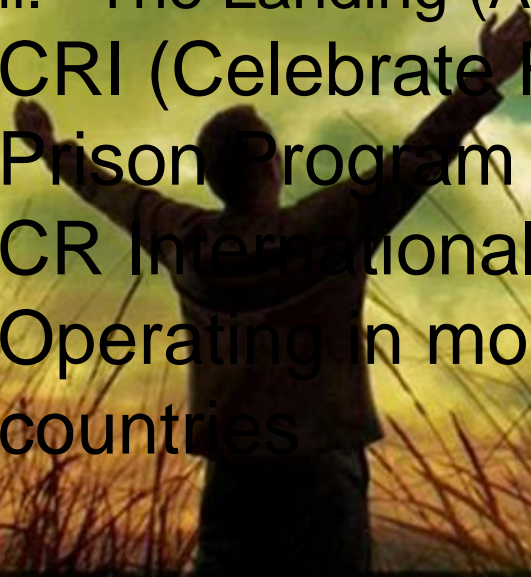
ii. The Landing (Ages 12-19)

b. CRI (Celebrate Recovery Inside)

- Prison Program

c. CR International

- Operating in more than a dozen other countries



Celebrate Recovery — Anthony Jankowski

6. The Movie “Home Run”

This is a 12-Step CR based film coming to theatres in the Spring of 2013.



Celebrate Recovery — Joseph Rampulla

7. Amazing Grace Video

The victory of our recoveries is in our Higher Power, Jesus Christ.



Celebrate Recovery

8. Q&A

We will be glad to answers any questions you have at our Vendor Table.

