

Are you where we were?

If, when you honestly want to, you find you cannot quit drinking or using entirely, 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 which only a spiritual solution will conquer.

If you are as seriously alcoholic or addicted as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and we had passed into the region from which there is no return through human resources. We had but two alternatives:

To go on to the bitter end, blotting out the consciousness of our intolerable situation as best as we could.

Or

To accept Jesus Christ as our Higher Power.

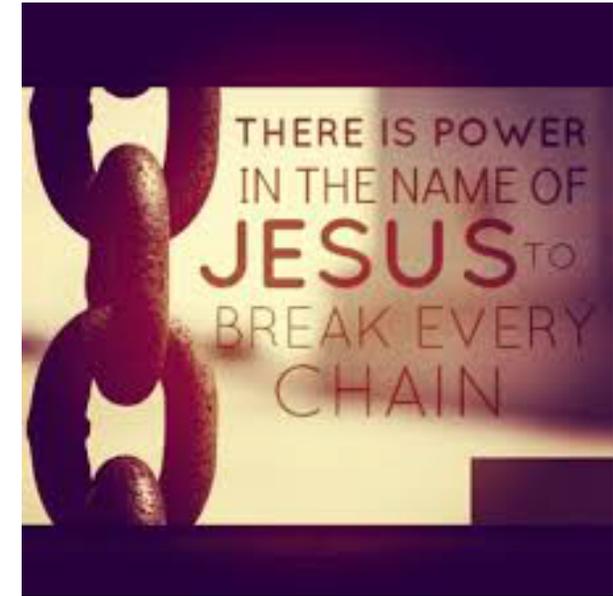
8 Recovery Principles

By working through the 8 Recovery Principles found in the Beatitudes with Jesus Christ as your Higher Power, you can and will change! You will begin to experience the true peace and serenity you have been seeking and will no longer have to rely on dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for your pain.

By applying the 8 biblical Recovery Principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one another, you will restore and develop stronger relationships with others and with God.

Faith based Recovery
Oak Hill Bible Church
40 Sacarrappa Rd. Oxford, Ma. 01540
www.celebraterecovery.com
Weekly Meetings: Tuesday at 7pm For more information: 774-272-1358 or email gchalifoux1@gmail.com
Exit 4A off 395 in oxford, Ma. go towards Market Basket/Home Depot lights, take left onto Lovett Rd, follow and bare right onto Sacarrappa Rd. church is on left.

CHEMICAL DEPENDENCY



Fait
Based
Recovery

A Christ Centered
12 Step Recovery Program

SELF-EVALUATION

The following inventory can help you in the recognition process as you seek to determine whether or not you are chemically dependant.

Check the boxes of the statements that apply to you.

<input type="checkbox"/>	Have you ever decided to stop drinking or using for a week or so, but only lasted for a couple of days?
<input type="checkbox"/>	Do you wish people would mind their own business about your drinking/using— stop telling you what to do?
<input type="checkbox"/>	Have you ever switched from one kind of drink or drug to another in the hope that this would keep you from losing control?
<input type="checkbox"/>	Have you had to have an “eye opener” upon awakening during the past year? Do you need to drink/use to get started or stop shaking?
<input type="checkbox"/>	Do you envy people who can drink or use without getting into trouble?

<input type="checkbox"/>	Have you had problems connected with drinking or using during the past year?
<input type="checkbox"/>	Has your drinking or using caused trouble at home?
<input type="checkbox"/>	Do you ever try to get “extra” drinks or drugs at a party because you did not get enough?
<input type="checkbox"/>	Do you tell yourself you can stop drinking/using any time you want to, even though you keep getting high when you don't mean to?
<input type="checkbox"/>	Have you missed days of work or school because of drinking or using?
<input type="checkbox"/>	Do you have blackouts?
<input type="checkbox"/>	Have you ever felt that your life would be better if you did not drink or use?

What is your score?

Did you check 2 or more boxes? If so, you are probably in trouble with alcohol or drugs.

But again, only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking and using drugs ourselves.

Celebrate Recovery does not promise to solve your life's problems. But we can show you how we are learning to live without drinking or using one day at a time with the help of our Higher Power, Jesus Christ. We stay away from that first drink. If there is no first one, there cannot be a tenth one. And when we are free of alcohol, we found that life became much more manageable, with Christ's power.