



Recovery News

803-957-0686 ext. 1012

415 Barr Road Lexington, SC 29072

Welcome!



Next Week: Testimony!

Not in a Step Study?

Please sign up at the **book table** to join the next Men's or Women's Step Study!

Recovery Rides

If you are interested in offering rides or know someone who can't come to CR because of transportation, please contact us.

Mental Health First Aid Training

Join us Thursday, March 28th from 8:30am-4:30 pm. There will be a break for people to leave for lunch. Training costs \$20 per person. Contact Kristen at kristen@fblex.org to reserve your spot.

Celebrate Recovery Quarterly

Join us on Tuesday, March 26th for our quarterly celebration! We will have a meal at 6:00pm and then hear from our guest speaker, Jeff Stultz, at 6:45pm.

Uplift Encouragement Group

March 28th at 6-8pm in the FH. Encouragement for people living with chronic illnesses and disabilities. For more, contact Scheri at scheri@upliftencouragement.com.

Umbrella Mental Health Support Group

Join the group on March 21 at 6:30pm in FH 202. For more information, contact Luanne Vinson at 803-463-5470 or luannevinson@gmail.com.

Newcomers:

- Room 208

Men Addictions:

- Modular 7 & 8

Men A-Z:

- Room 211-212

Men Integrity:

- Modular 1

Woman A-Z:

- Conference Room

**Women Behavioral
Addiction:**

- Room 203

Women Codependency:

- Room 202

**Women Trauma &
Addiction:**

- Room 206

Questions:

1. What burdens are you carrying tonight that you want to turn over to Jesus?
2. Is there anything stopping you from turning it over to your Higher Power, Jesus?
3. What does the phrase “live one day at a time” mean to you?

**Book
Highlight**

Boundaries book
for \$12,
workbook for
\$10!

Recover the Core 2024

C - Christ at the center.
O - Overcoming obstacles.
R - Redeeming regrets.
E - Establishing connections.

Tuesday Meals

First Tuesday each month
at 6pm! Free the first time
then \$4!

**Recovery
Recharge**

Click **HERE** for
Previous Recharges!



**Celebrate
Youth**

Teens dealing
with hurts & habits!



Celebration Place

Childcare available
for infant-1st grade
and 1-5th grade!



Small Group Guidelines

- Keep your sharing focused on your own feelings. Please limit your sharing to 3-5 minutes.
- There will be no cross talk. Cross talk is when two individuals engage in a dialog, excluding all others. Each person is free to express their feelings without interruption.
- We are here to support one another, not fix another.
- Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group.
- Offensive language has no place in a Christ centered recovery group.