

Celebrate Recovery at Pearlside Church

What is Celebrate Recovery (CR)?

Celebrate Recovery is a Christ-centered 12-step program, with a growing network of ministries whose aim is to help hurting people in our churches and communities. With a curriculum consisting of the 12-steps, and 8 principles based on the beatitudes, anyone with a 'hurt, habit, or hang-up' can pursue God's healing and freedom for their life.

What is a 'hurt, habit, or hang-up? Is this program for me?

A hurt is any life experience that may have damaged your heart, that may have twisted the way you view yourself, God or others. Some common hurts include abandonment, abortion, abuse, adoption, betrayal, dysfunctional family, neglect, rape, rejection, or relational issues.

A habit is an unhealthy pattern that starts a 'remedy' to a problem in your life, but turns into a chronic negative behavior or addiction. Some common habits are abusive behavior, alcohol, bitterness, critical spirit, drugs, eating disorders, gambling, gossip, isolation, lying, self-harm, sex addictions, shopping addictions, stealing, unforgiveness, or workaholism.

A hang-up is a roadblock that keeps you from progressing further in God's plan for your life. Some common hang ups include anger, anxiety, arrogance, body image problems, bullying, codependency, control, depression, fear, greed, guilt, impatience, lack of self control, lack of trust, laziness, materialism, people pleasing, perfectionism, pride, procrastination, racism, self-righteousness, self-condemnation, or self-sufficiency.

Almost everyone suffers from a hurt, habit, or hang-up. So this program is for you!

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What can I expect when I come?

Celebrate Recovery at Pearlside Church meets every Monday evening (yes, even holidays) from 6:30-8:00pm in the Main Campus Worship Hall (98-771 Oihana Pl, Aiea HI, 96701). Anyone ages 18 and older is welcome to attend.

We start each meeting with a time of worship, followed by 'large group', and then 'open share groups'. Although encouraged to attend the duration of the meeting, you are free to join any portion that you are comfortable with.

Large group alternates weekly between a lesson and a testimony. Each lesson is based on the CR curriculum and taught live by one of our ministry leaders. Each testimony is a member of CR who will share their story of how CR and their walk with Christ have impacted their healing journey.

Open share groups consist of 3-6 individuals that are separated by gender and issue. We listen and support each other as we take turns sharing, but will not offer advice or engage in discussions as in our Pearlside small groups. Here we share with each other what we learned in the lesson or testimony, and how it impacted us. We can also share about our individual circumstances, and find accountability or support from those who have faced similar experiences.

For the first week, you will be asked to attend our Newcomers group where you can meet one of our CR leaders, get more information about how CR works, and find which group may be a good fit for you. Our current groups for men include adult children of family dysfunction, chemical dependency, codependency, freedom from anger, and mixed issues. Our current groups for Women include adult children of family dysfunction, anxiety and/or depression, chemical dependency, codependency, family of the chemically dependent, grief, physical/emotional/sexual abuse, and mixed issues. If you don't identify with any of the available groups, you are still welcome to come and be a part of our mixed issue groups.

We ask that anything shared in CR, whether in the lesson, testimony, or group should stay within CR and the context it was shared. This allows for CR to remain a safe space for openness and transparency.