The Sharing Groups

There are two open share groups for men and two for women. As the groups grow and more leaders are prepared, groups will become more focused on specific issues.

Women’s Transformational
Abuse recovery, codependency, depression, mood disorders, self-harm, toxic relationships, etc.

Men’s Transformational
Anger, codependency, control, abuse recovery, mood disorders, etc.

Women’s Addiction Issues
Alcohol, drug, eating disorders, sexual addictions, other obsessions and compulsions, and more.

Men’s Addiction Issues
Alcohol, drugs, pornography, food addiction, gambling, and more.

The purpose of this program is to help us become free from life’s hurts, hang-ups and habits. We will fellowship and celebrate God’s healing power by working through the eight recovery principles found in the Beatitudes and Christ-centered 12 Steps. 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 you will no longer have to rely on your dysfunctional, compulsive, and addictive behaviors as a temporary “fix” for your pain.

We meet together once a week in an environment of love and safety. As we progress through the program we discover our personal, loving and forgiving Higher Power, Jesus Christ, and experience the freedom that creates peace, serenity, joy and above all a stronger relationship with God and others.

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; so that I may be reasonably happy in this life and supremely happy with you forever in the next. Amen

- Reinhold Niebuhr
### Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.

2. There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.

3. We are here to support one another, not “fix” another.

4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.

5. Offensive language has no place in a Christ-centered recovery group.

### Details

**We will meet every Thursday night**

**Program 6:30-8:45 pm**

Large group at 6:30 includes worship, teaching on Celebrate Recovery principles, live and video testimonies.

Sharing groups at 7:45 are separated for men and women to find support for their issues. It is a safe environment.

Fellowship time follows the sharing groups.

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