APPENDICES

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APPENDIX A

What’s the Protocol for Restoring a Celebrate Recovery Relationship?

Based on Matthew 18:15–17

If another believer sins against you, go privately and point out the fault. If the other person listens and confess it, you have won that person back. (Verse 15)

The person who was offended should approach the person who committed the offense privately about the situation and try to come to a resolution about the issue.

If the offending person confesses it, then unity is won.

But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. (Verse 16)

If they do not confess it, the offended person should bring the situation to the attention of the Ministry Leader. For Small Group issues, bring the situation attention to the of the Training Coach. A meeting will be set to resolve it in a third party format.

If that person still refuses to listen, take your case to the church. If the church decides you are right, but the other person won’t accept it, treat that person as a pagan or a corrupt tax collector. (Verse 17)

If they still refuse to listen or take correction, take the situation to the Ministry Leader and ask for the final decision. Once that decision is made the Ministry Leader will connect with the person and develop a plan of restoration.
APPENDIX B

What’s the Protocol When a Member Speaks of Suicide?

What to do when a group member talks about suicide.

During the course of our ministry we have opportunities to minister and share with a lot of people who need counseling or other types of emotional support and help. It is relatively easy to encourage or direct someone to our lay counseling ministry or refer them to our professional counseling list. However, there are occasions when you speak with someone who is very despondent and says things like, “Life is not worth living”, “I can’t go on,” or actually uses the words, “I am thinking about suicide.” Please read this Appendix and keep this in a place where you have easy access to it.

The Group Leader should do the following if a suicide threat is made:

1. If the threat is made during an Open Share Group, the Leader needs to bring the person to the Ministry Leader immediately after assessing if the threat is “real”, or send someone to get the Ministry Leader if you can’t leave the group.

2. If you are meeting in a home, for a weeknight Step Study, and if you determine the threat to be “real”, the police should be called immediately. Call 911. We would rather embarrass someone than to take a chance and have them follow through with their threat.

3. If you are meeting on the church campus on a weeknight, and if you determine the threat to be “real”, the police should be called immediately. Call 911.

4. In all circumstances, if you cannot get them help immediately or they attempt to leave, get their phone number and/or address. But it is best to try to keep them with you until help arrives.

5. If you determine the threat is not “real”, you can still follow through with referring them to crisis counseling in the area.
How do you assess if the suicide threat is ‘real’?

Consider the following:

1. Ask them right up front, “Are you considering taking your life?”
   Do not fear that you are planting the seeds of suicide in their mind.

2. Do they have the means to carry out their threat, i.e. pills, gun, etc.?

3. Do they have access to the means to carry out the threat?

4. Have they ever attempted to commit suicide in the past? Even if
   the attempt seemed weak, it is still critical information to help with
   your assessment of this threat.

5. Do they have a support system, family members, and small group?
   If they don’t, the possibilities become more likely and the threat
   becomes more dangerous.

6. Do they appear to be saying goodbye to people? Once people have
   decided to take their life, they tend to have a sense of peace because
   the struggle over the decision to take their life has been made.

We want to take all threats of suicide seriously, but we must be careful
in how we assess those threats. Try to determine if the person is
reaching out because of loneliness, feeling overwhelmed or fearful.
Many times people will make statements of wanting to “end it all”
because they really want to be connected and have not found a way
to do that yet. We want to be especially sensitive to Newcomers and
members who have not been attending very long, because we do not
have knowledge of their personal history and behaviors.
APPENDIX C

Intervention Outline

Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

EPHESIANS 4:15 NIV

Phase One—Family Meeting and Rehearsal

1. Family members decide who will be involved in the intervention: Family members, close friends, pastors, Christian counselors, and the Celebrate Recovery Group Leader can all be part of the Intervention Team.

2. The location for the intervention should also be selected.

3. The pastor, Christian counselor and/or CR Group Leader should develop an outline for the action plan for the individual, including recovery meetings to attend, inpatient care and/or a day-by-day plan.

4. Each family member should write a script detailing what they will say when they confront the loved one in truth and in love. Keep in mind that what has been done is bad and hurtful, but that the individual is not a bad person.

5. Each family member should make a list of their expectations for the individual’s recovery. This list will be read during the conclusion of the intervention.

6. A day or two prior to the actual intervention those who will participate should have a rehearsal. At this rehearsal, the action plan for what will happen following the intervention will be discussed and agreed upon.
Phase Two—The Actual Intervention

1. All members of the Intervention Team should arrive and be in place 30 minutes before the person being lovingly confronted arrives. This time should be used as a time of prayer and final preparation.

2. Once the person being confronted arrives, open the time with prayer. Introduce any outsiders to the individual and explain why they have gathered together.

3. The person who has the closest relationship to the individual begins by sharing their heart, sticking to their script. They should begin by sharing how much they love the individual and how important they are to them. Next, they share how the individual’s actions have hurt them personally, as well as the person being confronted. This continues until all family members and close friends have shared.

Phase Three—The Action Plan and Follow-up

1. The intervention concludes when the pastor, Christian counselor and/or CR Group Leader outlines the plan of action for the individual. The family members should also read their list of expectations for the individual’s recovery. Included in the plan of action can be inpatient care, recovery meetings to attend, or a day-by-day plan. Be aware that these are “rules not requests.” It is crucial that the individual understands and agrees with these “rules”, and that they understand the consequences of their actions if they choose not to agree or follow these conditions. It is also critical that the Intervention Team understand and agree with the boundaries that they must set and maintained. It is a good idea to have these “rules” written down as a contract and to have the individual sign them.

2. The Celebrate Recovery Leader will inform the individual that they will become their interim Sponsor.

3. The family members pledge to continue to support the individual as long as they continue to follow their commitments. It is important that the family members have good boundaries. It is suggested that they also attend Celebrate Recovery to help them during this time.
APPENDIX D

The Celebrate Recovery®
Trademark Statement

The Value of Using the Celebrate Recovery Name

Celebrate Recovery desires to be a network of like-minded, Bible-based, Christ-centered recovery ministries. This growing network crosses denominational and cultural boundaries to help hurting people in our church and community.

There are many benefits of using the Celebrate Recovery name. Here are just a few:

1. CONNECTION
   Your ministry is part of an international movement to bring Christ-centered, Bible-based recovery to the world. As a genuine Celebrate Recovery ministry, you join a network of thousands of other local Celebrate Recovery ministries reaching people for Christ and helping them break free from their hurts, habits, and hang-ups.

2. SUPPORT
   Your ministry has the support and partnership of the Celebrate Recovery National Team, as well as assistance from your State and Regional Representatives. These entities work to help your ministry succeed.

3. RESOURCES
   Your ministry has access to the materials and resources from Saddleback Church that are proven and invaluable tools in recovery.

4. VALIDATION
   Your ministry is validated in your church and community by being associated with Celebrate Recovery.

5. PROMOTION
   Your ministry is listed with the other Celebrate Recovery programs on the official Celebrate Recovery web sites.

It is our desire for each local Celebrate Recovery ministry to have a clear and consistent character that identifies it as a genuine part of the Celebrate Recovery movement, yet maintaining its own creative distinctions of each local ministry and church.
To illustrate, here’s an example of what it means to have consistency while allowing for creativity.

A McDonald’s® restaurant in Boulder, Colorado may have a Western theme and a McDonald’s in Orlando, Florida may have a Mickey Mouse® theme. Nevertheless, you can be sure that when you order a “Big Mac®”, it will taste the same at both locations. Our desire is that no matter where a Newcomer or visitor attends a Celebrate Recovery meeting, they will experience the same quality content and program to find God’s healing from their hurts, habits and hang-ups.

The Celebrate Recovery® name is a registered trademark.

In a desire to protect the integrity of the broader ministry, Celebrate Recovery requires that if you use the Celebrate Recovery name, that the following are an irreducible minimum of your program.

The DNA of an authentic Celebrate Recovery Ministry:

1. Jesus Christ is the one and only Higher Power. The program is Christ-centered.

2. The Bible and Celebrate Recovery curriculum (the Leader’s Guide and the four Participant’s Guides) are used exclusively. The Large Group lessons are taught from the Leader’s Guide, keeping the acrostic and the Scriptures as the key points in the lessons. This is to keep consistency within groups, while allowing creativity for the teachers.

3. The ministry is “group based.” All groups are gender specific and use the Small Group Guidelines and format.

4. The Celebrate Recovery “Small Group Guidelines” are implemented and followed.

5. Accountability to Christ, the local church, and Celebrate Recovery at Saddleback Church.

A church or organization may decide to use the Celebrate Recovery curriculum and mix it with other materials, or other programs, which is certainly up to their discretion. HOWEVER, they are prohibited from using the Celebrate Recovery name.

Items produced for commercial sale using the Celebrate Recovery name are strictly prohibited.
APPENDIX E

Contact Information

Mailing Addresses

Celebrate Recovery
Purpose Driven
1 Saddleback Parkway
Lake Forest, CA 92630

E-mail Addresses

Staff:

Pastor John Baker—Founder  johnb@saddleback.net
Cheryl Baker—Co-Founder  cherylbaker@purposedriven.com
Johnny Baker  johnnybaker@purposedriven.com
Teri Moote  tmoote@purposedriven.com
Tina Davis  tinad@saddleback.net

National directors:

Celebrate Recovery
Jim Kirchner  JKirchner@gladtidings.org

Prisons
Jan Thomas  JThomas1139@comcast.net
APPENDIX F

Definitions of Sobriety

A Definition of Codependent Sobriety for Men

Codependent sobriety is somewhat different from other sobrieties, because we do not have a substance from which to abstain. Our addiction is more relational in nature. The key is learning how to have healthy relationships and how to establish and enforce appropriate boundaries. Those healthy boundaries will help us accurately define where we end and another person begins.

Codependent sobriety is a faithful commitment to consistently work the program; including working through the CR Step Study Group, steady attendance at the Large Group Meetings, and to maintain our responsibility to a Sponsor and our Accountability Partners. We advocate journaling, daily inventory, transparency and rigorous honesty.

A Definition of Codependent Sobriety for Women

In the Women’s Codependent group, our definition of sobriety is:

We are earnestly working our program. We are learning as much as we can about codependency so that we can recognize our behaviors and ask God to help us improve. We are attempting to depend only on the opinion of God, not other people.

Thirty days of sobriety would include attending at least 3 out of 4 Friday night meetings during that period. Another reflection of sobriety would be attending and completing a Step Study.

Financial Sobriety

Living by God’s Financial Guidelines:

- Tithe 10%
- Save 10%
- Living on 80%
A Definition of Sobriety from Anger

We realize that anger is a God-given emotion and that we must learn to deal with this emotion in a Christlike manner. Even Jesus got angry, but it is how we use that anger that is important. Using it in a healthy way will help keep us sober. Attending the Men’s Open Share Anger Group will provide a safe place to share your hurts, habits and your anger. As you attend more of the meetings, you will be better able to identify the root cause of your anger. One of the tools that men can use to gain control of their tempers and avoid the toxic result that comes from losing your temper is to “give Jesus a nano-second.” This tool and others are shared during the group meeting. Attending the group at least three times a month, is critical, as you learn to master the art of “showing up.” We let everyone in attendance know that “the issue is not the issue” and when they are asked to share, they should dig deep and allow God to help them break the anger cycle. We need to remember that in life there is ‘fair pain’ and ‘unfair pain.’ In the Men’s Anger Group, we learn to differentiate between the two, praying to God to show us how to develop the tools to find a way out of our unhealthy behaviors.

COSA Sobriety

- A state of confidence resulting from a reliance and trust in God and myself.
- Focusing on God and relying on Him to meet my needs.
- Letting go of control and trusting God for the outcome.
- Not taking responsibility for the addict’s behavior or recovery.
- Allowing the sex addict to be responsible for his own actions and recovery—no rescuing.
- Being honest with myself about my need to be in recovery.
- Minding my own business: no checking up on or spying on the addict, trusting that God will reveal any necessary information.
- A commitment to growth through prayer, educational reading and accountability.
Celebrate Recovery*

Ten Commandments
Saddleback Church

1. Thou shalt not visit the opposite sex alone at home.

2. Thou shalt not counsel the opposite sex alone at the office.

3. Thou shalt not counsel the opposite sex more than once without that person’s mate. Refer them.

4. Thou shalt not go to lunch alone with the opposite sex.*

5. Thou shalt not kiss any attender of the opposite sex.

6. Thou shalt not discuss detailed sexual problems with the opposite sex in counseling.

7. Thou shalt not discuss your marriage problems with an attender of the opposite sex.

8. Thou shalt be careful in answering e-mails, cards, and letters from the opposite sex.

9. Thou shalt make your administrative support your protective ally.

10. Thou shalt pray for the integrity of other staff members.

* Singles dating must use discretion publicly and in private.
APPENDIX H

Web sites

Celebrate Recovery’s global web site:

   www.CelebrateRecovery.com

To find a meeting for a group member who travels or who has friends or family across the country, find a meeting in their area by going to:

   www.CelebrateRecovery.com,
   then click on Global Locations link.

For Celebrate Recovery Resources:

   www.CelebrateRecovery.com,
   then click on Celebrate Recovery Books link.
Celebrate Recovery
Inventory Worksheet

Make a searching and fearless moral inventory of ourselves. . .

*Let us examine our ways and test them and let us return to the Lord.*

*LAMENTATIONS 3:40 NIV*

<table>
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<th>COLUMN 1</th>
<th>COLUMN 2</th>
<th>COLUMN 3</th>
<th>COLUMN 4</th>
<th>COLUMN 5</th>
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<tbody>
<tr>
<td>I'm resentful at: The person I harmed or who harmed me.</td>
<td>The Cause: The specific action I did or was done to me.</td>
<td>The Effect: The effect that action had on my life.</td>
<td>Basic Instincts: Social</td>
<td>My Part: What part of the specific action am I responsible for?</td>
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APPENDIX J

Celebrate Recovery
Ministry Opportunities

☐ Solid Rock Cafe
  Set Up Team
  Tear Down Team

☐ BBQ Team/Pizza Parlor Team

☐ Set Up Team

☐ Tear Down Team

☐ Greeter

☐ Bulletin Stuffer

☐ Prayer Team

☐ CR Inside
  Prisons/Jails

☐ Missions