### **CHILD CARE**

Childcare for children of CURE participants is offered from 6:45 pm until 8:30 pm while the participants are attending Recovery & Support Groups on Thursdays. Please call Kelly Buthy to RSVP in advance at 609-305-1711.

### **CURE RECOVERY & SUPPORT GROUPS**

embrace people who are struggling with various addictive issues, compulsive behaviors, loss, and life challenges.

We incorporate the proven principles of recovery as established by groups like Alcoholics Anonymous, Al-Anon, and Celebrate Recovery. Those recovery principles are made effective through the power of Jesus Christ and the free gift of His love and grace. Jesus is the inspiration and scripture is the foundation of our teaching. The 12 Steps, accountability, and fellowship with others in recovery are our tools. Christ works through all these things to create miracles among us. Don't give up before that miracle happens for you!

Matthew 11:28-30: "Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."



If you are interested in volunteering with **CURE**, please let us know! Call 609-778-2009 or email cureministry@gmail.com for more information.



609-778-2009 cureministry@gmail.com www.CUREcapemayco.com The Lighthouse Church 1248 Route 9 South, CMCH, NJ 08210

### SERENITY PRAYER

GOD, grant me the serenity
to accept the things I cannot change,
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 hardships as the pathway to peace;
taking, as He did, this sinful world as it is—
not as I would have it;
trusting that He will make all things right if
I surrender to His Will;
That I may be reasonably happy in this life and
supremely happy with Him
forever in the next.

Amen

(Attributed to Reinhold Neibuhr 1892-1971)

While CURE strives to provide the most up-to-date information in this Recovery & Support Groups brochure, please note that group schedules and descriptions are subject to change depending upon Facilitator availability and/or group participation. For the most current groups schedule, please email cureministry@gmail.com, call 609-778-2009, or visit CURE is Facebook page @

https://www.facebook.com/CURE-Christians-United-For-Recovery



# Recovery & Support Groups

### **Tuesdays**

6:00 PM—7:30 PM

♦ Men's Group (see inside for details)

# **Thursdays:**

6:00 PM

◆Light Meal and Fellowship 7:00 PM

Men and Women

- ♦ Grief Support (1st, 3rd, 5th Thursday)
- ♦S.O.S. (Sharing our Stories)
- ♦ All in Recovery
- ♦ Winning The War

Women Only

**♦** TAMAR

**Teens** 

♦ LIGHT (Living in God's Hope Everyday)

# **By Appointment:**

- ♦ Individual Biblical Counseling
- ◆ Childcare for children of CURE participants attending Recovery & Support Groups on Thursdays from 6:45pm—8:30 pm—RSVP

**CALL CURE** 609-778-2009



# Life Hurts..... Jeremiah 29:11

### MEN SEEKING SEXUAL INTEGRITY (MEN ONLY)

(Tuesdays 6:00 pm—7:30 pm)
This group is for the brave-hearted man who dares to take the journey in understanding his sexual addiction. The addiction starts with a lustful desire for pleasurable relief from inner emptiness or pain. Eventually the quest for relief becomes an addiction which replaces the pleasure with tension, depression, rage, guilt or even physical issues. The addiction can begin to take priority over everything, often creating an overwhelming loneliness because of the separation from God and loved ones. Through increased reliance on God and the support of the group, men begin to achieve sexual integrity and increased intimacy with loved ones.

# GRIEF SUPPORT GROUP (MEN AND WOMEN)

### (1st, 3rd, & 5th Thursday each month)

Are you suffering after the death of someone close to you? Grief is emotionally and physically painful. The pain is so deep that it can become overwhelming. Why pretend that you are not experiencing terrible inner turmoil? Grief Support Group meetings are a place for you to rest and restore—a place to help those suffering find hope in their grief. Call Al DiCicco @ 609-412-9424 for grief support or more information.

### S.O.S. (Sharing Our Stories) (MEN AND WOMEN)

S.O.S. is a support group offering fellowship, hope, and encouragement to adults affected by loved ones struggling with substance abuse issues. In a confidential setting, seek support from others in similar situations. You can find comfort in the midst of difficult situations as well as practical help for the trials that go along with loving someone struggling with addiction. Info email: cmbwlg@yahoo.com

### **ALL IN RECOVERY GROUP** (MEN AND WOMEN)

This is a group for those in recovery from addiction who may be experiencing feelings of being overwhelmed, isolated and lonely. Our participants will find support, encouragement, and empowerment as we come together to share hope, to discuss challenges of living a life of recovery, and to assist each other with finding solutions to everyday struggles to allow God to restore your mental, physical, emotional, and spiritual health while creating a community of fellowship and love. Our focus is positive, and we welcome anyone whose life has been touched by addiction.

### WINNING THE WAR (MEN & WOMEN)

The Word of God gives us instructions, warnings, correction, and training for the journey. In this session, with the leading of the Holy Spirit, we consider one another and encourage one another from the Scriptures resulting in growth and preparation for the journey.

# **TAMAR Trusting the Almighty** to Manifest Amazing Recoveries (WOMEN ONLY)

Has abuse from your past left your spirit damaged? Were you told not to tell or "It's our secret."? You want to forget and it hurts to remember. Let's walk together with the Lord on a journey of "Healing the Wounded Heart" by Dan B. Allendar.

### LIGHT **Living in God's Hope Everyday** (TEENS)

LIGHT is a support group offering fellowship, hope, and encouragement to teens affected by loved ones struggling with addiction issues. In a confidential setting with adult supervision, teens receive support from other teens in similar situations.

### INDIVIDUAL BIBLICAL COUNSELING (BY APPOINTMENT)

Individual Biblical Counseling appointments. As followers of Jesus Christ, we approach each individual or group with a unique blend of disciplines as guided by the Holy Spirit. To schedule an appointment, call Pastor Charlie at 609-465-6690, ext 115.