#### **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's Facebook page @ https://www.facebook.com/CURE-Christians-United-For-

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



## Recovery & Support Groups

### **Thursday Schedule**

Refuse to Lose (w/Pastor Rudy @ 5:00 pm) Fellowship/Dinner (6:00 pm—6:30 pm) Music/Praise (6:30 pm—6:45 pm) Message/Testimonies (6:45 pm—7:15 pm) Groups/Meetings (7:15 pm—8:30 pm) Men and Women

- •Grief Support
- •S.O.S. (Sharing our Stories)
- •Life Recovery (12-Step)
- •Divorce Recovery
- •Winning The War

### Men Only

• The Highest Power

### Women Only

- Growth in Christ
- TAMAR

#### **Teens**

• Ground Zero

#### Children

 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

### REFUSE TO LOSE! (MEN AND WOMEN)

(Note: This group meets at 5:00 pm)

Declaring war on anxiety, depression and OC, Pastor Rudy leads a 5-session Bible Study using the Scriptures and a video session with Pastor and Author Levi Lusko. We will closely examine keys from the Bible on how to fight the internal struggles that keep us from experiencing all God wants for our lives. Sharing personal struggles with anxiety, obsessive-compulsive depression and disorder, Pastor Rudy will facilitate a safe place where participants can discover who they are, their unique calling from the Lord, and some practical ways to work through internal battles. It isn't a sin for Christians to struggle with anxiety and depression. The sin is when we allow these thieves to walk all over us.

### GRIEF SUPPORT GROUP (MEN AND WOMEN)

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.

### 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.

### LIFE RECOVERY—12-STEP (MEN AND WOMEN)

This group is for those whose life has been affected by substance abuse, violence, or other obsessive behavior. Through the use of Biblical principles, the purpose of this group is to allow God to restore your mental, physical, emotional, and spiritual health. This recovery support group will map out a journey of wholeness and proper dependence on God while creating a community of fellowship and love.

### DIVORCE RECOVERY (MEN AND WOMEN)

DivorceCare takes a biblical approach to divorce, separation and related issues such as reconciliation, remarriage, forgiveness, and the effect of divorce on children and families. DivorceCare emphasizes that real healing from the intense pain of divorce must begin with a personal relationship with Jesus Christ.

### THE HIGHEST POWER (MEN ONLY)

Based on Luke 4:16-18, this men's group will focus on the scriptures and Jesus Christ who came to set the prisoners free, recover sight for the blind, and set the oppressed free.

### GROWTH IN CHRIST (WOMEN ONLY)

A woman's group using scriptures and recovery tools (literature, phone, meetings, writing, prayer and meditation, steps, service, discipleship, action plan, anonymity) to grow closer to Jesus, one day at a time...

In order to better live out our lives on earth, according to His Will for us—understanding, accepting, and dwelling in who we are in Him.

# 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 to heal your wounded heart.

### GROUND ZERO (TEENS)

Ground Zero 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.