

I would like to introduce to Ascension members a life group that focuses on recovery in all addictions. We will use the "Life Recovery Bible" as our study guide and spend a portion of the meeting with open discussion.

In my own experience with recovery, I found that support groups and the 12 step programs are vital in early sobriety. I am completely grateful for attending a program, getting the right sponsor and completing the 12 steps but I found that I needed something more. Finding God again, staying close to Him has helped me realize and accept my weaknesses because He is my strength.

My intent is to offer our own Christian-based support group for people who are familiar with the 12 steps. I believe that as our knowledge increases as to what God wants for us and to understand fully how much He loves us will help us with lifetime recovery. The possibility of relapse diminishes.

I have recently completed a Life Group training course and I am very eager to get us together once a week at the church. We will read, learn and grow together. If you are interested please contact me at (805) 857-9026 or call the church office.

Thank you,

*Catherine Schureman, December 2018*

This life group now meets Saturdays at 10 am in the modular classroom