**Find Community**

Finding community through Celebrate Recovery (CR) is all about engaging in a safe, supportive environment where people can work through their hurts, habits, and hang-ups while building meaningful connections with others on similar journeys. Here are a few key ways to find community within Celebrate Recovery:

**1. Attend Regular Meetings**

The foundation of CR is its regular meetings, which are typically held weekly. These meetings provide a consistent space to meet others who are working through their own recovery. During these meetings, you'll experience:

* **Large Group Sessions**: These sessions often include worship, a lesson, or a testimony. This is a great way to connect with the larger CR community.
* **Small Groups**: After the large group session, participants break into smaller groups where they can share and discuss personal struggles in a confidential, supportive environment. These groups are often gender-specific and provide a safe space for sharing.

**2. Sponsor and Accountability Partners**

A huge part of CR is the sponsor relationship. Sponsors are people who have been through the program themselves and are there to guide and support others in their recovery. They act as mentors and provide insight and encouragement. Finding a sponsor is a way to build a deep, one-on-one connection with someone who understands the recovery process.

In addition to sponsors, many people find accountability partners within the CR community. These are people you check in with regularly to stay accountable to your recovery goals. They provide emotional and spiritual support throughout your journey.

**3. Work the 12 Steps in a Group Setting**

CR is based on the 12-step recovery model, which encourages participants to work through their issues with a focus on spiritual growth and healing. When you participate in small group settings to work through the steps, you develop close relationships with others on the same path. This shared experience creates bonds that can last beyond CR meetings.

**4. Engage in Fellowship Events**

Many Celebrate Recovery groups organize social gatherings, retreats, and other fellowship events outside of the regular meetings. These events are often low-pressure and provide an opportunity to bond with others in a non-therapeutic setting. It’s a great way to build community and have fun while supporting each other’s recovery.

**5. Volunteer and Serve**

Volunteering within the CR community allows you to contribute to the program’s success and build connections with others. Whether it's leading a small group, helping with hospitality, or providing childcare, serving others is a meaningful way to connect with people who share your values.

**6. Join a CR Step Study**

A Step Study is a more in-depth, structured part of Celebrate Recovery where people work through the 12 steps in a group format. These studies often create a strong sense of accountability and camaraderie. Since you're going through the process together, participants often bond deeply over shared experiences and struggles.

**7. Be Open and Vulnerable**

Community in CR is built on trust, so being open and honest about your struggles (within the context of confidentiality and safety) helps form deeper connections. The vulnerability that people share within the group often fosters empathy and mutual understanding.

Ultimately, finding community in Celebrate Recovery is about showing up consistently, being open to forming connections, and offering support to others as you walk through the recovery process together. It’s about creating a space where you can feel seen, understood, and supported as you grow.