8 PRINCIPLES TO RECOVERY

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable (step1) "Happy are those who know they are spiritually poor" (Mathew 5:3)

Earnestly believe that God exists, that I matter to him, and that He has the power to help me recover (Step 2) "Happy are those who mourn, for they shall be comforted" (Mathew 5:4)

Consciously choose to commit all my life and will to Christ's care and control (Step 3) "Happy are the meek" (Mathew 5:5)

Openly examine and confess my faults to myself, to God, and to someone I trust. (Step 4 and 5) "Happy are the pure in heart." (Mathew 5:8)

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects (Step 6 and 7) "Happy are those who greatest desire is to do what God requires." (Mathew 5:6)

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. (Step 8 and 9) "Happy are the merciful" (Mathew 5:7) "Happy are the peace makers" (Mathew 5:9)

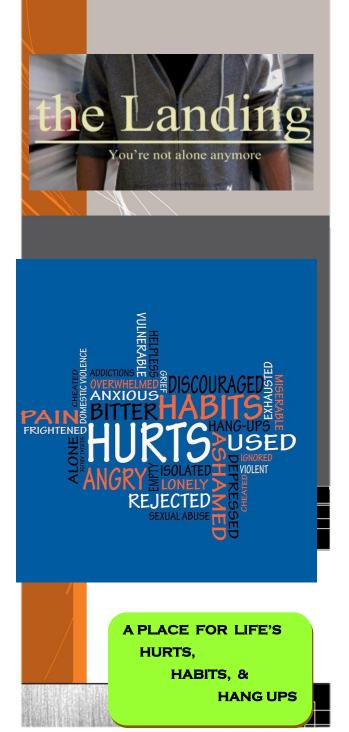
Reserve a daily time with God for self examination, Bible reading, and pray in order to know God and His will for my life and to gain the power to follow His will (Steps 10 and 11)

Y ield myself to God to be used to bring this Good News to others, both by my example and by my words (Step 12). "Happy are those who are persecuted because they do what God requires" (Mathew 5:10)



The Landing was developed specifically for teenagers from The Celebrate Recovery program. Over 800,000 people have attended Celebrate Recovery and are on a road to a healthier and happier life.







"The Landing" is a faith based program designed especially for YOUTH ages 13 to 19. It teaches youth to acknowledge, address, and find solutions for the many problems young people face today:

- It is a 52 week program
- It addresses ALL hurts, habits, and hang ups; including drugs & alcohol
- Weekly Support Groups for youth
- Weekly Educational Groups
- We incorporate Spiritual foundations based on the beatitudes from the bible
- Dinner served weekly

Youth today are wrestling with numerous challenges: School, Life Choices, Home, Anxiety, Divorce, Parents, Food, Self harm, Suicide, Loss, Bullying, Substance Abuse, Pregnancy, Personal Identity, Sexual/Emotional/Physical abuse, Peer Pressure, Homelessness and more....

The Landing provides youth with a safe and healing environment where young people can learn skills, communicate, process their own feelings, work on issues and learn to apply spiritual principles that will help them to live healthier and more productive lives, free from life's hurts, habits and hang-ups.

Teenagers will examine their past decisions that led them to where they are today. The teens will talk to each other about the patterns and behaviors that keep them trapped. They'll pursue the life-changing truths of freedom found throughout the Bible; choose to live differently and learn to build healthy relationships with family, friends, adults, leaders and trusted peers.

- A place to feel safe, accepted, heard
- Learn positive and helpful skills
- Gain tools and resources
- Connect with supportive people
- Help others grow
- Recovery is more than dealing with just drug and alcohol addiction
- Discover steps to a healthier life
- A place where people become friends and friends become family





The Landing is recognized by most Lake County agencies as a recovery program for teens. Check with your counselor.



We meet every Friday night from 6:00 pm to 8:30 pm for *the LANDING* at Clearlake Youth Center. We relax and eat together from 6:00 to 7:00pm. At 7:00pm **the Landing** begins, and all teens are welcome to stay for the activities. We hope to see you there!