

CONQUERING CO-DEPENDENCY I and II (WOMEN ONLY)

This group strives to help individuals define co-dependency as an addictive issue. Women who attend this group are serious about dealing with the many aspects of co-dependency. They try to develop new and healthy behaviors in their relationships with other people. The challenging circumstances for the members of this group are often complex and difficult, but there is a definite willingness to help and support one another and a great feeling of hope.

Conquering Co-Dependency I is an established group. Conquering Co-Dependency II is for new participants.

12-STEP WOMEN'S SUPPORT GROUP (WOMEN ONLY)

"Life Recovery- A Biblical Guide Through the 12-Steps" by Steve Arterburn and David Stoop. This program 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 by mapping out a journey of wholeness and proper dependence on God while creating a community of fellowship and love.

LIFE HURTS—GOD HEALS (STUDENTS)

In a confidential setting, this group offers healing and support for those students who are desperately hurting from the pain of a broken home, struggles with depression, abusive relationships, and/or the after math of exposure to addiction. In addition, it offers the opportunity to find companionship, comfort, and encouragement from others with like struggles.

CHILD CARE

Child care for children of CURE participants is offered from 6:45 pm until 8:15 pm on Thursdays only. Children will receive age-appropriate curriculum and activities while under the care of CURE's qualified supervisors. Please call Eileen Parrish to **RSVP** in advance at 609-972-0549.

NOTES/SHARED CONTACTS



609-778-2009

cureministry@gmail.com

<http://www.tlccma.org/#!/cure/c1h7c>

The Lighthouse Church

1248 Route 9 South, CMCH, NJ 08210

Other Faith-Based and Support Group Meetings (Call or check websites to verify meeting dates/times)

Freedom Through Christ Addiction Ministry:

Mondays @ 7:00 pm at Calvary Chapel in Erma
Call 267-546-7294

Celebrate Recovery: Fridays @ 7:30 pm at
Seashore Church of the Nazarene in Erma
Call 609-886-6196

SLAA: Saturdays @ 7:00 pm at
Old Court House Building, CMCH

NA: <http://www.nanj.org>

Nar-Anon: <http://www.naranonofnj.org>

AA: <http://capeatlanticaa.org>

Al-Anon & Alateen: <http://www.nj-al-anon.org>

Other Event Listings: Cape May County Herald
<http://events.capemaycountyherald.com>



A Ministry of The Lighthouse Church

Recovery & Support Groups

Tuesdays @ 7:00 pm

- ♦ Grief Support (Men and Women)*
- ♦ Men Seeking Sexual Integrity (Men Only)

Thursdays: Participants are invited for a light meal and fellowship at 6:00 pm. CURE groups begin promptly at 7:00 pm.

Men and Women

- ♦ S.O.S. (Sharing our Stories)
- ♦ Life Recovery—Beginner 12-Step
- ♦ Divorce Recovery*
- ♦ Love and Respect
- ♦ Winning The War

Women Only

- ♦ Conquering Codependency I (Established Group)
- ♦ Conquering Codependency II (Beginner)
- ♦ 12-Step Women's Support Group

Youth

- ♦ Life Hurts—God Heals (Students)
- ♦ Child Care (call 609-972-0549 for reservation)

*Note: Grief Support & Divorce Recovery Groups are scheduled to resume in Fall 2016

CALL CURE
609-778-2009



Life Hurts.....God Heals..... Jeremiah 29:11

GRIEF SUPPORT GROUPS (MEN AND WOMEN)

(Resuming Fall 2016)

Grief Share

(1st & 3rd Tuesday @ 7 pm)

This group uses a curriculum from “Grief Share” to work through the process of grieving.

Beacon of Hope

(2nd & 4th Tuesday @ 7 pm)

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? CURE'S Grief Support Group meetings are a place for you to rest and restore—a place to help those suffering find hope in their grief.

MEN SEEKING SEXUAL INTEGRITY (MEN ONLY)

(Tuesdays @ 7 pm beginning 8/9/16)

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. Materials used: The Final Freedom, Pioneering Sexual Addiction Recovery by Douglas Weiss. Call Jim Cotton @ 609-602-1087 for more information.

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."

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

This group for those new in recovery focuses on the first three Steps of the 12-Step program to allow God to restore your mental, physical, emotional, and spiritual health while creating a community of fellowship and love.

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

DIVORCE RECOVERY (MEN AND WOMEN)

(Resuming Fall 2016)

The divorce recovery group provides a safe place for individuals who are struggling to deal with the many changes that divorce or separation causes. Each week they listen and relate to one another in a confidential, safe place. These folks are focused on healing from the damages and losses that divorce has caused. They offer hope to one another, and they grow through the process.

LOVE AND RESPECT (MEN AND WOMEN)

A wife has a driving need to feel loved. A husband has a driving need to feel respected. When either of these needs isn't met, things get crazy. “Love and Respect” (based on Ephesians 5:33) reveals why spouses react negatively to each other and how they can deal with such conflict quickly, easily, and Biblically. This class uses video and shared experiences to help those wanting to improve or rebuild their marriage.

WINNING THE WAR (MEN & WOMEN)

(Class size limited—please inquire.)

When we become believers, we are not expected to achieve instant spiritual maturity. The journey of the Christian requires preparation to grow in the understanding of God, the world, and one's self—a process involving both our attention (2 Corinthians 7:1) and God's work in us (Philippians 1:6). 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.