

Chemical Recovery Fellowship - Traditions

Total Recovery

Addiction damages every area of our lives. Total recovery involves learning about and repairing each of these areas. Our renewed thinking about addiction should flow into how we think about all things. Total recovery requires full disclosure. We practice openness and honesty in all of our affairs. This practice lessens the chances that our addiction to drugs will not simply shift to an addiction to something else. In this way we can recover fully.

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. (Romans 12:2 NIV)

Biblical Authority

Chemical Recovery is a bible-based fellowship. We are convinced that the Bible is God's Word and it alone provides the means to a total recovery. The Bible is a mirror that truly reflects who we are and what we really look like. We wisely submit to God's authority by putting His words into practice.

Submit yourselves, then, to God. (James 4:7a NIV)

Accountability

Accountability requires the humble acknowledgement that without the help of others we are unlikely to remain in recovery. By agreeing to be held accountable to our commitments and whatever is involved in keeping them, we acknowledge our ultimate accountability to God. We love enough to call each other to account.

As iron sharpens iron, so one man sharpens another. (Proverbs 27:17 NIV)

Truth in Love

Truth is spoken here. Be prepared to give and receive it. As addicts, we bend, omit and ignore the truth. We lie to ourselves first, clearing the way to lie to others. Openness, honesty and transparency are essential in recovery. For the addict, the truth often hurts. We can choose to realize truth either through listening to those willing to describe what they see in us and perhaps wound our pride. Or, we can experience truth through the painful negative consequences of our poor choices.

Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. (Ephesians 4:15 NIV)

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Empathy

Empathy is defined as the capacity to understand what another person is experiencing by relating to a common experience. Moreover, we relate to the mindset that often accompanies such experiences. We gain more wisdom to help others by employing empathy as opposed to using only knowledge. Empathizing is an effective way to provide input while staying connected to our own weaknesses. It also safeguards us from becoming arrogant, hurting the speaker and hearer alike.

Jesus wept. (John 11:35 NIV)

Willingness to Change

To recover, I must be willing to make hard choices. I must accept my role in my addiction, not shifting the blame. I willingly abused drugs and alcohol. I must now be ready to do whatever it takes to totally recover. No one can want my recovery more than me. Attempts to help me will prove futile if I am unwilling to change. The power to change comes from God but the willingness must be mine. With my willingness and God's Power, I will recover.

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18 NIV)

Eternal Fellowship

Recovery requires strong relationships with like-minded people. The healthiest place for us is an environment where truth is at the forefront, found amongst people like you who know you best. The Eternal Fellowship is a commitment to remain sober forever. Also, we are committed to help others do the same by staying consistently in relationships with other like-minded addicts.

Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching. (Hebrews 10:25 NIV)

Outreach

It is our belief that in order to keep our recovery, we must give it away. There are others who want and need what we have. It is selfish to keep our recovery to ourselves.

Outreach is a fruit of gratitude.

Freely you have received, freely give. (Matthew 10:8b NIV)