

Men's Support Group

Celebrate Recovery



**211 N. Main Street UMC
Greenwood, SC 29646**

Mondays 6:30 PM

Minister Howard

864 554 0415

Cofjohn316@gmail.com

**Christian Recovery Minister
Michael Asher, Director Light House
864 279 7538**

Men's Support Group

Men 18 Or older, seeking a solid peer group for connection, support and some accountability. Participation means showing up regularly, actively engaging and sharing about your own experiences with adversity, challenges, temptations, addiction, insecurities, fears, hopes, dreams, needs, marriage, relationships, parenting, career, spirituality, intimacy... everything. Men need a safe and secure place to be honest, open, vulnerable and real. This is it.

How many times have I been told by a friend “I got this” only to see my friend alienate himself from others, he didn't feel comfortable sharing.

Okay we are men. There are some things we just don't do well;

- Like share our concerns
- Ask for help
- Ask for directions, we will check our gas level first
- Admit we made a mistake



Some of my best conversations and times of friendship have been with my guy friends. We feel comfortable sharing our plans, difficulties and life in general.



It's also a great way to get a sense relief by releasing frustration without any anger involved.

Ever been part of a group of guys that got together to build something for a neighbor, like a wheelchair ramp?

Friendship, sometimes that's all we need. A time when we can meet and suggest ideas, discuss problems & encourage one another.

Call us if you have an interest or questions.

A real man's actions should be triggered by his words. When he says something, it should not end there but develop visible action.

What this means is that a real man listens and understands the experience of others, so that he can come up with a way to act.

A true gentleman may start his day by seeking the guidance of God to help him progress well throughout the day. He prays humbly seeks wisdom in his prayers and then listens for his next steps.

If he is not religious, he may set goals and intentions for doing good and enhancing his life.

As you may have realized, positivity, honesty, truth, hard work, loyalty defines the character and behavior of a true man. We respect and love our mothers, daughters and all women

He understands his temper and tries to communicate healthily and positively. He is indeed a true gentleman.

Anger only serves to escalate a conflict, which inevitably escalates negativity in a man. Keeping calm when things get messy helps to maintain relationships, and the opposite is true.

What this means is that a real man is one who opens his brain to life. He values people that challenge him with different ideas and opinions. Sometimes, a true man has to be wrong in order because his opinion is not necessarily the best.

Additionally, he is curious to interact with people to learn how they view life.

A real man is a team player, and supports his brothers in prayer and action

**Our meeting rules;
Small group 6 Rules**

1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
2. There will be no cross talk please. Cross talk is when two individuals engage in dialogue, excluding all others. Each person is free to express feelings without interruption.
3. We are here to support one another. We will not attempt to "fix" another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group!
5. Offensive language has no place in a Christ-centered group.
6. We never talk badly about others we offer our prayers for them who need it.

