

## Support and Recovery Groups

(Note: All Support and Recovery Groups are held at Vineyard Columbus unless otherwise specified. For more information on any of the Support and Recovery ministries e-mail [support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org) or call 614-259-5289.)

### Addiction & Substance Abuse

#### **Recovering in Grace (substance abuse)**

**Tuesdays 7:00 pm**

*Substance (drug/alcohol) abuse recovery group. Christian 12-step program using the Serenity Bible.*

Contact [support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org), 614-259-5289

#### **The Fix for Young Women (young adult substance abuse)**

**Thursdays 7:30 pm**

*Substance (drug/alcohol) abuse recovery group for 18-30 year old young women.*

Contact: [support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org), 614-259-5289

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#### **SAMI/Substance Abuse & Mental Illness (Pre-screening required)**

*Support group for those affected by substance abuse/addiction & diagnosis of Bipolar Disorder. Register for future sessions with:*

Michael Perciful, 614-899-7680 or [mperciful@wowway.com](mailto:mperciful@wowway.com)

#### **Alcoholics Anonymous**

**Saturdays 9:30-10:30 am**

**(Community Center, aka Variety in Sobriety)**

*Substance (drug/alcohol) abuse recovery group. For more information:*

Gayle B, [belskieg@yahoo.com](mailto:belskieg@yahoo.com), 614-783-8452

### Emotional Wellness

#### **Dealing with Anger & Conflict Class Wednesday 7:00-9:00 pm**

*8-10 week co-ed class. Class is cyclical & open to attend at any point. Next class begins January 4. No cost, no registration, just come & ask your questions there. For more information, contact:*

Support & Recovery, 259-5289 or [support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org)



## Men's Sexual Wholeness

### **180 (Men's Ministry)**

**Monday 7:00 pm**

*Helping men recover from sexual sin and return to God. This ongoing small group is open to all men & meets weekly throughout the year. Program is successful helping men live lives of purity in spite of years of sexual addictions as well as those simply struggling with sexual temptation. It includes worship, a teaching time, small group accountability, mentoring and healing prayer. For more information please contact:*

John Doyel, [jdoyel@hotmail.com](mailto:jdoyel@hotmail.com), 740-649-6050

### **Men Building Integrity (Men's Ministry)**

**Tuesday 7:00 pm**

*Honesty, hope, and healing for issues that men face in their sexuality. Includes accountability groups for young men (18-30) and men over 30. Next session begins Jan 3 and may be joined at any time.*

Justin Fogt, [justin.fogt@gmail.com](mailto:justin.fogt@gmail.com)

## Women's Sexual Wholeness

### **Hearts Restored (Women's Ministry)**

**2<sup>nd</sup> & 4<sup>th</sup> Monday 7:00 pm**

*Open group for women who have experienced sexual betrayal by a partner (i.e., through pornography, affairs, etc.).*

Mona Doyel, 614-471-1659 or [monadoyel@hotmail.com](mailto:monadoyel@hotmail.com)

### **Integrity for Women**

**Sundays, 4-6 pm**

**Begins March 11. Pre-registration required before first class.**

*Healing for sexual brokenness while finding freedom from addiction, shame and rejection. (No new participants can join after the first class.)*

Contact the Support and Recovery Team at 614-259-5289,

[support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org) or e-mail

[integrity.women@hotmail.com](mailto:integrity.women@hotmail.com)

## Unplanned Pregnancy Issues

### **Motherheart (unplanned pregnancies)**

**Call for date and time**

*Mentoring for single women who are experiencing an unplanned pregnancy.*

Diane Bauman, 614-890-0000 or [diane.bauman@vineyardcolumbus.org](mailto:diane.bauman@vineyardcolumbus.org)

### **HEART (Women's Ministry)**

**Call for date and time**

*Healing for the effects of abortion related trauma.*

Deanie Dodge, 614-451-7725 or [dodge@infinet.com](mailto:dodge@infinet.com)

### **Journey of Hope (Women's Ministry)**

**1<sup>st</sup> Tuesday 7:00 pm**

*Support group for birthmothers who have chosen adoption.*

Shelly Pigman, 614-325-9490

## Infertility Struggles

**Sisters of Sarah (Women's Ministry) 4<sup>th</sup> Thursday 7:00 pm**  
*Provides emotional and spiritual group support for women dealing with primary and secondary infertility. Meets off-site.*  
Contact Ginny Bischert, 740-657-1414 or [luv2read62@yahoo.com](mailto:luv2read62@yahoo.com)

## Health Issues

**Hopekeepers: Jer. 33:6 (Women's Ministry) 1st & 3rd Thurs, 6:30 pm**  
*Support group for women dealing with the trials of chronic physical pain (i.e., fibromyalgia, lupus, RA, MS) by embracing who Jesus has called us to be despite physical limitations. (meets off-site) Contact*  
Jacqueline Radford, 419-230-3033, [premierbyjacque@yahoo.com](mailto:premierbyjacque@yahoo.com)

**First Place (weight loss) (Women's Ministry) Mondays, 7:00 pm**  
*13 week weight loss program.*  
Larilee Perciful, 614-899-7680 or [leblin@wowwaycom](mailto:leblin@wowwaycom)

**Warriors Against Cancer Quarterly Seminars**  
*These quarterly meetings are to give education and support for family, friends, & those affected by cancer. For more information, contact:*  
Frank Fredericka, 614-325-4891 or [frankssearch@yahoo.com](mailto:frankssearch@yahoo.com)

**Mother's Heart for Healing (Women's Ministry) 1<sup>st</sup>/3<sup>rd</sup> Thurs 7:00 pm**  
*Moms praying for children with chronic illnesses.*  
Rebecca Anderson, 614-581-2183 or [rebeccaanderson@yahoo.com](mailto:rebeccaanderson@yahoo.com)

## Divorce Care

**Divorce Care for Women Wednesday 7:00 pm**  
*15 week support and Christian recovery program for women that are separated or divorced. Next cycle begins Wednesday, 1/11/11.*  
Merry Neff, 614-804-7426.

**Divorce Care for Men (Men's Ministry) Tuesday 7:30 pm**  
*13 week support and Christian recovery program for men who are separated and divorced. Next cycle begins 1/3/11.*  
Paul Myers, 614-774-1156 or [paul.myers@kingthompson.com](mailto:paul.myers@kingthompson.com)

## Domestic Abuse

**Daughters of Destiny (pre-screening with leader required)**  
*14 week support group for women who are recovering from intimate partner abuse (i.e., verbal, emotional, and/or physical abuse from a spouse, dating or intimate relationship). Pre-screening required for next group by March 15, 2012. Contact the Support and Recovery Team at:*  
[support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org) or 614-259-5289

## Relationships & Family

**Chosen4Love (adoption/foster parenting) 3rd Thur. 6:45-8:30 pm**  
*Support group for families with children involving adoption and foster parenting.*

Julie & Jason Pierce, 614-781-0392 or [jasandjul95@netscape.net](mailto:jasandjul95@netscape.net)

**Loving Someone with Mental Illness (pre-screening requested)**  
**1<sup>st</sup> & 3<sup>rd</sup> Thursdays 7-9:30 pm**

*Support group for families & friends of people with mental illness (i.e., schizophrenia, bipolar disorder, major depression, borderline personality disorder, etc.). Each meeting includes a short teaching, coping skills, discussion and prayer. For more information contact:*

Jane Flewellen, [jflewellen@gmail.com](mailto:jflewellen@gmail.com) or Karen Twinem, [karentwinem@gmail.com](mailto:karentwinem@gmail.com)

**Embracing the Multiethnic Church Thursdays, 7-9 pm**

Next group begins January 26, 7-9 pm, pre-register for group by attending interest meetings after services 1/14 & 15 or calling leader.

*This 10 week class teaches appropriate ways to begin racial reconciliation. Participants will gain insight regarding their own disconnect from others based on ethnicity, uncover their own wounds regarding racial issues, and learn strategies to move towards personal and relational healing.*

Please pre-register with: Millie Harris, [millie.harris@gmail.com](mailto:millie.harris@gmail.com) or Celeste Johnston, [celestecjohnston@gmail.com](mailto:celestecjohnston@gmail.com).

**Grandparents Raising Grandchildren Co-ed Support Group**  
**Interest Meeting, Thursday, February 2, 7-9 pm**

Grandparents raising grandchildren is the fastest growing parenting phenomenon in America. If you or someone you know would like support for this unique struggle, come to our first interest meeting, February 2.

For more information, contact: [liz.ward@vineyardcolumbus.org](mailto:liz.ward@vineyardcolumbus.org), 259-5335

## Veteran Support

**Operation Freedom 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Saturdays 9-11am**

*Operation Freedom is a ministry of healing and fellowship for veteran men (ex-military or active duty) dealing with the many aspects of combat trauma. This 12-wk support group offers an opportunity for veterans in central Ohio, dealing with physical wounds, emotional wounds, combat trauma and the stress of being in a foreign theatre of war, to experience the love of Jesus and the care of His community.*

David Fister, [david.fister@att.net](mailto:david.fister@att.net), 614-441-5757

**A Soldier's Prayer 1st & 3rd Wednesday 7:00-9:00 pm**

*Prayer for servicemen, their family and friends.*

Marvin Daniels, [kathnmarv@yahoo.com](mailto:kathnmarv@yahoo.com)

## **Additional Ministries offered through Support and Recovery**

### **Celebrate Recovery**

**Fridays 7:00 pm**

*Celebrate Recovery is a Christ-centered recovery fellowship for those desiring to heal any hurts, hang-ups and habits. The principles are effective for addictions, emotional struggles (such as depression) and unwanted behaviors (as in, co-dependency). Meetings include a time of worship, sharing and fellowship. Come experience God's loving power.*

*For more information contact the Support and Recovery Team at 614-259-5289 or e-mail [support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org).*

### **Lay Counseling (one-on-one support)**

**(available by appointment)**

*Vineyard Columbus has a team of lay counselors who desire to bring the love of Christ to those who are hurting. If you are a member or regular attender at Vineyard Columbus or one of its campuses and would like to meet with a lay counselor, apply at the info counter (on weekends), with our receptionists (during the week), or online (on the Vineyard Columbus website).*

*For more information contact the Support and Recovery Team 614-259-5289 or e-mail [support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org).*

Delete in September

Diabetes Support Group

Delete in November, 2010 for reworking:

**Job Loss Support Group** **Wednesdays 9:00-11:00 am**

*Support group to help with the emotional upheaval associated with a job loss.*

Denny Osborn, 614-519-6681 or [dosborn@insight.rr.com](mailto:dosborn@insight.rr.com)

**For Thou Art With Me** **(day and time varies)**

*Six week recovery group for women dealing with issues of fear and anxiety. Pre-registration required.*

Julie McLaughlin, 614-554-1886 or [JulesMcL@aol.com](mailto:JulesMcL@aol.com)

**Beauty for Ashes** **Call for date and time**

*14 week recovery group for women who have been affected by childhood sexual abuse. Pre-registration with the leader is required.*

Julie McLaughlin, 614-554-1886, or [JulesMcL@aol.com](mailto:JulesMcL@aol.com)

**Grief and Loss Recovery Group for Women** **(day and time varies)**

*Four week group on issues related to grief and loss specifically designed for women.*

Julie McLaughlin, 614-554-1886 or [JulesMcL@aol.com](mailto:JulesMcL@aol.com)

**Vineyard Home School Network** **(Time & Day Varies)**

Bethany DeCrane, [ddecrane@insight.rr.com](mailto:ddecrane@insight.rr.com), 614-891-4002.

**Do not advertise in small groups directory...moved to marriage and family**

**11/10.**

**Anxiety/Depression Recovery Group** **1st & 3rd Tuesday 7:00 pm**

*Christ-centered recovery group for those dealing with anxiety or depression.*

Brad Eldridge, 614-592-7887 or [bradeldridge@creative-living.com](mailto:bradeldridge@creative-living.com)

**Sabbatical starting 12/7/10**

**GriefSupport4kids** **(by reservation with leader)**

*Grief support for children kindergarten through 5th grade. Must pre-register with leader.*

Debi Leake, 614-899-9264 or [dleake2207@wowway.com](mailto:dleake2207@wowway.com)

**Sabbatical starting 1/11 due to VLI**

## Personal Growth

### **How People Grow**

**Wednesdays, 7:00 pm**

Come experience knowledge & community to help remove barriers to spiritual growth as we explore "How People Grow" by Cloud and Townsend. Book required. (Current session runs 9/10-3/11.)

For more information and location, contact: Edward or Linda McPherson, 614-313-6285 or [howpeplegrow@ymail.com](mailto:howpeplegrow@ymail.com). *Meets off-site.*

**FULL DO NOT ADVERTISE UNTIL NEXT CYCLE 1/11;  
3/11 group ending until further notice**

### **No More Shame (rape recovery group)**

**Call for date and time**

*10 week rape recovery group for women. Registration with leader is required. Those interested should register with leader for next session.*

Dianne Baughman, 614-832-8904 or [baugh413@aol.com](mailto:baugh413@aol.com)

**On sabbatical since march, 2010 per Jeremy wade.**

**Put group on hold Fall, 2011 due to leader stepping down:**

### **Integrity.women Prereg. by May 9; Monday 7:00–9:30 pm**

*Healing for sexual brokenness while finding freedom from addiction, shame and rejection. Current session began May 9. Next session begins Sept. 12.*

*(No new participants can join after the first class.)*

Tiffany Baugher, 740-815-1621 or [integrity.women@hotmail.com](mailto:integrity.women@hotmail.com).

**Class completed 7/13/11**

### **Understanding the Impact of Sexual Abuse Class Weds, 7-9 pm**

*5 week class discussing the spiritual, emotional and psychological impact of sexual abuse victimization. Open to all adults. (Due to mature subject matter, must be 18 to attend.)*

*Class schedule: June 8, 15, 29, July 6 and 13.*

Julie McLaughlin, 614-554-1886, [counselorjulie@yahoo.com](mailto:counselorjulie@yahoo.com)

**Leader issues: group pulled 9/23/11 restarted with new leader 11/17/11**

### **The Fix for Young Men (young adult substance abuse)**

**Thursdays 7:00 pm (beginning Sept 8)**

*Substance (drug/alcohol) abuse recovery group for 18-30 year old young men.*

Contact: [support.recovery@vineyardcolumbus.org](mailto:support.recovery@vineyardcolumbus.org), 614-259-5289