

November 2026

Twenty-Four Hours or Twenty-Four Years: Why We Celebrate Recovery Birthdays

A recovery birthday marks much more than time on a calendar. It represents a decision made again and again: to keep showing up, accept help, and live differently.

Whether someone is celebrating 24 hours or 24 years, that milestone matters. Every recovery journey begins with a first day, and every year is built one day at a time.

At Recovery Church at Central United, we celebrate because we know those days don't always come easily.

Every milestone has a story

Behind a recovery birthday are struggles that others may never see: asking for help, attending that first meeting, facing a difficult truth, rebuilding trust, or getting through a hard evening without picking up.

There are also discoveries worth celebrating: laughter returning, friendships forming, promises kept, and the realization that life can hold possibilities we once thought were gone.

When we recognize a recovery birthday, we acknowledge the effort behind it. We are saying, "We see you. Your life matters. We're glad you're here."

Twenty-four Hours deserves recognition

For someone beginning recovery, twenty-four hours can feel like climbing a mountain.

That first day may involve uncertainty, discomfort, and a great deal of courage. It deserves a warm welcome and encouragement.

Nobody needs to earn their place in our community by reaching a certain number of days. You belong while you are finding your footing, asking questions, and learning how to take the next step.

And if you are returning after a relapse, you are welcome too. You do not have to stay away because you are afraid of disappointing someone. Coming back is a courageous decision, and we are glad to walk beside you.

CELEBRATE LIFE
RECOVERY SERVICE
CENTRAL UNITED CHURCH

Twenty-Four years gives us hope

When someone celebrates many years in recovery, their presence offers something powerful: evidence that lasting change is possible.

Newcomers can look across the room and think, “Perhaps that could be me one day.”

Those years also remind us that recovery continues through ordinary life - through work, relationships, grief, joy, disappointment, and change. Long-term recovery grows through continued honesty, connection, and willingness to accept help.

People with many years still need encouragement and community. Celebrating them is one way we say, “Thank you for being here and for helping others believe they can keep going.”

We celebrate together because connection matters

Recovery birthdays give us a chance to express gratitude: for another day, for the people who stood beside us, and for the grace and help that carried us when our own strength felt small.

They also remind us that our choices reach beyond ourselves. Families, friends, and communities often share in the healing that recovery makes possible.

A birthday celebration makes room for all of that—and for some laughter. Recovery is hard work, but there is room for music, friendship, and a good piece of cake.

We need opportunities to enjoy the lives we are rebuilding.

We celebrate together because connection matters

On the last Sunday of every month, Recovery Church at Central United Church in Calgary gathers to celebrate milestones in recovery. Come listen as our Birthday Speaker shares their experience, strength, and hope.

Come celebrate with us and **The Cracked Pots**, enjoy the music, share birthday cake, and help us recognize the courage and commitment behind every milestone.

Doors open at 5:00 p.m., and the service begins at 6:00 p.m.

Whether you are celebrating a birthday, supporting someone you care about, exploring recovery, or simply looking for a welcoming place to spend Sunday evening, you are invited. We welcome all, without judgement.

You don’t need a milestone of your own to join the celebration. Your presence can encourage someone else.

Twenty-four hours or twenty-four years
every day matters, and every person matters.
Let’s celebrate together.