

**Addictions Healing & Recovery**  
**Gratitude**

- ◆ For those in recovery, Thanksgiving can hold particularly special meaning. Although the holiday season usually brings about a spectrum of different feelings and emotions, and can generate an unnecessary amount of stress, Thanksgiving is a time that many, if not all of us, take to self-reflect on what we have, where we've come from, and what the future may hold for us. Thanksgiving is a time to be grateful for the greatest and smallest of things in our lives, like the way the sun shines in the morning, and the chance to be alive and breathing for another day.
- ◆ As time goes on, Thanksgiving can come to symbolize more than just past shame and stress for those in recovery. It's recognizing that you've been given a second chance at life and with the ones you love, and for many, it's also understanding that missing a holiday or two with parents and children in the past was worth it in order to have and appreciate future holidays with them.
- ◆ With sobriety comes the ability to be mentally and emotionally present with family, to enjoy people and share time with them without having the pressure and distraction of looking for the next fix. There's no need to avoid certain topics or lie about where you've been or what you've been doing— there's genuine joy and fulfillment in being able to share a meal with those you love and reintegrate into "normal" family life. Many are simply grateful that they're safe and no longer worrying their families.
- ◆ While spending time with family may stir up old memories of substance abuse, it can also be an active reminder of how alienating addiction can be and how much better life is without the constant distraction and worry. Thanksgiving, for many in recovery, is also the perfect time to give back to the community.
- ◆ Those who have hit rock-bottom understand that service work and supporting those spending the holidays away from their family and loved ones can be a fulfilling way to help others currently struggling with their own addictions during the holiday season.
- ◆ Gratitude is a verb— we are actively grateful for another day sober and for the opportunity to reconnect and strengthen our bonds with those we love, whether it be blood or chosen family.



Accessed at <https://www.recoveryunplugged.com/a-thanksgiving-message-from-recovery-unplugged/>



*Give Thanks to the Lord,  
for He is good.  
Psalm 107:1*



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**Addictions Healing HELPLINE:**  
856-342-4057

**Catholic Charities Clinical Services:** 1-866-862-2166

**NJ Hotline for Addiction: Dial 211.** This is an information and referral service that connects you with substance use disorder and support services

**National Suicide Prevention Helpline:** 800-273-8255



**CHURCH =**

- C**— Care and support
- H**—Help with practical needs
- U**—Use Spiritual Companions
- R**—Remove the STIGMA
- C**—Collaborate with each other
- H**—Offer HOPE

*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” – Melody Beattie*

**Things to place in your Gratitude Journal:**

- ◆ You are sober; you have a supportive family; you are in good health; you have a loyal network of friends; you have 12-Step meetings, sponsors and support groups; YOU HAVE GOD!

**SUPPORT GROUPS**

Join others to support your healing, share your stories and be involved in helping others! Here are five support ministries that may be close to you:

- ◆ The Church of Incarnation, 240 Main St., Mantua (**Community Connections**) Contact: Bill Dougherty at billdoc@comcast.net
- ◆ The Church of Incarnation 240 Main St. Mantua (**Calix Society**) Contact: Jen Drees at jendrees@yahoo.com
- ◆ St. Clare of Assisi, 1225 Kings Highway, Swedesboro (**Christ’s Arms for Others**) Contact: Joe & Maureen Vitulli at joev@cheerful.com
- ◆ St. Charles Borromeo “**I Thirst Ministry**”, 176 Stagecoach Rd., Sicklerville. Contact: Ralph Burnley at addiction@saint-charles-borromeo.org
- ◆ **iTHIRST Parlor Meeting.** Contact: Keaton Douglas at shrinerecovery@gmail.com
- ◆ **AFIRE We Thirst Ministry -** <https://www.apeoplefire.org/>

*If you or your family member is experiencing substance use/abuse issues, there is help in the Catholic Community*

*Substance Use Disorder has risen to epidemic proportions, and impacts the entire family*



**Call the Catholic Charities Addictions Healing Helpline:**

**1-856-342-4057 - 24 hours**

Leave a message, receive a callback within 24 hours between the hours of 9:00 AM – 4:00 PM—Monday through Friday  
For more information, contact [JoAnne.Farrell@camdendiocese.org](mailto:JoAnne.Farrell@camdendiocese.org)



*“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” - 1 Thessalonians 5:18*

**Give Thanks at All Times**

- ◆ Gratitude allows us to receive with humility the love, service and gifts of others; gratitude leads us into prayer and union with God, responding from the deepness of our heart to God’s generosity

**Inspirational Gratitude Quotes for Recovery**

- ◆ *“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” – W. A. W.*
- ◆ *“No one who so without the help and confident with gratitude.” –*
- ◆ *“When I started counting my blessings, my whole life turned around.” – W.N.*



*achieves success does of others. The wise acknowledge this help A. N. W.*

Substance abuse problems often stem from negative thought patterns and, together, the two can lead to a self-destructive cycle. Gratitude can help break this type of thinking and keep people in recovery from falling back into this harmful thinking.

**Intercessional Prayer**

*May we be a strength and support to encourage and assist all those in recovery from the struggle of addiction and substance abuse and their families, we pray. **Lord, hear our prayer.***

**DID YOU KNOW...**

Many people struggle silently with addiction. We never know if the person sitting in the pew next to us is struggling with a substance use disorder. We all need to be sensitive to this possibility.

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**SUBSTANCE ABUSE & MENTAL HEALTH SERVICES (SAMHSA) NATIONAL HELPLINE— 1-800-662-HELP (4357).**

**November is National Adoption Awareness Month**

Catholic Charities offers:

- ◆ Free & confidential counseling; adoption planning; addresses barriers & hardships such as financial struggles or substance abuse
- ◆ Hotline; 1-800-CARE-002
- ◆ Website: catholiccharitiescamden.org/adoption-services/expectant mothers

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***“You have made us for Yourself, O Lord, and our hearts are restless until they rest in You.”***

