

Addictions Healing & Recovery

New Year Resolutions: What Really Matters

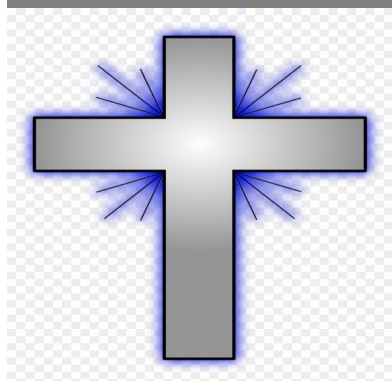
Change, Growth, Transformation

Starting the New Year for those who continue in their struggle is not easy. The road to hope in recovery will need self-compassion and knowledge that you are loved. Here are 12 spiritual words to ponder toward a positive attitude in your journey: Serenity, acceptance, adjustment, faith, trust, courage, wisdom, struggle, surrender, healing, humor and growth!

- ◆ For those of us who are in recovery from alcohol or drug addiction, we're in the business of personal transformation and growth.
- ◆ We see people get sober every day: they permanently put down the drink or drug, they repair their relationships, they re-establish and become directed by their personal values, and they lead a full life that was unimaginable even a few months prior.
- ◆ That's dramatic change in a relatively short period of time. So why do people so often fall short of accomplishing their New Year's resolutions, and what can recovery teach us about changing?
- ◆ Six lessons to learn about the change process in recovery:
 1. There's no room for self punishment
 2. Your patterns of thought extend beyond the holidays
 3. Reframe the problem: You don't have to punish yourself
 4. Start small and work from there
 5. Set goals that help you find best path & maintain recovery
 6. One day at a time

Please understand that addiction and other mental health disorders are no one's fault. Guilt and shame have never helped anyone find sobriety or maintain a recovery program.

Adapted from <https://www.hazeldenbettyford.org/articles/recovery-new-years-resolution>



INSIDE THIS ISSUE

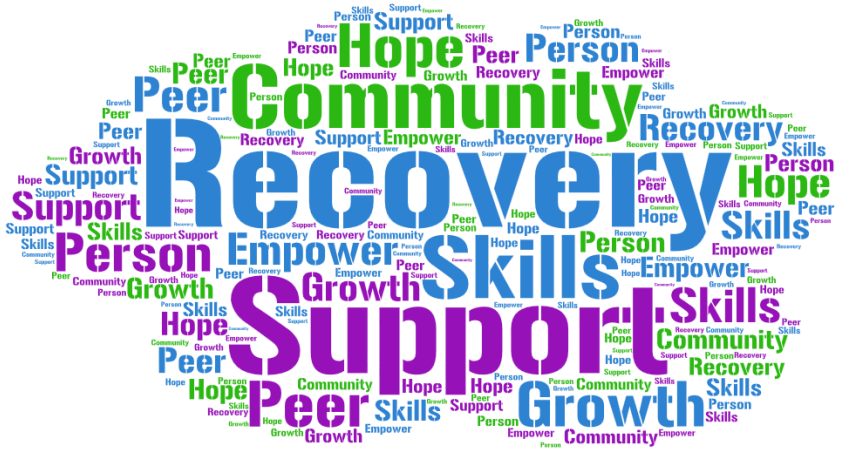
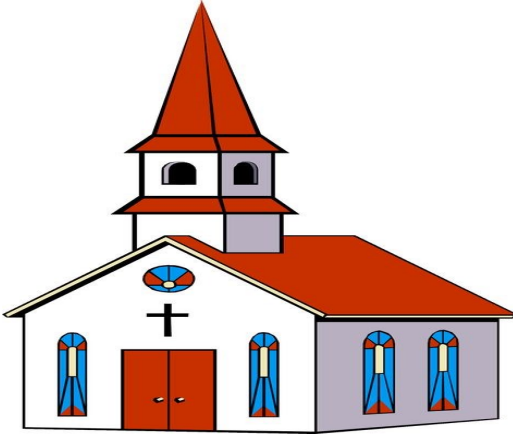
CHURCH 2
 Support Groups..... 2
 Hope in Recovery..... 2
 Catholic Charities Helpline.....2
 New Year Tips.....3
 SAMHSA Helpline.....3

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

- ◆ Language matters. It is important how we talk about addiction and recovery.
- ◆ There are many paths to recovery.
- ◆ Substance Use Disorder is a disorder with a good prognosis.
- ◆ Family members benefit from seeking help so they can better help their loved one in recovery.
- ◆ Faith, hope, love and community are a big part of recovery.

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
- ◆ **iTHRIST Parlor Meeting.** Contact: Keaton Douglas at shrinerecovery@gmail.com
- ◆ **AFIRE We Thirst Ministry -** <https://www.apeopleafire.org/>

If you or your family member is experiencing substance misuse 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 Jo Anne Farrell at JoAnne.Farrell@camdendiocese.org





“Heal me, O Lord, and I shall be healed; save me, and I shall be saved; for you are my praise.” - Jeremiah 17:14

Positive Tips for the New Year

- ◆ Find a peer support group.
- ◆ Discover effective ways to manage cravings.
- ◆ Try a new hobby or activity.
- ◆ Take care of your physical health.
- ◆ Volunteer to help others.
- ◆ Write in a gratitude journal.
- ◆ Decide how you will tell others about your journey.
- ◆ Discover ways to relax.
- ◆ Focus on the good and find your “inner goodness”.
- ◆ Protect your recovery by avoiding situations that you are not ready to handle.

“God is present in everything that is happening and draws people not only through religion, but through nature, art, spiritual friendship, service of others... God is everywhere, and is especially powerful, according to the teaching of Jesus, where you least expect to find Him, that is, in others.” - Fr. Thomas Keating, Divine Therapy & Addiction

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.



“For all who are suffering from addiction, their loved ones, for those who are grieving and those in recovery. God in Your love, hear our prayer.”

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

