



Addictions Healing & Recovery Newsletter

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MARCH 14, 2022

IMPORTANT HELPLINES/ HOTLINES

Addictions Healing HELPLINE:
856-342-4057

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

SUPPORT GROUPS

- ◆ **The Church of Incarnation, 240 Main St., Mantua (Community Connections) Contact: Bill Dougherty at bill-doc@comcast.net**
- ◆ **The Church of Incarnation 240 Main St. Mantua (Calix Society) Contact: Jen Drees at jendrees@yahoo.com**
- ◆ **St. Charles Borromeo "I Thirst Ministry", 176 Stagecoach Rd., Sicklerville. Contact: Ralph Burnley at addiction@saint-charles-borromeo.org**
- ◆ **AFIRE We Thirst Ministry -https://www.apeopleafire.org/**

INVITATION

You are cordially invited to Catholic Charities' **VIRTUAL Addictions Healing & Recovery Prayer Service** on Wednesday, March 23 at 7 PM. Contact JoAnne Farrell at 856-342-4057 to RSVP for the ZOOM link

The Journey of Lent & Recovery

Life is a journey. Recovery is a journey. Our faith, as Christian Catholics, is a journey. As life events unfold, we have the ability to learn and grow, especially when we are able to see these events as part of God's plan for our lives.

People who suffer from addiction are often confused and stuck in distorted and unproductive ways of thinking about the events of their lives, especially the events that have contributed to their addiction.

They've become focused on a small part of life that has caused them to feel distressed, and they have forgotten to step back and look at the big picture. God

has been present through the hardships and struggles, and that each of these difficult moments



gives one an opportunity to better understand their lives and grow closer to God. In recovery, the personal journey is different

for everyone. It can be and is a way of healing the pain, easing the loneliness and distress.

As human beings we have a fundamental need to belong and to contribute. When those needs are not met, we suffer. For some, that suffering leads to addiction – a state in which alcohol or some other drug fills the emptiness that is felt inside and provides the illusion of comfort that is so desperately need. When we embrace Jesus' passion, death and resurrection, we have an opportunity to find new life. That is what recovery is about – letting go of old destructive patterns and embracing a new, healthier life.

'...recovery is about letting go of old destructive patterns and a embracing new, healthier life'

A Christian worldview helps all of us to see life as a gift from God, and to recognize that this important gift also carries the responsibility of knowing our purpose – a way to contribute to God's plan.

Life is not a random sequence of events that are totally beyond our control.

Life is a journey that we take with God by our side, guiding us every step of the way – IF we submit to His plan and engage in the process that is offered.





"Hear my prayer, O Lord; let my cry come to you. Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call." - Psalm 102:1

The Journey of Lent & Recovery (cont'd from page 1)

The Paschal mystery is made manifest in the process of recovery. Those who are authentically engaged in recovery embrace the dying and rising of Christ, and learn to live that reality in their lives. The season of Lent allow us to bring the beauty of this process into our conscious awareness.

During the following weeks of Lent, consider praying the Recovery Stations of the Cross. It is a way of opening ourselves to healing and offering our lives in union with the suffering of Christ.

The reason for praying the Recovery Stations of the Cross is to enter into the mystery of Jesus' gift of Himself for us...to

experience His means of transforming suffering through love. We do this "through, with, and in Him", step by step, learning how this plan of love can be carried out by us today.

Let us encourage one another toward an intimate relationship with Jesus. As we take responsibility for the ways we have disappointed God, others and ourselves, we can experience, through the grace of God's help, the power of forgiveness and healing that results from it.



Reflection—Ask the Holy Spirit to open your heart to those suffering with addiction.

Gospel Reading: Matthew 18:21-25

"Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times? Jesus answered, 'I tell you, not seven times, but seventy-seven times'."

- Matthew 18:21b-22

My offering: As Christ forgives my sins, I will forgive those who hurt or wrong me.

