

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



PARISH SUPPORT GROUPS

- ◆ Calix Society—The Church of Incarnation 240 Main St. Mantua—EVERY Monday—ZOOM-8PM
- ◆ Community Connections The Church of Incarnation, 240 Main St., Mantua—EVERY Saturday-In-Person & ZOOM—9:30 AM
- ◆ I Thirst Ministry St. Charles Borromeo 176 Stagecoach Rd., Sicklerville.—EVERY Monday-In-Person—7 PM
- ◆ For more information about these ministries or how to start an addiction healing support ministry in your parish, call JoAnne Farrell at 856-342-4057.

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Holidays and Recovery

Adapted from Buddy T

Changes to Your Routine

People get time off of work, travel to see their families, spend time preparing for the holidays, and often don't adhere to their typical routines during the holiday season.

Your exercise routine, healthy eating patterns, and even your Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meeting attendance may fall by the wayside. All of these disruptions can put serious stress on your sobriety. The holidays can be challenging, but they don't have to end in relapse.



The holiday season is meant to be a joyous occasion that brings family and friends together. But even in the midst of all the excitement, there are often moments of stress and anxiety. If you are in recovery, the span of holiday emotions can challenge even your best intentions for recovery.

Though the risk of relapse runs high during the holidays, it is not inevitable. If you are in recovery from alcohol or substance use disorder, there are steps you can take to stay healthy and safe. Becoming aware of potentially triggering situations and knowing how to prepare for them can help minimize your risk of relapse and allow you to truly enjoy your holiday season.

The holiday season can be a triggering time for many reasons. Knowing your potential holiday relapse triggers is of utmost importance in any stage of recovery.

“There is also no rule saying that you have to attend every party you’re invited to. Your health and stability are far more valuable than one night of holiday celebration.”

If you expect to be offered a drink, think about how you will respond.

A simple yet firm “no, thank you” is often enough, especially since long explanations and vague excuses can give you more opportunity to give in.

Keep it simple: “I’m not drinking tonight” or “I have to get an early start to my day tomorrow.”

Don’t say a word: Keep a non-alcoholic drink with you during the party. This way, whenever someone tries to offer you alcohol, you can simply hold up your beverage, indicating that you’re not ready for another drink.

Say yes: “I would love a drink! Can I get water with lemon or a Coca-Cola?” Very few people will press anything alcoholic on you, but if they do, simply say, “Not right now, thank you, but a Coke would really hit the spot.”

Try humor: Remember, you don’t need to announce your sobriety unless you want to. Depending on how comfortable you feel about the subject, you may decide to just tell your truth and be done with it. “No thanks—even the top shelf booze isn’t tempting enough to make me throw away my sobriety!”



“Glory to God in the highest heaven, and on earth peace among those whom he favors” - Luke 2:14

Blessings

- ◆ The blessings of Sanity
- ◆ The blessings of Fellowship
- ◆ The blessings of Dignity
- ◆ The blessings of Recovery

... one day at a time ...
Merry Christmas!



Miracles

Even though change is a process, not an event, there will be miracles. May the New Year be filled with miracles for those in the recovery, for those who continue to struggle and for their families.



Behold, I am standing at the door, knocking.—Rev 3:20

The Door of Our Hearts

Reflection: St. John paints a beautiful word picture with Jesus knocking at the door of our hearts in the book of Revelation.

We need to find peace and quiet places in our day and in our lives in order to hear the gentle knock of the Savior on the door of our hearts.

Be like the Wise Men who sought Christ. Open your heart to Christ and He will enter in.

Prayer: Christ the King come into my heart and occupy every aspect of my life and recovery.

