

**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



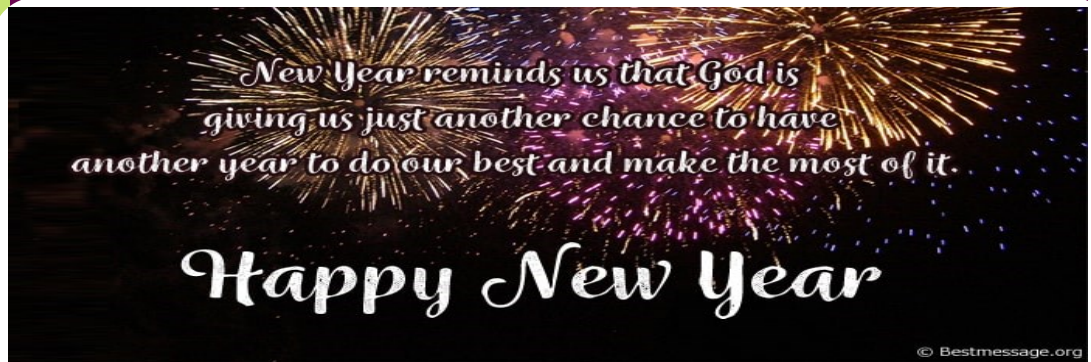
**PARISH SUPPORT
GROUPS**

- ♦ **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.**

Addictions Healing & Recovery Newsletter

VOLUME 3, ISSUE 1

JANUARY 6, 2023



If you take the time to create actionable goals for yourself, your New Year’s resolutions can be an important tool in promoting a lasting recovery!

To set effective goals for yourself, follow the principles outlined in the acronym **SMART**.

- **SPECIFIC:** Choose a precise outcome.
- **MEASURABLE:** Find a way to measure your progress.
- **ACTION-ORIENTED:** Decide what specific steps you will take to reach your goal.
- **REALISTIC:** Make sure your goal is achievable given the resources at your disposal.
- **TIMELY:** Choose a deadline for completion or a daily, monthly or weekly repeating timeframe for the task.

New Year Resolution examples for people in recovery

I will learn a new sober hobby this week. Part of being in recovery means finding new ways to enjoy your free time without drugs or alcohol. You may choose to attend cooking classes, explore an interest in foreign films, take up watercolor painting, or finally learn to play the guitar.

I will ask for help when I need it. Addiction is a chronic illness, not a moral failing caused by a lack of willpower. If you’re feeling the urge to use, call your sponsor. If you are considering skipping a therapy appointment because you don’t have transportation, call a friend who has been supportive of your recovery and ask for a ride. Putting yourself out there may be uncomfortable at first, but it’s a necessary step in the recovery process.

I will perform a random act of kindness each day. When you’re struggling with drug or alcohol addiction, you’re so consumed with your substance abuse that it’s impossible to focus on the people around you. Being in recovery requires rediscovering how to be of service to others.



“No two people in recovery are exactly alike. New Year’s resolutions will help you brainstorm goals that will inspire you to stay on the path to sobriety.”



“Rise up in splendor, Jerusalem! Your light has come,
the glory of the Lord shines upon you.
See, darkness covers the earth,
and thick clouds cover the peoples;
but upon you the LORD shines,
and over you appears his glory. Nations shall walk by your light,
and kings by your shining radiance.
Raise your eyes and look about;
they all gather and come to you:
your sons come from afar,
and your daughters in the arms of their nurses.
Then you shall be radiant at what you see,
your heart shall throb and overflow,
for the riches of the sea shall be emptied out before you,
the wealth of nations shall be brought to you.
Caravans of camels shall fill you,
dromedaries from Midian and Ephah;
all from Sheba shall come
bearing gold and frankincense,
and proclaiming the praises of the Lord.” - Is 60:1-6



Seek God in All Things

Reflection: A moment of clarity comes when we name God as our Higher Power and submit our lives into His Hands. When God isn't number one in our lives, other 'things' can quickly become 'gods' for us.

When God and His will are put first, life seems to fall into order and peace follows. While we reach out and pray for those who are without God, we hold firm to our faith in Him who loves us and calls us to live justly. Be like the Wise Men who sought Christ. Open your heart to Christ and He will enter in.

Prayer: Merciful Lord, remind me to put You first in all things.