

**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

**988 SUICIDE & CRISIS
LIFELINE**
24/7 CALL, TEXT, CHAT

**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

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Detach from Addiction and Attach to God



Lent is about to begin on February 22nd! Prayer and recovery go hand-in-hand through every step of the recovery journey. Catholics in Recovery founder, Scott Weeman, challenges all in recovery to 40 fellowship meetings in 40 days, starting Ash Wednesday, as an invitation to grow closer to Jesus Christ and renew your commitment to recovery this lent. Finding strength and faith in Jesus, there is nothing you cannot do.

In the book, “A 12-Step Approach to the Spiritual Exercises of St. Ignatius”, the author, Father Jim Harbaugh, tells us that stories are important in the Twelve Step fellowships. He says, “Our stories are the principal way in which we carry the message of recovery. Our story is our treasure, our pearl.” In fellowship, people who struggle with addiction, it is the meeting together, trading one’s “assets” that great spiritual power is released.

The kingdom of God is also like mustard seed and yeast.—Mt. 13:31-33

In the telling of your story as Fr. Jim describes, it is a spiritual moment being granted a glimpse of that ultimate reality which is God’s Kingdom. He reminds us to return to the two phrases from the Lord’s Prayer, both of which say the same thing: “Thy kingdom come, Thy will be done on earth as it is in heaven”. Once you have found the kingdom, it only makes sense to give all you have for it. The priceless pearl is our Call from God, who created us to follow Jesus by serving God and our fellows.



Grace and mercy:

A faith-filled walk through Lent

“ Yet even now ... return to me with your whole heart, with fasting, weeping, and mourning. Rend your hearts, not your garments, and return to the Lord, your God, for he is gracious and merciful, slow to anger, abounding in steadfast love, and relenting in punishment. ”

- Joel 2: 12, 13



Recommended Readings:

- A 12-Step Approach to the Spiritual Exercises of St. Ignatius — Jim Harbaugh, SJ
- The Twelve Steps and the Sacraments: A Catholic Journey Through Recovery — Scott Weeman
- The Way of the Cross for Those in Recovery — Fr. Robert Kraig
- Addiction & Grace: Love and Spirituality in the Healing of Addictions — Gerald G. May, MD
- The Joy of Recovery: A Path to Freedom from Addiction — Michael McGee, MD



Brothers in Arms

Reflection: While we admire faithful friends and can forgive those who hurt us, it's good to be honest with ourselves and ask; "How have I been a friend?"

The truth is we have failed at one time or another at being a faithful friend, and while we can blame our addiction we need to take responsibility for our failures and make amends.

Prayer: *Lord, help me to make amends for my failures in friendship.*

"A friend is a friend at all times, and a brother is born for the time of adversity."—Prov. 17:17