



Addictions Healing & Recovery Newsletter

VOLUME 3, ISSUE 3

MARCH 6, 2023

IMPORTANT HELPLINES/ HOTLINES

Addictions Healing HELPLINE: 856-342-4057

NJ Hotline for

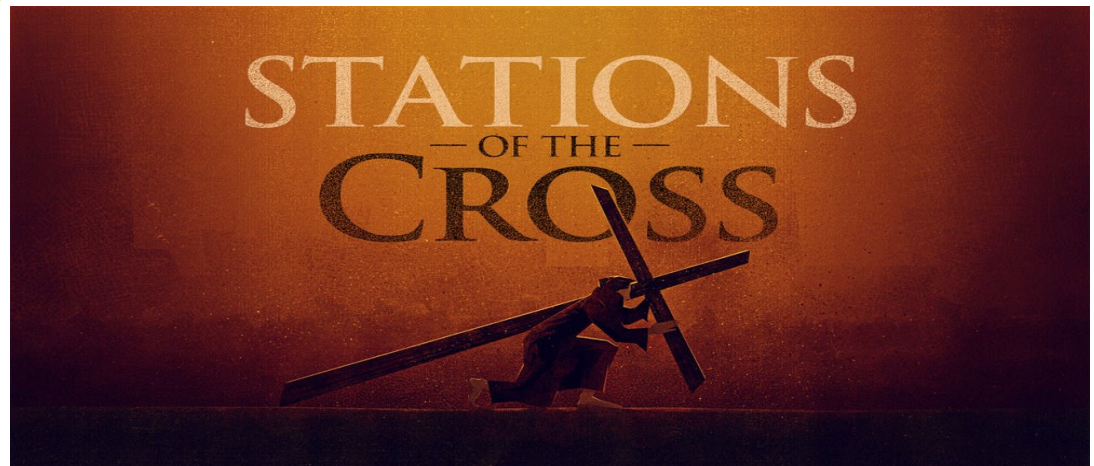
Addiction: Dial 211.

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.



“Powerlessness” and “Truth” are essential elements in our departure from the agony of addiction.

Powerlessness is our focal point for reflection at the First Station “Jesus is Condemned to Death”. This is a step in the journey of Good Friday. Jesus is completely powerless. Consider this: haven’t you and I been beaten down by alcohol or whatever else it is that had consumed our ability to choose, to act? At the meetings of our fellowship, it is suggested that we “identify” with those who are sharing their experience, strength and hope.

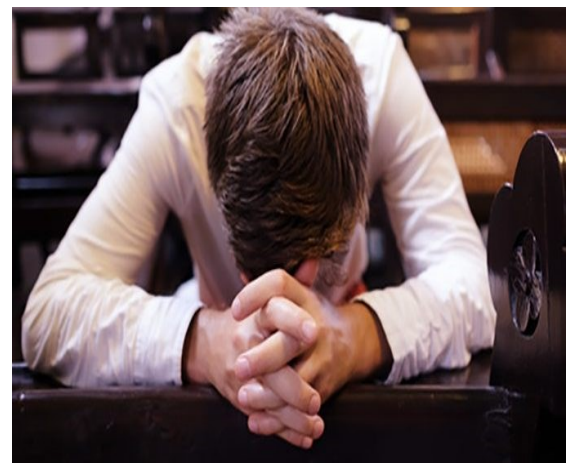
We strive not to “compare”, lest we conclude that the speaker’s journey, foreign to own, is irrelevant. When we hear of “powerlessness”, as mentioned in the First Step, recovery is best served by identifying. ... Look at the world picture of the condemned Jesus standing before Pilate.

Excerpt First Station, The Calix Society — Recovery Meditation on the Stations of The Cross, by Msgr. T.J. Harrington

Look upon me and have mercy on me, Jesus, source of my liberation!

The Easter mystery is made manifest in the process of recovery. Those who are authentically engaged in recovery embrace the dying and rising of Christ, and they learn to live that reality in their lives.

Lent can give us a quiet space to reflect. We know life has deserts and trying times ahead and we have to face them. We can take this time for more prayer and reflection on how God’s grace has helped us along the way. What will you do for Lent? How has reflecting on the struggle helped your recovery?



Recovery Stations of the Cross



Addiction in the Family—Detaching with Love (Dr. L. Stanger)

Detachment means separating yourself from the disease and taking care of yourself while still loving your family member in new ways. Sometimes, the best thing a family can do is detach from their love one. They need to let the loved one experience the consequences of their actions. That does not mean that the family does not love them; rather, it means that they love them enough to let go and allow them to grow. This is an agonizing choice.

Detachment and separation take on many forms. Detachment can force a loved one to look at their situation and realize that there's nothing else to fall back on, so they finally get the treatment they need.

Allow your loved one the opportunity to take responsibility. It is not your responsibility to call their employer or school and make excuses. For example, you can say: *"I love you and care about you. I want you to know that since getting help, I am out of the fix-it business. If you miss school or work, that is your responsibility, not mine."*

Stop bailing loved one out with cash or an allowance. Create a safety plan for yourself. If a loved one becomes verbally abusive while using, you can let them know that you will not talk to them when are being abusive. You can then leave the room.

Invite your loved one to leave: *"I love you and care about you, and I want you to know you are no longer welcome in our home. I am having the locks changed."*



Announcement

Recovery Stations are being offered at the following Parishes:

- Every Wednesday in Lent—4:00 PM—
Incarnation Parish, 240 Main St., Mantua, NJ
- March 10, 2023—Notre Dame De La Mer Parish, Assumption Church, 7100 Seaview Ave, Wildwood Crest, NJ —6:00 PM
- March 10, 2023—Catholic Community of the Holy Spirit, 17 Earlington Avenue, Mullica Hill, NJ—7:00 PM



Lifelong Conversion

*The Church is seen as a sacrament of mercy; that's a never-ending conversion of life for us as a Church—
Cardinal Joseph Tobin*

Reflection: In sporting events there comes a time when the game is officially over. The last batter is out, the final few seconds tick away or one team fails at gaining the advantage.

In life of both faith and recovery, we know the clock keeps ticking as long as we are alive. The Church is a place where we are accepted as we are and challenged to be all God calls us to be.

Prayer: *Come Holy Spirit, stir within me to reveal the person I am called to be.*

