

**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

VOLUME 3, ISSUE 4

APRIL 11, 2023



"Easter is meant to be a symbol of hope, renewal, and new life."

The Easter Message

For those who are still struggling with addiction or are struggling with their life in recovery, you can benefit from the messages of Easter as you reflect on your life.

Easter is spring time, when life blooms and the world begins its renewal. It marks new beginnings, and a time of redemption and grace.

In the Easter story, Jesus was with his friends, the disciples, during the last supper. He predicts what is going to happen, that someone is going to betray him. Peter tells him, "Not I. I'll never do it!" However, before the rooster crows the next morning, Peter has already denied Jesus three times.

Despite this, Jesus offers grace and forgiveness. This lesson can be applied to one's life in active addiction, where you may have driven your family and even God from your life as you fall deeper into addiction. If you

New beginnings...a time of redemption and grace!



are in recovery, you may also experience difficulties grasping some strength and foundation in your life as you reel from the after-effects of your active addiction.

Seeking Jesus in your life can help you put things into perspective. Forgive other people, and most importantly, forgive yourself.

By then will you be able to have reconciliation and be able to move on into your new life.

There is HOPE in recovery!



Tips for Talking to a Friend about Addiction—J. Juergens,

There's no exact formula for telling you how to talk to a friend who's suffering from a drug addiction. However, other people in similar situations have shared their stories on how they got the conversation started.

Talk When They're Sober -

Initiate a conversation when your friend is sober. If they're under the influence of drugs during the discussion, they are less likely to be understanding of the matter. Set a time where just the 2 of you can talk. Discuss your concerns, but understand the conversation is a 2-way street. Give your friend time to voice their feelings and listen to what they have to say. Your goal is to bring awareness about their addiction, not accuse them of wrongdoing.



Show Love And Support - Let your friend know you're always there for them no matter what. Your unconditional love will express that you have their best interest at heart. Realize, however, that your love and support doesn't mean you should act as a doormat to anything your friend does or says. Set boundaries on not hanging out when they use drugs.

Encourage Treatment - Lecturing your friend on the negatives surrounding addiction will only increase their anxiety. Instead, try talking about the benefits of treatment and living sober. Provide reassurance when they participate in counseling, support groups, and other recovery services. Sometimes your friend may need a shoulder to lean on or an ear to whisper into. Taking an interest in their long-term recovery and sobriety plan will encourage them to keep going when times get tough.



Let us cross over to the other side — Mk 4:35

What's your "other side"?

Reflection: In the gospels, Jesus spends the majority of His time reaching out to the Jewish communities. When we read the phrase the "other side" it refers to the non-Jewish side. The "other side" was frightening because of the strange customs and unfamiliar surroundings.

At times, a life of recovery will seem like the other side, but we know it's the side God calls us to for us to live free.

Prayer: Lord, if You lead me then I will follow no matter where You take me..

