

If you are having thoughts of suicide, if you need mental health-related crisis support, if you are worried about someone else, PLEASE CALL OR TEXT **988** or visit the National Suicide Prevention Lifeline chat to connect with a trained crisis counselor

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
- ♦ **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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Blessings for the New Year

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11

Six Doable New Year Resolutions

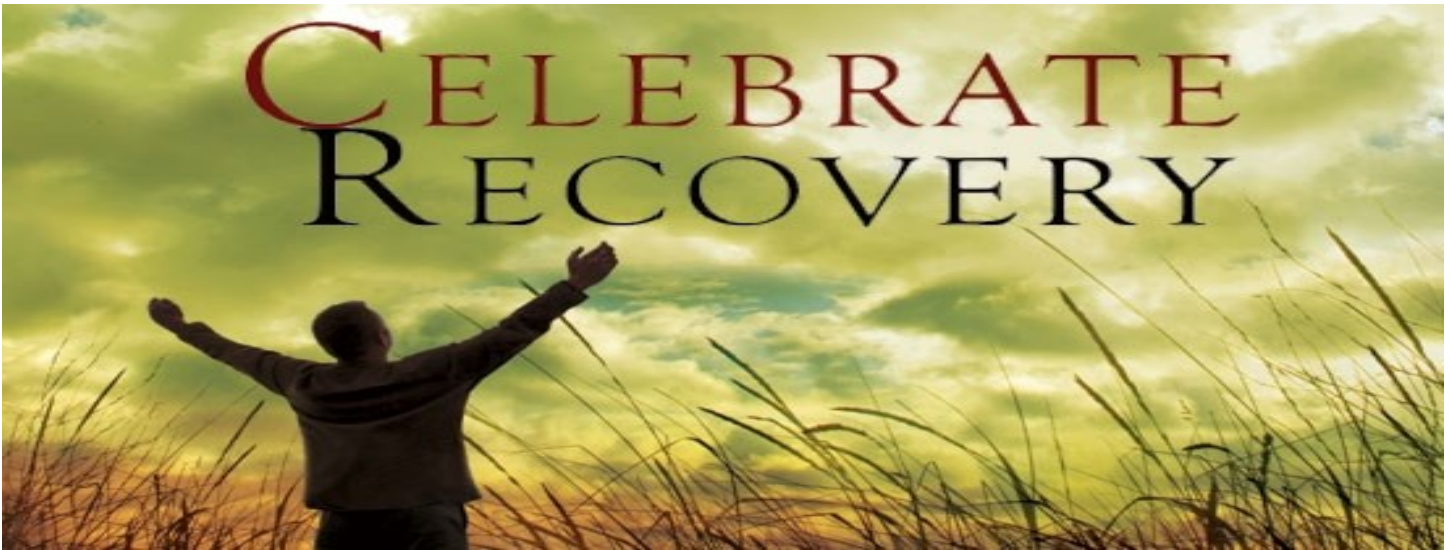
Recovering from a drug or alcohol problem isn't as easy. It takes time. It takes perseverance. It takes determination. And it certainly doesn't take a simple New Year's Resolution.

Drug and alcohol addiction recovery happens through a series of positive changes, including **addiction recovery treatment**.

When multiple, small changes accumulate, recovery can be accomplished over time. That's why these small, practical New Year's Resolutions may help you take a step towards addiction recovery.

1. Resolve to Lean On Loved Ones For Support. Your loved ones may not fully understand what you're going through, so it's easy to feel alone and abandoned. If you have friends or family who are reaching out to help you, however, don't push them away. Make an extra effort this New Year to pick a select group of loved ones who you can lean on for support, and don't be afraid to do just that. Confide in them. Allow them to help you. This is one small change that can have a huge impact on your recovery.

- 2. Resolve to Stay Positive.** Along the same lines as the first resolution above, it's easy to become bitter, negative and frustrated with loved ones who are trying to support you. Step into the New Year with a renewed emphasis on positivity – positive thoughts, positive words and positive actions.
- 3. Resolve to Take Responsibility For Your Own Actions & Intentions.** It's time to stop blaming others. While this resolution may be not as extreme as signing up for addiction recovery, it's the first step you must be willing to take. You alone control your actions and intentions. You make your own decisions. Understand that every good or bad decision you make is a result of your own doing, not someone else's
- 4. Resolve to Make A Healthy Change For Your Body.** This healthy change doesn't have to be drastic. Maybe you start running a few miles every week. Or maybe you start eating three full meals per day. Or maybe you resolve to get at least 8



New Year Recovery Resolutions—Continued

5. Resolve to Read An Inspirational Book. If you enjoy reading, this New Year's resolution is perfect for you. Over the next year (or whatever time period you feel comfortable with) choose an inspirational book to read. Here are a few examples:

- The Holy Bible
- A 12-Step Approach to The Spiritual Exercises of St. Ignatius by Jim Harbaugh, SJ
- The 12 Steps & The Sacraments: A Catholic Journey Through Recovery by Scott Weeman
- Blackout: Remembering the Things I Drank to Forget by Sarah Hepola
- The Courage to Be Yourself: A Memoir by Sue Patton Thoele
- Drinking: A Love Story by Carolina Knapp
- A Million Little Pieces by James Frey
- Too Good to Leave, Too Bad to Stay by Mira Kirshenbaum

6. Resolve to Count Your Blessings Every Day. Each morning or each night, take a minute to write down one thing you are grateful for. It can be a person, a feeling, a material possession, an opportunity, a place – anything. Keep a journal noting these items over the year (or other timeframe) and look back on it at the end of the year to see everything you have to be thankful for. This is a small way to improve the positivity in your life and stay focused on the good rather than the bad.

With the New Year rolling in, now is the time to put yourself back on the right track, even if that means getting there through a tiny baby step. **Every step counts!**

“Beloved, do not imitate what is evil; rather, imitate what is good.”- 3 Jn 11

Find a Good Role Model

Reflection: That world of addiction can draw us into a crowd where lots of poor choices are being made. It seems that everyone we know is involved in some kind of destructive behavior.

The Apostle John give us some great advice which is applicable today: imitate what is good. Appreciate those who provide a good example ad follow their lead. Better yet, be the good example!

Prayer: Mother of God, may I be a good example to those who are seeking a life of sobriety.

