



IMPORTANT  
HELPLINES/  
HOTLINES



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

VOLUME 4, ISSUE 2

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*“A clean heart create for me, God; renew within me a steadfast spirit.” - Psalm 51:12*

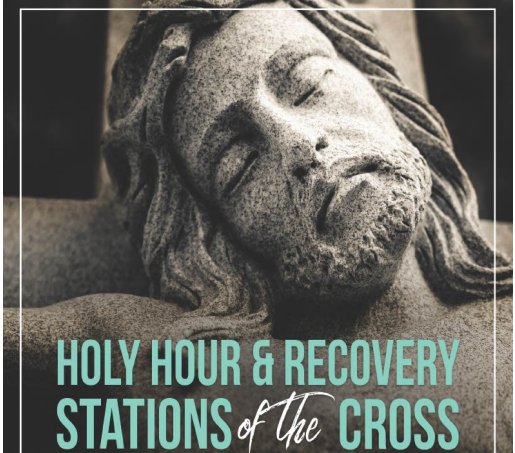
## Recovery Stations of the Cross

Suffering – in one of its many forms - invades all of our lives; no one needs to search for it. We may attempt to deny or run from suffering but it cannot be avoided. What is demanded is the need to come to terms with suffering. It is in this context that we pray the Stations of the Cross for Recovery.

You are invited to pray the Stations as a means of uniting your personal trials with our Lord’s, so that you too might share in his Passion so as to rejoice in his Resurrection. We believe in a God who became incarnate through his Son, Jesus Christ, who chose to suffer for the sake of our redemption. This Passion is made visible in the physical Way of the Cross and metaphorically in the psychological, emotional and spiritual suffering that took place in the Garden of Gethsemane – which one might call the overture to the Via Crucis.

The Cross has become a thing of beauty - and it should - for without the sacrifice made on the Cross, there would be no hope of eternal happiness with God.

The reason for praying the Stations of the Cross is to enter into the mystery of Jesus’ gift of himself for us – to experience his means of transforming suffering through love.



**HOLY HOUR & RECOVERY STATIONS of the CROSS**

**CHURCH OF THE INCARNATION**  
240 MAIN STREET | MANTUA  
WEDNESDAYS THROUGHOUT LENT FROM 7-8:30 PM

FEBRUARY 21	MARCH 13
FEBRUARY 28	MARCH 20
MARCH 6	MARCH 27

ALL ARE WELCOME TO COME TOGETHER AND PRAY FOR THOSE AFFECTED BY AND SUFFERING FROM ADDICTION.

Catholic Charities Diocese of Camden  
SUPPORTED BY CATHOLIC CHARITIES ADDICTIONS HEALING SERVICES



***All the forces of darkness cannot stop what God has ordained (Isaiah 14:12)***

### **Judith's Journey**

I have to say that sitting down to write this reflection, I struggled some. Everything I wrote seemed to be sugar coated so as not to sound so harsh or dark. My conclusion is that there is no way I can sugar coat the depth of my addiction. It was bad...very bad...very dark...very scary...very lonely...very sad...very dangerous...very violent...very humiliating...very tragic...very agonizing...very hopeless...very defeating and very spirit crushing – to the point where when I looked in the mirror I didn't recognize who I saw. There was a total disconnect from everything good in this life. I never pictured myself being five years clean and sober and writing a reflection in a newsletter about addiction.

Addiction does not discriminate to any certain type of person. Deep, horrible addiction can happen to anyone. I have seen it and I have lived it. It doesn't happen overnight. Addiction picks away at you like a vulture. It is a horrible slow death while you are still walking and breathing. Death sometimes seems like it would be a relief. I know this sounds horrendous but it is my truth. There is also the truth of God's love for us and His endless grace and mercy. I ended up overdosing in my sober house. I was found by a roommate and narcaned by first responders.

I was taken to hospital and put in ICU for about four days. I went straight to rehab (without shoes on my feet) for sixty days and then went to live in a different sober house for about two years. I started taking direction from those who knew better than me. I started doing things that I didn't want to do that were good for me. I hung on to blind faith that things would get better. Very slowly, I began to get better. I learned how to handle things that happen to me in everyday life with a new perspective.

It is not an easy task to stay sober but on the flip side to that is wasn't an easy task to live as an addict. That comes with a lot of sacrifice. That being said I already had the resilience for the long haul. I just had to turn my resilience to the positive. This can be done and is being done very day by millions of people. My message is please never give up. It is never too late. You are never too far gone. Never lose hope. You are a beautiful person and God loves you the same as anyone else. There is a wonderful life waiting for you on the other side of your addiction. You have the power in your heart and soul. Reach out for help. Let God take the wheel. You are worth it!



***“Do not panic. I am with you. There is no need to fear for I am your God. I will give you strength. I will hold you steady and keep a firm grip on you.” (Isaiah 41:10)***

Judith Quinton Arthur

