



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

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“Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.” - Psalm 25:5

Lent and Recovery

There is a good reason Lent is one of fasting, prayer and almsgiving. Lent is a time of reflection, renewal and transformation. Transformation takes time. As we recover, new habits take root as old ones die. We ask Our Lord to strengthen the roots so that new life will grow in each of us.

As people in recovery, we know a little bit about temptation. We know that recovery is a process that is taken one day at a time, sometimes an hour or a minute at a time.

We understand the temptation that Christ felt in the desert, and we can take pride that like Him, we stood against Satan and loudly said, “No!” A good way to think about Lent is that it is a spring cleaning for the human spirit. Lent is about getting rid of those distractions from your spiritual awareness. In doing so, we draw closer to Christ.

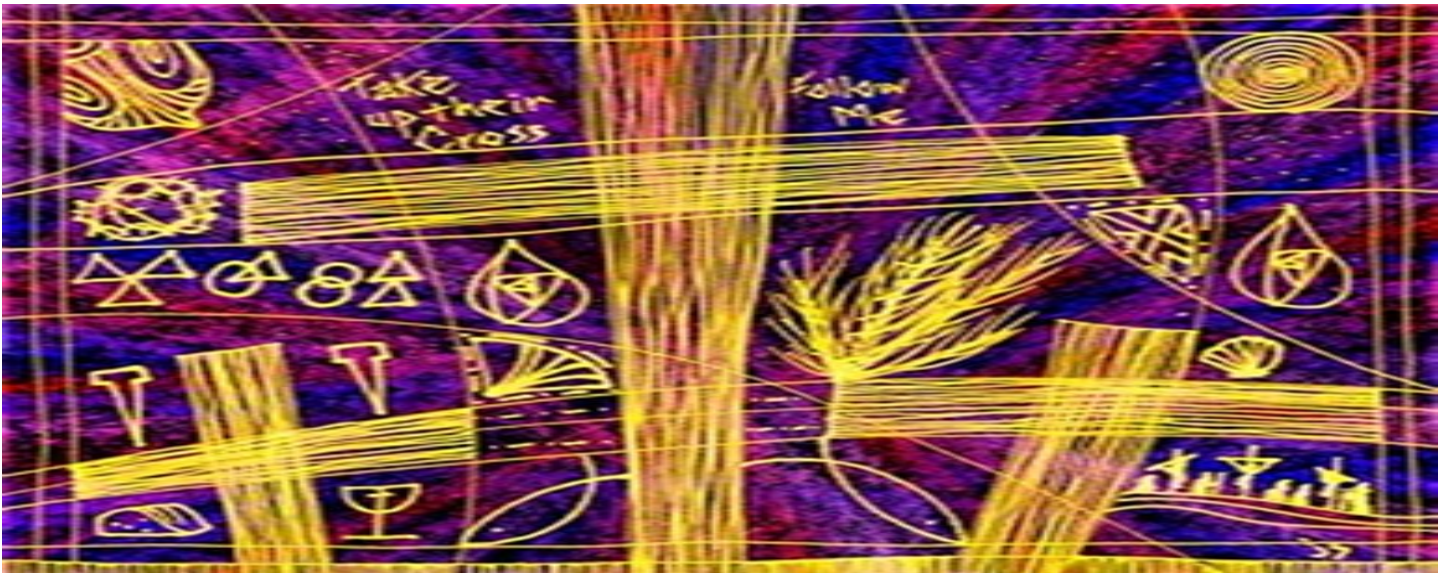
As Lent continues, many of our parishes are engaged in the Recovery Stations of the Cross, where Christ’s trials are revealed in ours and our trials in His.

We pray the Stations to enter the mystery of Jesus' gift of Himself for us – to experience His way of transforming suffering through love. We do this “through Him, with Him, and in Him,” step by step, learning how His plan of love can be carried out by us today.

In the parable of the prodigal son, his father rejoiced saying, “Your brother was dead and has come to life. He was lost and has been found.” We must do whatever we can, and ask God to do what only He can do. That is part of the secret of recovery.

As Lent is concluding, we begin Holy Week with Palm Sunday, reminding us to welcome Jesus into our hearts and to be willing to follow him. Holy Week is that period called the “Passion,” which comes from the Latin word for “suffering,” because of what Jesus endured — betrayal, abuse, false accusation, and crucifixion — during the week. On Easter Sunday, we celebrate Jesus's victory of sin and death and salvation for mankind. It is God's greatest act of love.

Christ the King, come into my heart and occupy every aspect of my life and recovery.



But the Lord stood at my side and gave me strength. (Timothy 4:17)

Judith's Journey
Promises in the Dark:
The Lies That Addiction Told Me

You seduced me with your promises. You said show me where it hurts, sweetheart...oh, I have exactly what you need...don't be scared. Do you wish to jump off this merry-go-round of pain? I know you have been praying and praying. Here you are bleeding right before your Lord. Where is He? Why isn't He helping you? I don't see Him anywhere. That's because He doesn't care about you. I am here for you and will be here forever. I promise I'll never hurt you. I will make you feel so unbelievably strong, confident and beautiful. I promise, I won't disappoint you. Come to me my sweet, tender child. You should never feel pain again. I will make it so nothing will break your heart ever again. Stop asking God for help. I am the truth. I have been waiting for you your whole life. I knew you would be at my door soon...Ahh...and here you are with tears pouring down your face...struggling just to survive, you poor baby.

Who beat you up this time? I give you my word. We'll show Him who's stronger. We'll show everyone. You will never need anyone ever again. ONLY ME. Come to me little bird. You can't do it on your own. You need me. You are too sensitive and pure for this impossible life. I will give you the strongest suit of armor to protect your bleeding heart. I will keep your heart safe from the spinning daggers that want to slaughter you. It's about time you relaxed and had some peace. My door is always open for you whenever you need me... any time of the day or night. I will show you my magic and you will feel indestructible, light as a feather, and sure of yourself in this insane world. I will make you feel like a God in less than a minute. All that is crushing you WILL NOT MATTER AT ALL. YOU JUST WON'T CARE ANYMORE. In my arms I will gently carry you off into an enchanted land of complete ecstasy. You will be safe and warm and cozily hugged in peace forever more. Come to me, precious child. You deserve it. Instant relief. I will incase you in my safety and never let you go.

My past would not recognize me anymore. These are the lies that addiction told me!! My Lord and my God, Jesus Christ, was there with me the whole time but I was just too numb to feel Him in my heart. The cycle of addiction CAN be broken!!! I am living proof. Trust me. If I can do it, anyone can do it. My chains of addiction have been broken. A life sentence is what the devil wanted for me but GOD HAD RELEASED ME WITH TIME SERVED!!!

I took my troubles to the Lord. I cried out to Him and He answered my prayer. (Psalm 120:1)

Judith Quinton Arthur

