

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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"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." — John 3:16

Easter a celebration of the spirit of life and renewal.

What was dead and buried lives again, transformed. Flowers bloom. The weather warms. The days lighten. In terms of recovery from substance use disorder, you, too, have been reborn. You have undergone a transformation both painful and beautiful.

Rally yourself, gather some friends and/or family, and make this Easter a celebration of recovery & renewal that has brought you to this point. Here are some ideas:

- **Take a sunrise hike.**
Get yourself out of bed, bundle up, and greet the new day by yourself or with people you love.
- **Plant flowers.**
If it's too early to plant in your area, host a "plan your garden" party – or host a group game of Minecraft in "creative" mode and build your gardens there.



- **Get creative.**

With friends or family, draw self-portraits or make collages that reflect some aspect of your new, sober self—or of who you want to be this year.

- **Capture time.**

Create and bury a time capsule to be opened the following year.

And finally, it is befitting to end with this beautiful poem by Louise Gluck, from her book **The Wild Iris**. This poem, written in the voice of the snowdrop plant, seems fitting for Easter and for sobriety.

SNOWDROPS

*Do you know what I was, how I lived? You know what despair is; then winter should have meaning for you. I did not expect to survive, earth suppressing me. I didn't expect to waken again, to feel in damp earth my body able to respond again, remembering after so long how to open again in the cold light of earliest spring—afraid, yes, but among you again crying yes **risk** joy in the raw wind of the new world.*

(Adapted from St. Gregory Recovery Center)



"You are the light of the world. A city built on a hill cannot be hid."

Judith's Journey

Personal Reflection—Recovery Stations of the Cross

The Recovery Stations of the Cross were held on Wednesday nights following a Holy Hour during Lent (Incarnation Parish, Mantua). I thought it fitting to reflect on a few of the fourteen stations since I am writing this on Good Friday. I picked the third, seventh and ninth stations.

The Third Station of the Cross **"JESUS FALL FOR THE FIRST TIME."** Think of the pain that rushed through His body. He was so weak from carrying the cross that He lost His balance crashing to the ground with a heavy wooden beam on His back. As Jesus struggles to His feet, it reminds us to get right back up after a relapse. Lord, help me understand the lesson I need to learn hidden in this fall. The more I depend on You, the more independent I become of those habits that imprison me.

The Seventh Station of the Cross **"JESUS FALLS FOR THE SECOND TIME."** Maybe we should reflect on one of the realities of recovery. Not a slip or a relapse but something else. We who are recovering from addiction might slide into a condition that neglects the simple routine that helps maintain sobriety. We come well-equipped with a "built in forgetter." Negative thoughts and self-centered arrogance may start to find their way back quickly. We can gage a person's spiritual condition by their attitude. Jesus modeled so much for us that is useful for us with our problems. The second fall did not deter Him. He did not quit. He struggled back to His feet and moved on. "Please Lord not again." Sometimes I fall back to my old ways and I know I have to change. I must surrender my resentments as I need to surrender my life to your care.

The Ninth Station of the Cross **"JESUS FALLS THE THIRD TIME."** Drained to the core trudging those final steps on His agonizing journey. Jesus crashes to the ground and He is brutally pulled to His feet by the soldiers. When there are setbacks, some very painful, it is easy to rage against the fates. This is unfair! We must face the situations and identify with Jesus tumbling down under the bitter weight of the cross, wanting to just lie there and die on the spot. But He struggled and struggled onward. We can too. Progress, not perfection. This is a lifelong task. If I get back up and overcome harmful behaviors, I will continue to improve.

There are fourteen Stations of the Cross and they all have deep meaning when applied to a recovering addict like myself. It brings me such hope and comfort when I reflect on exactly what Jesus went through for our sins...trusting only in His Father. That I, in my recovering, can on a daily basis trust in God's Holy Plan for me.

"For the joy set before Him, Jesus endured the Cross."

JESUS PAID IT ALL

Sin	PAID
Shame	PAID
Pain	PAID
Past Mistakes	PAID
Rejection & Loneliness	PAID
Slavery to Sin	PAID

Amount Due:	\$0.00
Change:	\$0.00

Subtotal:	\$0.00
Grand Total:	\$0.00

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus Our Lord." — Romans 6.23

Written by: Judith Quinton Arthur

