



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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May, The Month of Mary

This month’s ‘Catholic in Recovery’s Newsletter’ message reminds us that as we recover from addictions, compulsions, and unhealthy attachments, let us turn to Our Lady, who with her boundless compassion, shelters us under her mantle. Simultaneously, let the Holy Spirit infuse our hearts with courage and wisdom, guiding our steps toward healing and peace. Together, let us forge a pathway of recovery draped in divine love and understanding, remembering that we are never alone in our struggles.

Our Blessed Mother is always present, holding us with loving arms, leading us to humbly ask her Son to remove our shortcomings.



“If there is anything you need, pray for it, asking God for it with thanksgiving; and, the peace of God, which is much greater than understanding, will guard both your thoughts and your heart.” -

Philippians 4:6-7.

Mary, take over and resolve what I am not able to resolve. Take care of those things that are beyond my reach. You have the power to do so. Who can every say that he was disappointed in you after having called upon you? Mother, take over at this moment when I see nothing, when there does not seem to be any light in the tunnel, this moment of doubt, fear, this hour of making the right decision when everything seems to be going against me. Amen.



Each moment presents opportunities to live a clean lifestyle in recovery, and we know that many aspects of life are difficult.

The quality of life will not be defined by what we have accomplished, but how loving we were through it all. Dearest Mother, we pray that you will help us in our darkest moments, and the grace to do your Son’s Holy Will with love!



Judith's Journey & Personal Reflection
LORD, CHANGE ME FROM THE INSIDE OUT
Roman's 12:2.

"God hears the silent prayer of a sincere heart"

I want to share about how writing or journaling has been such a wonderful tool in my recovery from addiction. I feel that writing for me is like a silent prayer. Pen and paper have helped to transform my life. Writing out all the awful stuff I held inside and sharing it is such a great way to "clean house". Just to get it all out. I have written about the things that held me down. Things like shame, guilt, sadness, regret. I also wrote about my traumas and things that seemed impossible to process. It felt like I carried a massive heaviness that was excruciating. It was unbearable to me. As if my soul and spirit were covered in tar and muck, with a ton of huge rocks dropped on top of it. As if to completely entomb my spirit. Keeping all light from getting through to my soul.

Addiction is described as a soul sickness and I definitely know that is true because I lived it. It felt like a fight just to breathe. I needed to cough up this poison. I had to do something, so I picked up pen and paper. It's as if in all that darkness, God opened up cracks and crevasses in the universe so light could peek in. In these cracks and crevasses I began to make my own beauty and started to discard what has been killing me.



Writing is emotional for me. I have cried tears of sadness, tears of relief, tears of joy, tears of hope, tears of love and tears of gratitude for my precious new life. My life has a rhythm now. A natural rhythm. A rhythm that was taken away from me long before I fully had it. It's as if God has blessed me with a touch of the heavens. Writing takes the words that my heart already knows and it makes music from them...leaving me breathless and free! God has given me the tools to protect my new found rhythm. With me it will always stay.

"BECAUSE YOU TRUSTED ME, I WILL GIVE YOU LIFE AS A REWARD, I WILL RESCUE YOU AND KEEP YOU SAFE" - Jeremiah 39:18

Written by: Judith Quinton Arthur

A powerful tool, **journaling** plays an essential role in restoring good mental health to people healing from the chaos of drug or alcohol addiction. Journaling allows people to express their private thoughts and feelings without fear of judgment. It provides a way of processing emotions and dealing with memories. It allows intense self-reflection and a method of recording the recovery process.

