



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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*June, The Month of Sacred Heart*

All change starts with a thought. In recovery from addiction, the thought of hope is often the force that motivates people enough to start making concrete changes. Hope reminds us that the uncomfortable and unbearable are temporary. Hope reminds us that we can try again tomorrow. Hope is the basis upon which all major changes rest. If there wasn't a belief that life could get better, people would never begin the process of recovery. With so many paths of life toward recovery, the importance of hope is one of the few constants for any recovery plan.

In the midst of addiction, hope can be difficult to find. The struggle to find and experience hope is often what keeps people in addiction. The importance of believing that things can get better is clear, but where do we find hope? When the world is dark, finding the light switch is a challenge. But if you make finding the switch a priority, it can be found.

Figure out what hope really means for you. What has inspired hope for you in the past? What are you hopeful about currently? With addiction, when did you first experience hope? When does it slip away, and what causes it? How do you get hope back? How might a daily practice of eliciting hope look? What could get in your way of experiencing hope!

Many people find hope through the idea of something greater than themselves, whether through religion, spirituality, nature, human kindness, or family. What rings true for you?

When do you feel connected, and how can you bring more of that feeling into your daily life? By recognizing that you're not the end-all-be-all of human experience and don't have all the answers, it becomes more evident that help is both necessary and available. When we experience something greater than ourselves, we feel inspired and connected. And through inspiration and community comes HOPE! - Author: Emily Keefer, LCSW, ADS - Sage Recovery & Wellness



*"I plead with you — never, ever give up on hope; never doubt, never tire and never become discouraged. Be not afraid." – St. John Paul II*



**Judith's Journey & Personal Reflection**  
**STAND FIRM IN YOUR FAITH, BE COURAGEOUS,**  
**BE STRONG**

**(1 Corinthians 16:30)**

**HE WILL ORDER HIS ANGELS TO PROTECT**  
**YOU WHEREVER YOU GO**

**(Psalm 91:11)**

**Keep Hope Alive**

When I think about all the profound losses, the tragedies that brought me indescribable devastation. Death after death of family members that I hold so close to my heart. It was as if a bomb went off and killed so many of my family members. That bomb was the disease of addiction. It has proven that it takes many paths and does not discriminate. It will take some out of the world young and it can linger in a person's life for years and years before it kills them. Also, it can torture you for years, destroying everything around you and then leave you in your desperation, with a decision to maybe change your life. This, I believe is not the disease.

This I believe is something loving, something greater, something beautiful. I truly believe this is God and the strength and love of all my sweet angels. As if to scream to me enough is enough, turn around and run the other way. Give up. Surrender to God and He will take care of you. I feel they want me to get out a message of hope to the world and those struggling with addiction. As if they want me to say that some people carry the message and some people "ARE THE MESSAGE." They are my message and I need to share it somehow. Don't be fooled. If you think that things are so bad they can't get worse, even hell has drop floors. I know because I was there but I wasn't dead. I still had a pulse. If you still have a pulse, it is not too late.

Once you possess the willingness to change and put your blind trust in the divine...anything is possible. You can have a beautiful, calm, peaceful life. I feel as if my beautiful family of angels in heaven told me to make my new foundation on the back of their wings and there they fiercely hold me up firmly so that I share this precious message of hope because it is my job to KEEP HOPE ALIVE. We have this HOPE as an ANCHOR for the soul FIRM and SECURE (Hebrews 6:19)

Written by: Judith Quinton Arthur



Be strong and take heart, all you who place your hope in the Lord—Ps 31:35

**God is for you!**

**Reflection:** While there is no one more important than God, He asks us to call out to Him. St. Peter cried out once, "Lord save me" and that was enough for Jesus to save him.

**Prayer:** *Lord, may the prayer of my heart reach your Sacred Heart.*

