



Addictions Healing & Recovery Newsletter

IMPORTANT
HELPLINES/
HOTLINES



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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
Contact: Bill Dougherty at 609-617-9959
- ◆ **Catholic Charities Helpline—856-342-4057**: For more information about these ministries, how to start an addiction healing support ministry or assistance for family member.

During Lent, Recovery Stations of the Cross are being offered throughout the Diocese of Camden. Parishioners quietly share how meaningful, and emotional this experience is for them. Each station's message is inspirational and affects all of us on a personal level. At the 14th Station, we share these words: *"The passion, death and resurrection of Jesus, seen as a continuum, are called the 'Paschal Mystery'. Our faith identifies this as the fulfillment of Jesus' mission, ransoming all of us from alienation from God and restoring us to God's favor. For those graced with recovery from the disease of addiction, there is a sobering reflection: we are, metaphorically speaking, a people brought back from the dead... 'Your brother was dead and has come to life. He was lost and has been found'. Do whatever you can and ask God to do what only He can do. That is the part of the secret of recovery."* The Paschal Mystery is made manifest in the process of recovery.

This Easter, as you celebrate new life and renewal, remember that recovery is a journey of hope, resilience, and transformation. Embrace the spirit of rebirth and continue to grow stronger each day, finding peace and freedom in your journey toward a brighter future.

A Time of Hope and Renewal:

Easter is a time of resurrection and new beginnings, symbolizing the power of hope and renewal that can be found in recovery.

Embrace the Journey:

Recovery is a journey, not a destination. Celebrate your progress, and know that you are not alone.

Find Strength in Resilience:

Just as Christ rose from the dead, you too can rise from the ashes of addiction and find strength in your resilience.

Practice Self-Compassion:

Be kind to yourself and allow yourself to feel your emotions. Recovery is a process that takes time.

Connect with Others:

Reach out to your support network, whether it's a therapist, a sponsor, or fellow members in recovery.

Find Meaning and Purpose:

As you continue on your journey, seek out activities and hobbies that bring you joy and purpose. This will help you find meaning and fulfillment in your life.

Remember the Power of Forgiveness:

Forgive yourself for past mistakes and move forward with hope and optimism. Remember that you are worthy of love and happiness.



“For since death came through man, the resurrection of the dead comes also through man.” - Corinthians 15:21

Judith’s Journey

The more I sit here and try to write this reflection, I am overwhelmed with how to express myself to reflect on the crucifixion and resurrection of Jesus and also tie that miraculous sacrifice of passion and love of Jesus to my own personal recovery from addiction. It is an overflowing of beauty that takes me over and I am left in awe and searching for the right words. I have found that the more I speak the name of Jesus, the more I feel loved and grounded. I have never been sure of anything so much in my life. In my own recovery life, I feel my heart expands and makes more room for understanding, love and peace. Jesus is nothing but light. No darkness and nothing bad is there with Him. I feel I can sit safely in His presence and just worship Him and this feeling is more beautiful than anything I have ever felt. I am so honored by His miracle in my life that it is hard to put into words.

When speaking or writing His immaculate name I feel as if the Holy Spirit ignites inside my very soul. All I know is that Jesus made a way for me in an impossible situation. He took my place on the cross and He has totally paid my debt for my sins. He lay in a tomb for me and then rolled the boulder back and walked out of there. I was saved by the Blood of the Lamb and He is slowly revealing more and more to me. This gift is for everyone. Anyone who wants to be close to Him...He is always there. He brought me from deep despair to His glorious life. He rescued me when I chose to listen to Him and stop listening to the worldly lies. All I know is that I couldn’t stop my addiction from controlling me for so long and I felt humiliated and helpless. I tried a million ways to stop and I failed a million times. Until I laid it all down at the bottom of His cross and asked for God to tell me what to do. It was not an instant miracle. It was a slow trudging of a tough path that I was not familiar with. Making mistakes the whole way and learning and practicing what self-control and commitment looked like. I am not trying to be perfect. I am just trying to be better than I was. No one will ever be perfect because we are human. I do know that I have healed enough and opened by heart enough and my life changed enough to say that Jesus will be there for anyone who cries out to Him and is willing to surrender their own will. I can tell you that He is working in my life because I seek Him out every day. I have to continue to always seek His loving direction. Always trying to be better than I was yesterday.

I fall short a lot but if I never stop trying and never stop taking His direction that really good things are happening for me. Mostly on the inside where I need it the most. I pray for God to make me His vessel of this love so that I may be helpful to anyone who is hurting. I pray for Him to watch lovingly over my son, Danny, and my family. Keep them wrapped in His beautiful love and grace. I have been finding that although there is a lot of suffering and hate in the world, there is also much beauty if you choose to look for it and see it. The simple joys in life are becoming more frequent. I found that believing in God was not enough. I had to seek Him out, worship His name and listen for direction. I need to practice doing better every day. My new found love for Jesus is not always easy. God didn’t promise us an easy life. We need to be strong in faith and love and trudge on always. Everyone has troubles like loss and sickness at some point in their life. We cannot escape it. I pray for everyone suffering to lean on Jesus and pray for Him. He is forever merciful to His children. I only know that my heart and soul are changing slowly and becoming so much more abundant and fuller. I could not ask for anything better. All glory to You Almighty Father. Your love is greater than my sin.

Written by: Judith Quinton Arthur

Start by doing what’s necessary, then what’s possible, and suddenly you’re doing the impossible.—St. Francis of Assisi

Reflection: Begin where you are. St. Francis gives some pretty sound advice which is very important for those of us in recovery. While we want to look down the road to where we want to be in our recovery we get there by doing first things first. What is necessary today? Not six months from now or a year but today. Start doing it; do it well; and be glad you accomplished it.



Prayer: *Jesus, help me live in the present moment and focus on what is necessary.*

Those who are authentically engaged in recovery embrace the dying and rising of Christ, and we learn to live that reality in our lives. The seasons of Lent and Easter allow us to bring the beauty of this process into our conscious awareness. **Celebrate Easter with Gratitude.**

May your Easter healing, and the er future!

be filled with hope, promise of a brighter future!

