



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**
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.**

Addictions Healing & Recovery Newsletter

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The month of Mary gives us an opportunity to deepen our love and devotion to our Blessed Mother, seeking her intercession and following her example of faith and courageous humility. Like Mary, the closer we come to Christ the closer He comes to us. When He is lifted up as the center of our lives, He will draw us to Himself. All addictions lead us further away from Christ. With the help of Mary, the grace of God, and a firm resolution to turn more fully to Jesus we can overcome our addictions.

Let us pray ... *“Lord, we resolve to imitate Mary more fully and place Christ in the center of our lives and look with joyful hope for the day when He will call us to Himself.”*

Addiction, Prayer & Mercy

Kelly Tallent shares a reminder that addiction is not always substance abuse, and offers a *prayer for God's mercy*. Addiction is a nasty thing. Many times, when we hear the word “addiction” we think drugs or alcohol, but several years ago, as I was indignantly going toe-to-toe with someone suffering from a tobacco addiction, the Lord reminded me that addiction comes in all shapes and sizes. For me, it was social media and my phone. I thought these things as a lesser evil because they weren’t illegal or regulated substances, however consuming anything in an obsessive manner is not healthy for the body, mind, or soul.

That being said, I wrote a prayer to remind me of: 1) How to view addiction; 2) How to be mercy for those actively suffering from addiction; 3) How to act when God reveals your own failings. “O Lord, help me to see your face in those suffering from addiction. Help me to not get offended at their struggles. Help me to see the pain on Your innocent face as You bore my sins and my transgressions. Help me see the gift of mercy that You gave to me and help me share that mercy with others. How perfect are Your ways, my Savior, how relentless is Your love?”

Even in my foolishness and in my self-righteous piety, as I was pointing out the speck in my brother’s eye, you were preparing a way for me to see the plank in my own. I am humbled that you thought so much of me as to point out my errors so that I could draw closer to You. You, the God of the Universe, desires to be near to me. You cannot stand sin and pride repulses You, yet You saw the blood of Your Son covering my sinfulness and You extended Your mighty arm in my direction. Merciful Father, I am undeserving of the attention that You bestow upon me. Your loving eyes are forever on me. I tremble, humbled at Your loving gaze. Lord, I am not worthy that You should enter under my roof but only say the word and my soul shall be healed. Amen.”

(First published at CatholicMom.com; republished here with permission.)



“Therefore I tell you, all that you ask for in prayer, believe that you will receive it and it shall be yours.” - Mark 11:24

Judith’s Journey

Deep in my addiction I was totally consumed by the enemy. I missed many precious events for my son, Danny, growing up. I have missed a funeral for family member that I loved so dearly. Each time throwing me further into horrible deep shame and hopelessness. Addiction rendered me just helpless. It took control over everything I my life. I have been invited to weddings of precious family members and just didn’t show up. I just couldn’t seem to get here. I couldn’t even explain it and it put such a horrible silence over me. I have been not invited to weddings of family members because of my addiction. The dread of life was endless and I was constantly failing those closest to me.

The enemy was surely laughing while I was hurting exactly who I loved the most. I was silently screaming and suffocating in unbelievable pain that steadily got worse. Addiction was taking everything from me and I still could not stop. These insidious things kept happening again and again. Addiction took everything that was good, happy and honorable out of my life. I felt humiliated beyond belief and devastated. When I listen and sing along with my worship songs there now comes a felling of overwhelming love, security and peace that fills my soul. It is so beautiful. It very often brings me to tears. This fills me with undeniable faith and love. The faith and love and connection that addiction took away. Now I have this precious gift like never before in my life. In fact, I didn’t even know it existed. There is absolutely no doubt that Jesus Christ in our King and Savior. I have proof in my recovery of His divine grace and endless mercy.

This transformation was not all of sudden. It was slow and I was scared and I had doubts. I felt unworthy of good things. But I was wrong and I kept on painfully trudging and writing through every horrible thing that happened to me. I just kept crying and kept telling the truth and I kept praying. I kept just trying to do the next best thing. I would mess up and keep trying. It did not come easy or natural. But then I found myself getting just a little bit closer to God...step by step. I wanted more of course so I kept at it. Not perfectly but consistently never giving up.

My life is far from perfect and of course I struggle. I made the commitment and I am consistent in my prayer and worship of Jesus. Worshiping Him and prayer is never ending if I want to keep what I have. Also, I need to pass what I know to the world the best that I can so that maybe I can give another suffering soul hope. This is all that is important to me now. I can’t imagine anything better than feeling consistently loved and protected greater than I ever thought possible. This is something so unbelievable to me and I know that no human being can take it away. As long as I continue to testify and share and declare Jesus Christ is the one and only savior, I know that I can keep the light inside me burning bright. I pray for all those suffering from drug and alcohol addiction, PTSD, depression, anxiety, eating disorders, extreme sadness and unworthiness, trauma from physical, mental or sexual abuse, sickness, grief or helplessness. There is nothing that God cannot change when we put our trust in Him. I pray that I may walk and speak God’s word and speak about His endless miracles as a fearless soldier for Christ.

“For the spirit God gave us does not make us timid but gives us power, love and self-discipline.”
2 Timothy 1:7

Written by: Judith Quinton Arthur

The most needy of our brothers and sisters, who seemingly have nothing to give, offer us a treasure.—
Pope Francis

Reflection: Pope Francis addressed these words specifically to people who have addictions. He went on to say that the gift they offer was the very “face of God”.

What a gift you have in your experience, but more importantly you are the gift. Be the face of God to those you meet and help them on their way to recovery.

Prayer: *Jesus, reveal Your face to me in those who are suffering..*

