



# 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.**

The month of June is dedicated to the Sacred Heart of Jesus, reminding us of His immense love and compassion for all of humanity.

In recovery, it is an opportunity for spiritual development, letting His love fill our hearts and be the transformative, driving force that heals, empowers, and guides us to a future filled with joy, freedom and purpose. Remember you are not alone, He is with you always!

### Devotion in Recovery

The idea of using the Devotion to the Sacred Heart as a way to keep clean and sober isn't strange to anyone familiar with the Matt Talbot Way. The Sacred Heart is central to the Way. It is essentially transferring your love for your favorite chemical onto Jesus. You 'give' your love for your addiction to Jesus and relapsing means you are taking it back. This is all done while being mindful of the reparative nature of the Sacred Heart.

The Sacred Heart of Jesus has special significance to sober alcoholics, especially to those who are familiar with AA. If you know your AA history, back in its early days one of the co-founders of the movement.

Dr. Bob Smith, was greatly assisted in his treatment of alcoholics by a Catholic nun by the name of Sister Mary Ignatia Gavin, an administrator of St. Thomas Hospital in Akron, Ohio. After an alcoholic completed his stay at the hospital, Sister Ignatia would "award" him with a Sacred Heart Badge, sort of a "graduation" gift. This eventually developed into the practice of AA's receiving medallions or coins representing whatever sobriety anniversary they were celebrating. *(Published at www.sobercatholic.com)*

### Sacred Heart Healing Prayer

"Sacred heart of Jesus, I pray for your healing touch upon my body, mind and spirit, I ask you to remove any fear or anxiety, fill me with the peace that you Alone can give. I place myself completely in your hands Lord Jesus trusting in your care and Love for me.



May my recovery be swift, my strength renewed, and my health restored, I lift up all my afflictions, body and soul, into your hands, Lord, for You are the divine healer with the Divine Mercy. Sacred heart of Jesus, I trust in you completely. Amen."



**“The Lord is close to the broken-hearted and saves those who are crushed in spirit.”**

**Psalms 34:19**

### **Judith's Journey**

Sitting down to write this reflection, I ask Jesus to help me. I ask Him to help me in telling my story so that I show His immaculate face to others who are suffering. Those who are drug and alcohol addicted, those who are filled with sorrow, depression, helplessness, anger or confusion. Jesus, please speak your word through me.

My mind takes me back to a horrible memory. I was alone and trying to get ready to drive to work. I was at a major breaking point. I was in such terrible pain that I fell on my knees in the middle of the living room. I was screaming and crying so bad that I couldn't get out the door. I didn't want to go on anymore. My body was reacting to all the trauma and all the sadness. I had no control over it. I managed to get in the car and driving to work I was screaming and crying ... "Will somebody please help me! Please make it all stop!" My spirit was completely broken. My soul was defeated and I could not see a way out of this agony.

My actions went against everything that was good in my soul and I did not recognize myself anymore. Many times I tried to stop using. I told people that I loved that I was done. I tried and I failed again and again and again. I had no control over my using. I thought that I didn't stand a chance against this horrible beast. I tried to stop for years.

I felt like someone was constantly playing a hideous trick on me. Something evil wanted my soul. It wanted me gone. The shame was so great that I didn't think I was worthy of anything good. I couldn't count how many times breakdowns like this happened. I actually was living and breathing in total confusion, shame and sorrow. I just wanted it to stop. I wanted to stay alive for my son and make him proud that I am his mother.



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 whole life is nothing short of many miracles. As I write this and tell my story, it feels like I am watching it as a completely transformed person. It's hard to recognize the suffering addict as myself in this story. Even though I hate it, it's good for me to remember where I came from. To remember just how horrifying it was. For me it is good to be reminded of what's waiting for me if I turn my eyes from Jesus and run back and live on my own will. I could never have imagined the path that God has taken me on the last six years. I could never imagine living life without a relationship with Jesus. I know now that the emptiness and agony that I had in my soul couldn't be fixed with drugs. What I was searching for was Jesus all along. I surely don't know everything. I am not perfect and never will be by far. I do know that Jesus gave me my story and He wants me to testify for Him. God is saying, don't give up on Me. I have so much planned for you. Be patient and trust in Me. Defend me. Speak me. Honor me. In His perfect timing...more will be revealed! God is about to turn your situation around.

*“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” - Romans 8:38*



Written by:  
Judith Quinton Arthur

**W**hen we can name a wound in our life, it helps us to overcome it.— J. Jones

**Reflection:** Every person has a wound or two in their life. The healing of those wounds is what is important in order for use to be whole.

As with physical healing, the wound doesn't heal overnight but through care and time, it can get better. If we ignore the wound, it festers and gets worse. Healing is hard, but it's always worth the struggle.

**Prayer:** *Jesus, You know what it is to be wounded; assist me in the healing process.*