



Addictions Healing & Recovery Newsletter

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

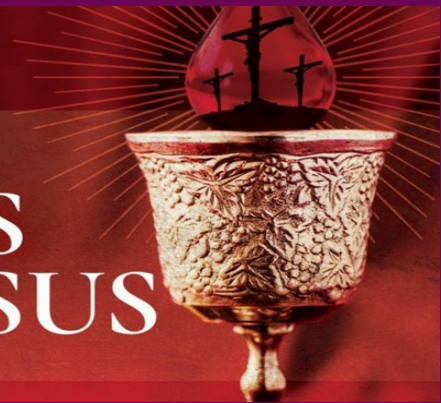
PARISH SUPPORT GROUPS

- ♦ **Calix Society—The Church of Incarnation 240 Main St. Mantua—EVERY Monday—ZOOM—8PM.** Call Parish Office at 856-468-1314
- ♦ **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.**

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JULY 15, 2025

THE MONTH OF THE PRECIOUS BLOOD OF JESUS



The month of July is dedicated to the Precious Blood. The feast of the Precious Blood of our Lord was instituted in 1849 by Pius IX, but the devotion is as old as Christianity. The early Fathers say that the Church was born from the pierced side of Christ, and that the sacraments were brought forth through His Blood. The key themes in prayers to the Precious Blood are atonement, healing, protection, intercession (appealing to the Blessed Mother and other saints for their intercession through the Precious Blood), and, love and gratitude for the gift of the Precious Blood of Jesus.

Healing through the Our Lord is not behavior modification; it is our heart and our life being transformed. Through Him, our lives are renewed, our relationships are restored, and our purpose revealed. The road to recovery is not easy. It is hard work and a continual process of placing our faith and trust in Him. There is HOPE, there is HEALING and there is FREEDOM! Paul tells us *“So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!”* - 2 Corinthians 5:17



The Precious Blood of Jesus is core to our belief, particularly for those of us in recovery from addiction. Jesus' sacrifice and shed blood offer for-

giveness, the power to overcome the destructive habits of addiction, a path to freedom, healing, redemption, and the chance for a new beginning. Addiction is not only a physical illness, it is a spiritual battle. We are reminded that *“The thief comes only to steal and kill and destroy. I [Jesus] came that they may have life, and have it abundantly.”* - John 10:10



Precious Blood of Jesus Prayer

“Almighty and eternal God, You have appointed Your only-begotten Son, the Redeemer of the world, and willed to be appeased by His Blood. Grant, we beg You, that we may worthily adore this price of our salvation and through its power be safeguarded from the evils of the present life so that we may rejoice in its fruits forever in heaven. Through the same Christ our Lord. Amen.”



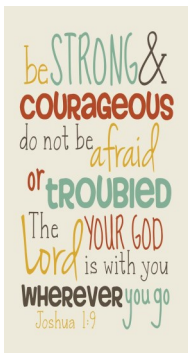
**“The Lord is my light and my salvation, whom shall I fear?
The Lord is the stronghold of my life, of whom shall I be
afraid?” - Psalm 27:1**

Judith’s Journey

I am never sure of the words that I should share to help a fellow suffering from addiction, depression or any kind of spiritual pain. It always comes down to the flat-out truth in my heart. My life, as of 6 years ago before my recovery journey, was dark, sad and so painful in many ways. Not just for me but for the people that loved me who were in pain because of my actions. I was not just hurting myself.

My addiction was destroying all parts of my life and everyone in it was affected negatively by me. I was in it for so long and things just kept getting worse. Unbearable shame, guilt and sorrow just kept snowballing more and more. I was getting more and more lost. I was losing more and more loved ones to overdoses, suicide and sickness. Sometimes I thought they were the lucky ones and at least their pain on earth was over.

After hundreds of attempts to stop using by myself through the years, I went to treatment a few more times and was in a handful of sober houses. I started to get more and more stable. But for the most part still felt a huge whole in my soul. I started to write and write about my life, my losses, my sadness, my depression. I always ended it with a prayer and gratitude to God. I didn’t know it at the time but I was getting rid of old pain and making room for God to little by little come in to my heart. It is an unfamiliar journey and I am just learning as I go along. I never knew this even existed.



God has blessed me so much and I know He holds all my answers. I just need to keep going and keep trusting Him. What can I say or what can I do to show my gratitude and love to Jesus? The only thing I have fit for a king is to give Him my whole heart as much as I can every day. Of course, I know I will always fall short. Even when I stumble backwards for a while, I know to get back up and plug back in. Most of the time I find lessons in the setbacks that make my faith stronger.

I feel all setbacks are necessary to learning to fully trust God even though it doesn’t feel good when going through it. Testing these new waters has given me a different heart set, which also gives me a different mindset. It means I need to own up to all wrongs and change my behavior. This could not be done without faith in God and all His grace and mercy.

I certainly do not know everything. I do know that I used to live in a prison inside my addiction and depression. I now walk in freedom because of the love of Jesus.

His endless supply of love is always there and will never be taken away. It’s up to me to stay plugged in to Him. This gift is there for ‘Everyone and Anyone’ that seeks Him. I can’t imagine anything better.

**“Be strong and courageous.
Do not fear or be in dread of them, for it is the
Lord your God who goes with you.”
- Deuteronomy 32:6**



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: When our prayers don’t get answered the way we expect them to and things don’t work out according to our plans, we can get despondent and lose hope.

God is aware of our shortsightedness. His ways are beyond ours. What does it mean to be people of faith then? It means that we continue trusting in God even when we don’t feel His presence.

Prayer: Lord, help my faith especially when I begin to doubt Your presence..

