



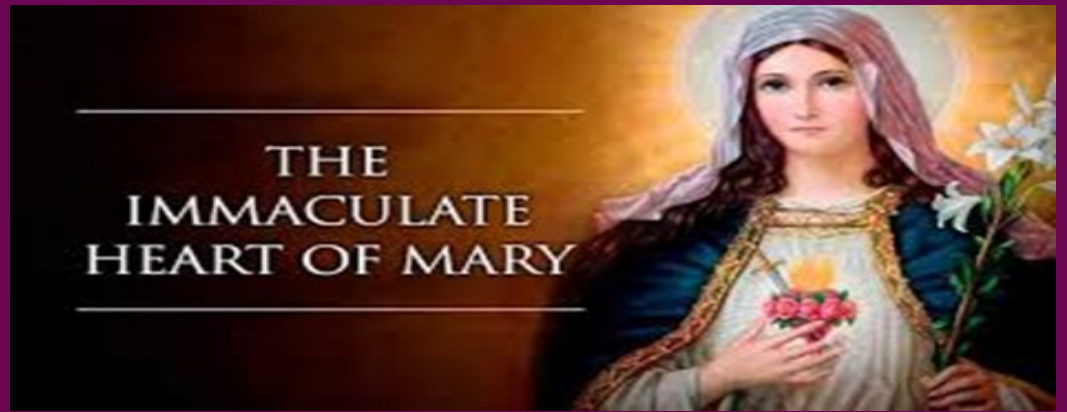
Addictions Healing & Recovery Newsletter

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.** 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.

The main Catholic theme for August 2025 is Pilgrims of Hope, which is also the theme for the Jubilee Year 2025. This theme was chosen by Pope Francis to encourage reflection on forgiveness, reconciliation, and the plight of migrants. Additionally, August is traditionally dedicated to the Immaculate Heart of Mary.



The Jubilee Prayer

Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom. May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally. May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. Amen.



In recovery, through the Immaculate Heart of Mary, we can turn our lives over to God, including giving Him our pain and suffering. In

our times of grief and shame we can choose hope, knowing that God will help us overcome the problems we face. God is strong enough to lift our burdens and loving enough to mend our broken hearts.

Prayer to the Immaculate Heart of Mary

Immaculate Heart of Mary, radiant with purity and compassion, we turn to you with confidence and love for God and humanity, as a refuge and source of consolation for us.

Mother Mary, in your Immaculate Heart, we find peace amidst life's challenges, strength in times of weakness and hope in moments of despair.

Teach us, dear Mother to emulate your faith, humility and obedience to God's will. Intercede for us before Your Son, Jesus Christ, that we may grow in holiness and love. Immaculate Heart of Mary, pray for us now and at the hour of our death. Amen.



“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” - Psalm 23:4

Judith’s Journey

When the time comes each month to write this reflection, even though I am honored to write it, I automatically think O Lord ,please give me the right words to give those who are suffering in silence a clear message of hope. A message to let them know that they are not too far gone. A message that says that I know exactly what it feels like to be completely helpless ,hopeless and completely defeated by my drug and alcohol addiction ,depression, self-doubt, anger ,shame, and sadness. I know what it feels like to dread opening my eyes in the morning because every day was so hard, scary, unpredictable, dangerous and sad. I was just surviving and trying to function properly and I was failing miserably. I was living in such darkness that it became a new normal.

It was as if I had no say of what was going to go down from day to day or hour by hour or minute by minute. I would not wish that existence on anyone. To look back at my past and reflect on how I felt going through this defeat day in and day out, I am so grateful and joyful that it’s over. It fills my soul with new joyful energy. Energy that gives me excitement; to be excited to write down and share what is in my heart is a miracle itself. To try my hardest to give back what was freely given to me in hopes that another suffering soul gets any kind of relief out of their pain. To feel that they are not alone. So many people are suffering silently. I know because I suffered for so long trying to hold it all together. To look like I was okay until I just could not go on like that anymore. We don’t have to wait that long to cry for help.

My addiction took me so close to death that it is nothing short of a miracle that I am still breathing air, let alone have so much joy in my heart today. I can’t believe it sometimes and when I think about it I can’t help but to worship Jesus, my Savior and king. He pulled me out of sadness when I surrendered my whole heart. I don’t take any of this for granted. I put my best foot forward and seek Him every day to continue my journey with Him

I have to stay plugged in always or I know I won’t be able to keep what I have. It takes effort of course but it is my honor always. I can show up for my loved ones now in a way that I never could. I can listen and have patience for my loved ones. This feels like the true me that was always there but always was held back and silenced . Something harmful didn’t want me to be able to share the beautiful love and mercy God has for us all. Addiction took that from me before it was fully developed. I guess the dark knew what a light I would try my hardest to be to the world. I was pulled from the wreckage and saved and this miracle is free to anyone who actively surrenders their whole heart to Jesus daily.

His love and mercy are in the fruit of my life. He shows up for me because I actively seek Him and honor him every day. I cannot think of anything better. He has already done enough in my life for me for my complete obedience. He owes me nothing. He never did. Through the fire he carried me with his sacred hands. He is always there through my doubt and fear and restores my strength. His mercy never fails me. There is recovery from addiction of any kind. Now it is my turn to tell the world the unbelievable miracles of Christ that changed my whole heart once I gave up my will. There is recovery from long term addiction. Thank you for taking the time to read my heart-felt testimony. God’s will, not mine be done!

“I sought the Lord and he answered me; He delivered me from fears. Those who look to Him are radiant; their faces are never covered with shame.”

- Psalm 34:4-5

Written by:
Judith Quinton Arthur



Recovery can be a struggle, but it’s a struggles that gives me my life today.

Be persistent each day!

Reflection: For most of us in recovery the thoughts associated with our addictions stay with us. Some days, the thoughts are fleeting and at other times we may be surprised at how much time we dwell on them.

The fact is that the struggle is real, and it’s the struggle that keeps us alive and well.

Prayer: *God our Father, be with me in the struggle and help me support others who are struggling.*