



IMPORTANT
HELPLINES/
HOTLINES

NEW JERSEY
ADDICTION
HELPLINE

1-844-REACHNJ
reachnj.gov (1-844-732-2465)

REACH
NJ

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

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.**

Addictions Healing & Recovery Newsletter

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September is dedicated to “Our Lady of Sorrows”

While not a patron saint of addiction recovery, she is invoked by individuals in recovery for her empathy with suffering and ability to bring comfort and guidance to those facing deep personal struggles, mirroring the pain of her own grief over her Son's suffering and death. Devotion to Our Lady of Sorrows can offer a spiritual anchor for those in recovery, providing solace and strength through prayer and a connection to spiritual strength and hope, particularly in the face of the pain and challenges of addiction recovery.



Mary, as the Mother of Sorrows' own sorrows connect her to the suffering of others, offering a sense of understanding and solidarity.

Sorrow can transform into hope by acknowledging and expressing your feelings, finding strength in faith and spirituality, connecting with community, engaging in creative expression, focusing on personal growth and resilience, and fostering compassion for others.

September's theme is “Seeds of Peace & Hope”



This theme emphasizes a long-term commitment to environmental and social justice, urging Christians to work for a lasting peace with creation, a vision supported by the biblical passage Isaiah 32:14-18.

September is National Recovery Month

September is National Recovery Month in the United States. It is a month dedicated to raising awareness about mental health and substance use disorders, celebrating recovery, and promoting the availability of treatment and support services.

For Catholics maintaining sobriety, the message of recovery is one of hope, mercy, and companionship with Jesus Christ through the sacraments and the support of the Christian community. Our faith provides a spiritual framework to complement the practical tools of recovery, emphasizing that true freedom comes from God. **A new beginning is always possible.** Individuals are not defined by their past. Through the grace of God, "if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new".—2 Corinthians 5:17



"Thou art my Protector and my Refuge: my God, in Him I will trust". – Psalm 91:2

Judith's Journey

God promises that when you run to him for safety, He will protect you. He is your defender that can help you defeat all things, including the addiction that has plagued you for so long. When I think back about my active addiction to drugs and alcohol I feel the old overwhelming sense of helplessness .

Addiction owned me. I couldn't think a thought or make any plan in my life because my addiction took away everything that was good and wholesome in my life. My addiction kept me dishonest. Dishonest because how could I show my real self and show what I was about with all of the deep shame that just kept snowballing .

As the shame grew I just watched as doors slammed shut behind me and locked. That shame was attempting to keep me from ever escaping. That is what my addiction did to me as it slowly took my soul. Shame wanted me to keep my head down and my mouth shut. It wanted me to do exactly what it told me to do. That was exactly what I did. I stayed loyal to that shame everyday. I felt such helplessness. Shame and fear controlled everything. I lived by it. Not because I wanted to but because I had to.

With all the physical and mental trauma, I was mentally paralyzed for so long that I was not thinking clearly and I didn't even realize it. I was internally living a day, an hour, or a minute at a time trying to survive. What started as a relief became one disaster after another. This left me totally humiliated and bewildered all the time. It was very confusing.

My addiction was insidious and I couldn't rationalize any of it. How does one rationalize hurting family and friends over and over again? How does one rationalize complete insanity? How does one let something destroy them over and over? I was barely breathing. Only with help from someone who found me, first responders, Narcan, and doctors and nurses that I was still alive. Every day, my recovery moved slowly and steadily forward because of my commitment to honesty, the willingness to take direction, and the dedication to doing the uncomfortable and unfamiliar work.

I found my faith in Jesus Christ. I didn't know it at the time but God was preparing me to help others. To be an example for others who are suffering by giving my honest and humble testimony. To share His love, compassion and endless mercy through my pain and suffering.

I can now make my family proud of me. I can't take away all the pain I have caused. I can change my behavior and show up for my family. I can take full responsibility for my actions. Not my words but my changed behavior is my greatest apology.



My faith and my recovery from drugs and alcohol are priceless. There is no money in the world that could take its place. How do you put a price on an absolute sacred miracle? Jesus was with me

through everything. He was there when I was conceived. Now He is holding back the seas so that I can share His precious love with the souls who are suffering.

"Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up."

– Psalm 71: 20-21

Written by:
Judith Quinton Arthur



I sought the Lord and He answered me, delivered me from all my fears. - Psalm 34:5

Whom Do You Seek?

Reflection: The psalmist has certain confidence that the Lord will answer him as do all of us who trust in God. Doubt begins to sink in when we put God on our timetable rather than wait for His plan to unfold.

It is difficult to wait. We are often impatient with God and ourselves. Let us trust in God with all our heart trusting in His eternal plan as His beloved children.

Prayer: Lord Jesus, Keep me strong in faith as I wait on You. Don't let me be put to shame..

