



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

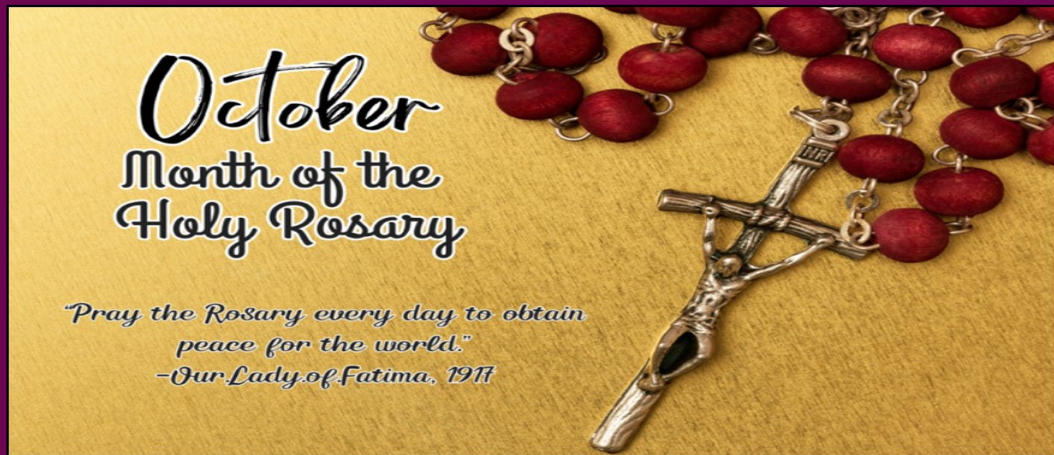
PARISH SUPPORT GROUPS

- ♦ **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.**

Addictions Healing & Recovery Newsletter

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The main Catholic themes for October are Jubilee of Hope, Respect Life Month and celebration of the Holy Rosary as “Life: Our Sign of Hope”. Together we must build a culture that cherishes every human life, every human condition with love through prayer, justice, peace and human fraternity.



The rosary is a vital and powerful tool for Catholics in recovery. Many people in recovery and their families turn to it for spiritual healing and strength throughout the year, not just during one month.

The Holy Rosary is 12 Step friendly. In particular, the 11th Step reads “Sought through prayer and mediation to improve our conscious contact with God (as we understand Him), praying only for knowledge of His will and the power to carry it out.”

The best role model for following the will of God is His own Mother. By saying the rosary you will be meditating on the scriptural passages that each decade of the Rosary is based on.

Recovery Message of Hope & Healing

Maintaining sobriety is not easy; it is the surrendering to a higher power, seeking the intercession of saints, finding community, and embracing God's mercy and love. The first step begins when we can recognize our powerlessness, trusting in God's healing grace, living one day at a time, and finding strength in daily routines like prayer, saying the Rosary, Mass, and confession.

God's mercy is limitless and available to all of us. Our past failures do not define us. By turning to God, we can find healing and new life. A tangible way to encounter God's mercy is through the Sacrament of Reconciliation (Confession). It is a profound gift where we receive God/s mercy and forgiveness.

Most importantly, the Eucharist is the essential source of strength. Attending Mass and receiving Holy Communion allows us to receive the body, blood, soul, and divinity of Jesus Christ, providing spiritual nourishment for our journey.

While addiction is painful, our suffering can be united with Christ's Passion. The Church teaches that by embracing our crosses, we can be a path to holiness. Our story of overcoming struggles can become a testament to God's love and a source of hope for others.



Our Guardian Angel is our trusted recovery companion, designed to empower us on our journey to overcoming addiction and reclaiming our life!

Judith's Journey

*"Do not be deceived: 'Bad company corrupts good morals'" -
1 Corinthians 15:33*

As I sit trying to write something meaningful to anyone suffering from drug or alcohol addiction, to anyone that is feeling trapped in depression or suffers with an eating disorder or PTSD, anyone having suicidal thoughts, feelings of severe sadness or anything else that kills our spirit little by little, **THIS IS FOR YOU.** You are good enough. You are supposed to be here even in this struggle. As a matter of fact, especially in this struggle, you are being prepared for a greater purpose. God gives the toughest battles to his strongest soldiers. I have had plenty of years of experience with the dark side of life. If it wasn't for me knowing that feeling of just surviving through the day. The feeling that there are no "good days" at all.

The days were a tough task to endure and I dreaded each one. I was filled with shame and guilt. I was angry because life was terrible. I had experienced such unbelievable loss and was struck with enormous grief and heartbreak that I could feel more and more of my spirit detaching and withering away. I would have never known the feeling of having God's forgiveness and understanding if it wasn't for being so severely lost. I cannot even begin to think of the right words to use to explain the full magnitude of God's grace and mercy. I cannot describe it. There are no words to explain what I have found.

I want everyone to know that it is free to anyone who turns their heart to Jesus. For years I cried and then I became too sad and too lost to cry tears. I was so numb all the time I couldn't see, hear, or feel clearly. What I am explaining is a long, violent, dangerous, chaotic and very sad nightmare. The horrible thing about it was that I really didn't understand or know just how deep I was in it, if that makes sense. My story is not over! The best is yet to come and I am excited about it. I am not where a lot of people are at my age. I know one thing for sure, that it's exactly where I am supposed to be.

God lets me know that every day. I feel safe, I feel loved and I feel protected and I am also drug and alcohol free. I can't think of anything better than that! I have a story that I need to share with anyone who is suffering.

I have something very bright and beautiful and that is filled with love straight from God and sent through me. I feel it is my responsibility to share what has been so graciously given to me. We do not have to hide our prodigal child storyline. It does not matter where we've been.

We must remember, Jesus calls us to win souls, not to win arguments. There is nothing that he hasn't heard or seen. He knows all. He sees everything. There are no secrets kept from him. Only after I gave him my heart I started feeling the shackles slowly fall and I am finally able to breathe. Now it is my responsibility to keep plugged into my relationship with Christ.

I am far from perfect and I will never give up turning my life over to the will of God. I need to stay out of my own way and continue to let God light the way. Lord you whispered, "I am here." "Please come home." I am no longer a slave to fear.....for I am a child of God."

"And a harvest of righteousness is sown in peace for those who make peace." - James 3:18

Written by:
Judith Quinton Arthur



Beloved, do not imitate what is evil; rather, imitate what is good. - 3 Jn 11

Find a Good Role Model

Reflection: The world of addiction can draw us into a crowd where lots of poor choices are being made. It seems that everyone we know is involved in some kind of destructive behavior.

The Apostle John gives us some great advice which is applicable today; imitate what is good. Appreciate those who provide a good example and follow their lead. Better yet, be the good example!

Prayer: *Mother of God, may I be a good example to those who are seeking a life of sobriety.*

