



# 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.**

**December** is dedicated to the Immaculate Conception.



The Blessed Mother Mary is our 'spiritual intercessor', a source of strength, and a compassionate refuge, who helps us battle addiction by bringing us closer to Jesus. She is a direct line to God, advocating for prayers for sobriety and a healthier life.

Our Blessed Mother is a compassionate and understanding mother who stood faithfully at the foot of the Cross, understanding pain, confusion, and helplessness. She offers a nurturing, non-judgmental presence, guiding us toward healing and wholeness, much like a mother supporting her child through a difficult journey.

She is the model of surrender and humility. Mary's acceptance of God's will and her humility are virtues that align closely with the principles found in 12-step recovery programs. Her maternal love is a source of comfort and refuge for "wounded and restless" hearts.



## Parish Community Support

You are not alone! All are welcome!

### The Calix Society

"A.A. restores your health and keeps you from an early grave. Calix saves your soul and puts you on the road to heaven." – William J. Montroy, a founder of the Calix Society. Are you in a 12-step recovery program? Do you have family or friends in recovery? Tell them about The Calix Society! Our NJ Unit is offered every Monday at 8 PM via ZOOM. For more information about the Calix Society please visit [calixsociety.org](http://calixsociety.org).

### Community Connections

Join us every Saturday morning at 9:30 AM in person or virtually by ZOOM. Loving someone struggling with addiction can be very difficult, painful, and chaotic. This support group welcomes all in recovery, including those who have relapsed, family members, or anyone who has experienced a loss from this disease. Share your story in a safe, confidentiality, no-judgement environment. In-person: **The Church of Incarnation - Father Salerno Room - 240 Main Street, Mantua, NJ 08051.** Online: Saturday Zoom Meeting Link - <https://atlantic-edu.zoom.us/j/95871585210>. For more information, call Bill Dougherty at (609) 617-9959. "Encourage, lift and strengthen one another."



*"Fear not, for behold I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, which is Christ the Lord." - Luke 2:10-11*

### **Judith's Journey**

As I reflect on my recovery, I try to give the strongest message without writing a whole book. My thoughts go right to the pure pain and agony. I was walking into a rehab that I was just at a year before with no shoes or belongings. I was in my hospital socks and it was raining. My socks were soaked.

I was just out of ICU for 4 days after overdosing on the 3rd floor of my sober house. I was found on the floor foaming at the mouth. I was narcanned and taken to hospital by ambulance. I remember a flash of being in the back of the ambulance and the EMT asked me if I tried to kill myself. It's just a flash but my eyes were open and I wanted to tell him no I didn't, but I couldn't speak. I know I tried but nothing would come out. I was in really bad shape in every way. The humiliation and the bewilderment of how the heck did I allow this to happen to myself was overwhelming and I was just so sad and defeated.

In December 2017 I lost my dear sister to addiction. She was my sister and best friend since birth. Then 9 days later, I lost my precious mother. That whole year was a blur as I tried to survive. It was just too much too quickly added on to a person already grieving other precious family members for the first time sober in years. I felt destroyed in every way. I also had a third degree burn on my stomach that was 14 inches long. When I overdosed, right before I was unconscious, I felt colder and colder and I crawled to the space heater that was on my floor in my room. I remember the blowing heat felt so good that I went unconscious right on it. That burn was so painful that I can't really describe it. I had no words when I was assigned to the same therapist that had me a year before. All I could do was cry and cry. She understood me and loved me despite all my many flaws. I know now that she was an angel sent straight from heaven to me. I have tears as I write this because of the pure love and gratitude I feel in my heart.

There were a lot of angels sent my way this whole seven years and I hold everyone dear to my heart. This whole story, although a complete mess, it was the perfect storm for me, chosen by God to show me the right way to live.

I have learned that nothing great is accomplished quickly. To make a strong house I needed to build a strong, lasting, reliable foundation. Everything needed to be stripped away from me. My recovery was not easy for sure but it taught me so many precious life lessons. I struggled a lot of days. Life now is not perfect but now I have a never ending river of grace, mercy and that makes my soul glow. I have found this sacred gift to replenish me over and over again.

I feel perfectly loved and it makes me so full of gratitude and love that I can't keep it to myself. This is not me. It is God speaking through me. This gift is for everyone and it's free. I give my testimony to help another suffering person find hope and not to give up. We have to keep getting better and keep helping the next suffering person. The old me did not know this existed. So I am here to tell anyone who wants a better life that it is possible.




This being the month that our savior was born is the perfect time to turn our eyes to Jesus. The gift of Jesus is perfect and there is an endless supply. Our father wants us to come home to Him so He can shower us in His perfect love. There is absolutely nothing better than the sacred love of Jesus.

*"The true light which gives light to everyone was coming into the world." - John 1:9*

Written by:  
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Catholic Charities  relies on the generosity of volunteers to help us fulfill our mission of helping those in need. Each year, hundreds of volunteers lend us their gifts of time, talent and resources to help us meet critical human service needs in the six southern counties of New Jersey. We work with volunteers to match their skills, talents and interests to one of the many areas of need we have throughout South Jersey. Explore the various ways you make a difference in someone's life and perhaps even your own. For more information, visit our website at <https://catholiccharitiessouthjersey.org/volunteer/>