



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.**

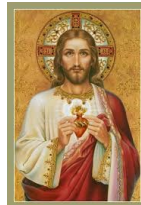
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January is dedicated to the Holy name of Jesus.

"In the name of Jesus every knee should bow, of those that are in heaven, on earth and under the earth" (Phil 2:10). Christ's name is chosen in heaven, and the Angel Gabriel announces it when he informs the Blessed Virgin of the incarnation: "Behold thou shalt conceive in thy womb and shalt bring forth a son, and thou shalt call his name Jesus"...



The name of Jesus is the sweetest of all names, and He who bears it is most worthy of all love. He who calls Jesus his friend can be assured that this friend is the most devoted and unselfish of all friends. Jesus is our all. In His name we may pray to the Father with assurance of being heard. In His name, the Church administers all her sacraments. In His name, she offers all her prayers and blesses homes, the fields, and the sick. In the name of Jesus she casts out evil spirits, and at the hour of our death bids us, "Go forth, Christian soul."

She assures us that whoever shall call upon this name will be saved. When our soul has departed this life to seek its eternal home, the Church asks in the name of Jesus, "Eternal rest give unto him, O Lord."

♦ Benedict Baur, O.S.B.



Jesus offers profound hope and healing for those in addiction recovery, providing strength, forgiveness, and purpose by fulfilling deep needs, healing the "broken-hearted," and setting captives free, as seen in scriptures like Matthew 11:28 and Isaiah 61:1.

Jesus invites the weary and burdened to come to Him for rest and peace, offering respite from addiction's heavy load. He offers unconditional love, even through relapses, to replace guilt with freedom and grace. Surrendering to Jesus involves offering oneself to Him, replacing old masters (addictions) with God. Isolation fuels addiction; fellowship with others provides shared strength and healing (Community Connections/Family Support and Calix Society).





“For the Spirit God gave us does not make us timid, but gives us power, love and self discipline.” - 2 Timothy 1:7

Judith's Journey

It wasn't until I finally brought my shame into the light, that I could begin the healing process. Once I finally faced the dreaded shame I was holding onto for so long, little by little I started to feel just a bit better. It takes commitment and discipline and it isn't a quick process. There is no quick fix. I learned to feel my pain for real (sober) and I found out that although it didn't feel good, I found out that it wouldn't kill me. For so long I masked my feelings with drugs and alcohol.

I was trying desperately to avoid all that pain at any cost. I wasn't realizing that I was just making everything so much worse. I also had to take accountability for my faults and failures. That felt really bad also. But it didn't kill me. I was scared a lot of the time, but I was also exhausted and defeated. I thought the real me was weak and I had to hide her. I had to protect her. I didn't know that I had been running as fast as I could from my true soul purpose. God was chasing me down and I did everything in my power to get away. I was actually running full speed into my total demise.

It was disguised as relief and as my best friend. Disguised as rest and relief but that couldn't have been more wrong. It was just the opposite. It was all a lie. It was just a big hideous trap into darkness and death. I am here to tell anyone suffering from addiction or depression that you are not too far gone. You are not unworthy. You are a child of God. We are all worthy of forgiveness and redemption.

Now more than ever it's time to keep the mercy of our Savior close to our hearts. Jesus is a savior to the broken-hearted. You are not hidden. He can see us in all of our flaws and still wants us to come home. He is not asking us to be perfect. He just wants our hearts to open and to hear Him. He already knows all our sins. He knows our shame. He knows our anger. He knows our frustrations and our disappointments. He knows we have been hurt. He knows that we have hurt others. He knows that addiction and depression has dismantled us. He knows all about me and you and wants us to come back to Him so that He can give us rest and keep us safe.

To give us love and understanding, He only wants us to turn our eyes to Him and away from the enemy. People will let us down and disappoint us. He loves us perfectly and his love is endless. Jesus has called my name and raised me back from the dead. I know that I belong to Him. I finally feel safe and loved completely. His mercy roars like hurricane winds.

Now I have to give my testimony to get His message out to all that suffer. One of the great enemies of hope is forgetting or not believing that his promises are real and true. Every life has a measure of sorrow. Sometimes this is what awakens us. Jesus has already paid our debts with His blood and death. I want to keep my eyes on him and stand on his promises. All while my refuge is with me holding my hand. I have done nothing worthy of His perfect love except to give him my heart and try to do the next best thing. Truth never begs for recognition; it simply waits to be revealed.



“The same power that raised Christ from the dead is living in you.” - Romans 8:11

Written by: Judith Quinton Arthur



Only goodness and kindness will follow me all the days of my life—Ps 23:6

Reflection: In my former way of life I was pursued by many things. Guilt, shame, getting caught lying, and a host of other negative things pursued me due to my addictions.

When Jesus is Lord of our whole life and we've given control over to Him we will be pursued by His mercy and goodness. This doesn't mean we won't have hardship, but we are assured of His presence.

Prayer: *Lord, pursue me as I pursue You will each day of my life..*