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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

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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February is dedicated to the Holy Family.



This wonderful tradition began in the 17th century as a means to encourage families to look to the example of the Holy Family as a model in our everyday lives.

Addiction in the Family — How We Recover and Heal

Recovery and healing begin when the family is invited into truth. We learn that addiction is an illness, not a moral failure, and that we did not cause it, cannot control it, and cannot cure it. This realization, though painful, is also freeing. It allows family members to step out of guilt and into healthy boundaries, compassion, and honesty.

Healing is not quick or linear. It unfolds slowly as families learn to care for themselves as well as their loved one. Support groups, spiritual practices, counseling, and faith communities help families name their pain, share their stories, and discover they are not alone. In these safe spaces, shame loosens its grip and hope quietly returns. Recovery in the family is about restoration—of trust, dignity, and connection.

It is learning to love without enabling, to hope without illusion, and to surrender what we cannot carry alone. Through grace, patience, and shared support, families can heal together. The wounds of addiction do not have the final word. With time and tenderness, they can become places where compassion deepens, faith strengthens, and new life takes root.

Embracing the Journey of Lent



Lent (starting February 18, 2026) offers a powerful 40-day journey for those healing from addiction. It invites turning away from unhealthy attachments, practicing surrender to a Higher Power, and finding hope in healing from addiction. All are warmly invited to the

Church of the Incarnation for **Recovery Stations of the Cross** on March 19, 2026-6:30 PM at Incarnation Parish, 320 Main St., Mantua PA.

This prayerful journey is for everyone, for anyone struggling with addiction, as well as family members and loved ones who share that burden. Together we will walk the Way of the Cross through the lens of hope, healing, and God's compassionate mercy—remembering that no one walks alone and that grace meets us exactly where we are.



“For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do good things he planned for us long ago.”
Ephesians: 2:10

Judith's Journey

In my addiction I had such dread each morning as soon as I opened my eyes. The relief I sought was getting shorter and shorter. Nothing was working like it did in the beginning. My addiction became this tornado that violently sucked me in and spun faster and faster. It threw me around and I had absolutely no control over it. It crashed and destroyed everything in its path. I had given drug addiction a life of its own. Unknowingly I had given this beast my life. I was trapped and didn't know how to make it stop. I tried to get sober hundreds of times. I always failed even though I really wanted to stop.

The initial magical feeling was long gone but I still chased it just the same. Drug addiction took my life over and I let that happen. Just another reason for self-hate and shame to rule over my very soul. It literally took my life while I still had a heartbeat. I went back to treatment and begged God to transform me.

Little by little in a whisper, God softly began to sing my life a new song. I did not hear this with my ears. I heard it in my heart. God sung hope into my heart ever so softly. I wasn't sure it was real but I trusted it anyway. It was enough to keep me sober though I still was so very troubled. I started to live differently and the song turned up a bit. I worked harder at recovery and the song became louder.



I still prayed daily for transformation and the song became clearer and I could stand sturdier in my faith and recovery. I wanted to keep this song alive so I tried my best to do the next best thing. All my trying was far from perfect and remains far from perfect. This was a slow consistent process and was not easy. I found out that I am worthy of a relationship with Jesus and He will walk with me holding my hand along my recovery path.

In fact I found out that He never abandoned me. It was me that turned my back on Him. Today, seven years into my recovery, His sweet song plays like a symphony in my heart. I need to stay consistent and keep my eyes on Him. God gave me a new song and spirit that plays like an orchestra of angels.

The song Jesus sings to me is feeding me His mercy, love, and safety. His undeniable song is the very foundation I stand on today. I stand on the truth of Jesus Christ with all my heart. No matter what is happening around me. Everything is not easy and problem free. That is not the way of Jesus. My Message is crystal clear and I know I was born to share my message of Christ with anyone who wants freedom.



You are worthy of God's endless mercy. Everything is not your fault. There is a pathway out of the living hell of addiction. We can live in fear by thinking “what if” or we can live in faith that boldly declares “even if”. God didn't just make you. He made you for Him. That is why there is nothing else that fills the empty.

“If you abide in my word, (hold fast to my teachings and live in accordance with them) you are truly my disciples and you will know the truth, and the truth will set you free”. John: 8:31

Written by: Judith Quinton Arthur



Hear my voice, Lord, when I call; be merciful to me and answer me. — Ps 27:9

Reflection: While there is no one more important than God, He asks us to call out to Him. St. Peter cried once, “Lord, save me” and that was enough for Jesus to save him.

Prayer: *Lord, may the prayer of my heart reach your Sacred Heart.*



OUR MISSION: Catholic Charities of South Jersey is a faith-based agency rooted in the Gospel and in the social teaching of the Catholic Church. We provide social services to, advocate for, and empower the poor, oppressed, or vulnerable. We do this on a non-discriminatory basis throughout the six southern New Jersey counties. Providing hope since 1936 – serving the poor and vulnerable with dignity and respect.

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