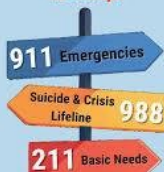




[www.CatholicCharitiesSouthJersey.org](http://www.CatholicCharitiesSouthJersey.org)

**IMPORTANT  
HELPLINES/HOTLINES**

**Three Guiding Numbers  
to Help:**



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  
GROUP**

**Calix Society—The Church of Incarnation 240 Main St. Mantua—EVERY Monday—ZOOM-8PM.** Call Parish Office at 856-468-1314

Recovery is a lifelong journey. For all who are seeking Catholic fellowship and spiritual support, The Calix Society offers a beautiful path forward. It is an international ministry founded in 1947 that supports Catholics on the road to recovery from alcohol and drug addiction. The Calix Society is NOT a "Catholic A.A". It is a dedicated fellowship to deepen one's personal relationship with Jesus Christ and the Church, and to support their healing and recovery.

**Catholic Charities Helpline — 856-342-4057. For more information about Calix Ministry, how to start an addiction healing support ministry or assistance for yourself or a family member.**

# Addictions Healing & Recovery Newsletter

VOLUME 6, ISSUE 4

APRIL 11, 2026



**April 2026** is devoted to the Resurrection of Jesus Christ and the Holy Spirit, and primarily dedicated to the Holy Eucharist.

**The Holy Eucharist** is vital in addiction recovery for Catholics by providing spiritual strength, fostering connection to God, and offering healing grace that helps overcome destructive habits. It acts as a "game-changer," breaking the isolation of addiction through sacramental life, encouraging vulnerability, and supporting the "surrender" central to 12-step programs. (Catholics in Recovery)

### **The Eucharist in Recovery**

**Healing through Adoration:** Spending time in Eucharistic Adoration allows individuals to bring their struggles directly to Christ. It fosters interior peace and helps those in recovery understand their identity as being loved by God rather than defined by their addiction.

**Countering Isolation:** Addiction often thrives in isolation. The communal nature of the Mass and the "bonds formed through the Eucharist" help reintegrate individuals into a supportive spiritual community.

### **Easter Messages of Hope & Recovery**

Easter offers hope that recovery from addiction is possible, no matter how hopeless things seem. It represents a "new beginning," a chance to rise from the "death" of addiction to a new life of freedom, joy, and profound personal transformation.

**A New Beginning:** "Happy Sober Easter! Today we celebrate new beginnings, healing, and the strength it takes to choose a better life."

**Resurrection Power:** "Just as spring brings new life, your recovery is a resurrection—a chance to rise from the ashes of the past and bloom anew."

**Never Alone:** "Easter is a reminder that you are not walking this path alone. Lean on your support network and embrace the joy of this new season."

**Hope is Real:** "No matter how difficult the journey, this season reminds us that transformation is always possible."

**A Joyful Life:** "May you find the same joy in your daily recovery as you do in the promise of this season—a life that is happy, joyous, and free."



### Judith's Journey

**Matthew 28:5-6** "Don't be afraid," he said. "I know you are looking for Jesus, who was crucified. He is risen from the dead, just as he said would happen." Every month before I start writing my reflection, I feel doubtful that I can again write a powerful message of hope. Then as always, I just say to myself, "just tell the truth". That simplifies things for me. I just need to tell you what happened. The pain of addiction is devastating. When I reflect back on my addiction the pain is always horrible to think about. I went from compromise to compromise. Lowering my standards to get what I thought I needed.

Drugs came first because I was a prisoner to them. So many dark days were involved where terrible things would happen. Embarrassing and humiliating things like being put in handcuffs and walking in the police station. I would think to myself how the heck did this happen? This just doesn't happen to me, until it happens again and again. The helpless feeling of being out of control. Carelessly setting my life on fire, it was just baffling to me. I had no words to defend myself. My addiction just kept getting worse. I wasn't worried so much about myself but I didn't want anyone close to me to get hurt.

That was one of my worst fears until my loved ones started to pass away. I found out that hell had trap doors to fall through. Then it would happen again. I kept losing precious loved ones. So much sorrow and grief on top of sorrow and grief. I didn't know how to feel anymore. I felt unable to breathe let alone function. Reassuring myself that everything was my fault and feeling like I had severely failed at everything in life. I am just visiting the past as I write this reflection.

I do not live in that pain anymore. This is my past that I have to shine a light on so maybe one of my fellows will relate to my story. Each and every time I visit the past it helps me detach more and more from it. It lessens its hold on me and I get stronger. Just as I am blown away because of the pain of my addiction, I am just so in awe of what God has done in my life today. I am so unbelievably grateful for my life. The freedom God has given me in my soul is the greatest gift. Jesus is my lighthouse and he gives me unconditional love and mercy. In sharing this I feel even more chains fall off by the grace of God.



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.

We are all perfect in God's eyes. I know this now. To compare ourselves to each other is something that will take away our joy. I don't chase a position to say I won. I have seen people win and still feel empty. God gave me freedom to walk steadily with purpose. We are all right on time. We are not behind the eight ball. It doesn't matter how many friends we have. The best thing I ever did was give my heart to God. He is changing me in his love and forgiveness. I never knew this existed and it is available to everyone who seeks him. I am not here to judge; I just need to tell everyone what is waiting for them if they give their heart to Jesus.

I want everyone to feel the loving, nurturing rest that Jesus gave me. I feel completely forgiven, and perfectly loved. This is something I wish for everyone. My heart is no longer a place for shadows to live. In the name of Jesus shadows were chased away.

*"For we believe that Jesus died and rose again, so we believe that God will bring with Jesus this who have fallen asleep in him."* - **1 Thessalonians 4:14**

Written by: Judith Quinton Arthur

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**What do you want with me, Jesus, Son of the Most High God? — Mk 5:7**

**Reflection:** For those without faith it must seem very strange how much attention God and Jesus receive from those who believe. This question is posed in Scripture by a man who is tormented by an evil spirit and is shunned. Jesus is not afraid to approach a possessed man and confront the evil spirit. What does God want? He wants you to be whole.

**Prayer:** *Lord, help me in my recovery and heal me from those things that can do me harm.*



**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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