

# Addictions Healing & Recovery

## SPIRITUAL COMPANIONSHIP

Transformed people...transform people! As we approach Advent, many of our sisters and brothers struggle with their woundedness and their path to healing from substance use and abuse. The first step is recognizing their need and desire to start their recovery. For many, it is a difficult decision, because it exposes their vulnerability and trauma.

A special friend in recovery shares what this feels like ... *“substance abuse becomes a way to make the memories go away, a way to sort of actively dissociate from the pain, a way to no longer feel the memories of the trauma as you go through life and try to journey, just trying to make it through each day. And how do I make it through each day when the stuff that happened to me keeps coming up? And everybody is expecting me to act like an adult, to talk like an adult, to feel like an adult, but I'm still stuck as a 3-year-old, who had an experience that was painful? And so, I learned one day that taking this pill, this substance, made it stop. And so I want that to stop again!”* In facing her pain and fear, she was able to see that drugs was a form of escape. With professional help, she began the difficult task of working through the underlying trauma, and forgiving herself. The road to recovery is not easy.

As Catholic Christians, we are called to love. Love is always letting go of a fear. This letting go opens up the space needed for transformation in all of us. The Diocese of Camden, has a special group of warriors, who have been trained as “iThirst Spiritual Companions”. Their role is one of advocacy, compassionate listening and presence to assist families and those suffering directly from substance use disorders. (SUD). For more information, call your Parish Office or Catholic Charities at 856-342-4057.

Let our Advent prayer be one of FAITH, HOPE AND LOVE!

## STIGMA

Words matter! Feeling stigmatized can reduce the willingness of individuals with SUD to seek treatment. Stigmatizing views of people with SUD are common; this stereotyping can lead others to feel pity, fear, anger, and a desire for social distance from people with SUD.



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### SPECIAL POINTS TO REMEMBER

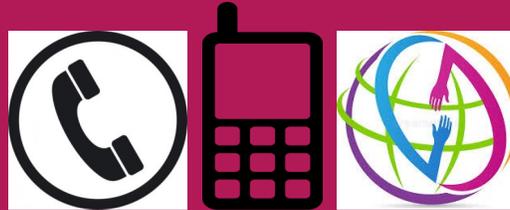
- Love is always letting go of a fear
- Self awareness helps us to move toward a non-judgmental reflection of who we really are and to accept that we are human
- Forgiveness has the potential to form us into something new



## CATHOLIC CHARITIES ADDICTIONS HEALING HELPLINE

*If you or your family member is experiencing substance use/abuse issues, there is help in the Catholic Community*

*Substance Use Disorder has risen to epidemic proportions, and impacts the entire family*



**Call the Catholic Charities Addictions Healing Helpline:**

**1-800-342-4057 - 24 hours**

Leave a message, receive a callback within 24 hours

between the hours of 9:00 AM – 4:00 PM—Monday through Friday

For more information, contact [JoAnne.Farrell@camdendiocese.org](mailto:JoAnne.Farrell@camdendiocese.org)

### CHURCH =

- C**— Care and support
- H**—Help with practical needs
- U**—Use Spiritual Companions
- R**—Remove the STIGMA
- C**—Collaborate with each other
- H**—Offer HOPE

### SUPPORT GROUPS

Join others to support your healing, share your stories and be involved in helping others! Here are five support ministries that may be close to you:

- The Church of Incarnation, 240 Main St., Mantua (Community Connections)
- The Church of Incarnation 240 Main St. Mantua (Calix Society)
- St. Clare of Assisi, 1225 Kings Highway, Swedesboro (Christ's Arms for Others)
- Infant Jesus/St. Margaret's Church, 3<sup>rd</sup> & Beech Streets, Woodbury Heights (Deeper Dimensions)
- Our Lady of Perpetual Help, 146 S. Pitney Rd., Galloway (Recovery Ministry).

You have made us for Yourself, O Lord, and our heart is restless until it rests in You.

*St. Augustine*

AFIRE

#### PRAYER FOR FAITH, HOPE AND LOVE

1 Corinthians 13

Come Holy Spirit. I long to feel the comfort and peace of Your faith, hope and love, especially in the midst of my struggles and fears. Grant me the grace of **FAITH** to completely trust in you.

Help me to remember that I must be empty to be filled. That Your power will give me strength in my weakness.

Grant me the grace of **HOPE** to sustain me when I feel alone, discouraged, afraid, confused and hopeless. Help me to remember that all of my hope rests in You, and that You will never abandon me. Through Your grace, I can conquer fear, I can persevere, and hope will soon become clear.

Grant me the grace of **LOVE** to be patient and kind, humble and respectful, generous and joyful. Help me to remember that Your love brings light into the darkness.

And when I have received these gifts of FAITH, HOPE AND LOVE, please grant me the grace and show me the way to share the gifts with others.

Amen.

[www.wethirst.com](http://www.wethirst.com)

***Holy Spirit, thank you for the gifts and grace of FAITH, HOPE AND LOVE!***



*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)*

## LITANY OF THANKSGIVING

Father, you bless us with the gift of life.  
*Father, we give you thanks.*  
 You give us your Son as our Savior.  
*Father, we give you thanks.*  
 You teach us His word of life.  
*Father, we give you thanks.*  
 You make us your holy people.  
*Father, we give you thanks.*  
 You cleanse us from our sins.  
*Father, we give you thanks.*  
 You give us Mary as our mother and our model.  
*Father, we give you thanks.*  
 You invite us to love you by loving others.  
*Father, we give you thanks.*  
 You give us talents and gifts to use for your glory.  
*Father, we give you thanks.*  
 You help us to do good works for you.  
*Father, we give you thanks.*  
 You nourish us with the bread of life.  
*Father, we give you thanks.*  
 You give us the cup of salvation.  
*Father, we give you thanks.*  
 You have given us your Spirit.  
*Father, we give you thanks.*  
 You promise us the joys of heaven.  
*Father, we give you thanks.*  
 You call us to sing your praises forever.  
*Father, we give you thanks.*  
 Beloved God,  
 You have given us all grace and life  
 through the hands of Christ our Savior.

With Jesus, we bless Your Name. With Him, we bless Your Name. Amen.

## DID YOU KNOW...

Many people struggle silently with addiction. We never know if the person sitting in the pew next to us is struggling with a substance use disorder.

We all need to be sensitive to this possibility.

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### Health Corner—Prescribed Opioid Medication:

Anyone who has used opioid prescription painkillers, even if they have used the medicine as directed by their physician, without any misuse whatsoever, will experience some form of discomfort, however mild when they stop taking the prescription.

It may not even register as a form of opioid withdrawal, but the discomfort will be there, nonetheless. This is simply because opioids in any form are powerful drugs that directly affect the brain and its normal function.

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**NJ Hotline for Addiction - Dial 211.** This is an information and referral service that connects you with substance use disorder and support services.

**National Suicide Prevention Helpline: 800-273-8255**

**Special Announcement:** The President recently signed the National Suicide Hotline Designation Act into law. 988, the new three-digit number for the National Suicide Prevention Lifeline, is to be completed by July 2022.

