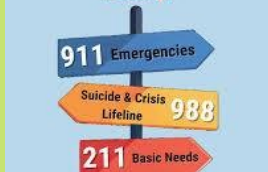




www.CatholicCharitiesSouthJersey.org

**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 5

MAY 8, 2026



May 2026 is devoted to the Blessed Virgin Mary, honoring her as the Mother of God. Marian devotions, such as, praying the Rosary, brings us closer in relationship to Christ through His mother. May is associated with spring and new life, representing Mary's role in bringing new life to the world through Jesus. Through the guidance of saints like Maximilian Kolbe—a patron of those in addiction recovery—she guides individuals to surrender their dependencies and find strength in Christ

Rosary for Protection and Healing From Addictions in Society - "There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary."

"Dear Jesus, You came to proclaim freedom for those who are captive. Help us to be aware of the ways that social media, emails, cell phones, computers, gambling, and so many other modern activities, can consume us and pull us further away from you. Help us to understand the enslaving power of addictive substances, including those that are legal and prescribed by doctors. Teach us to be mindful of how all these things affect our ability to love God and others.

Keep us alert and on guard so that we may do our part, by your grace, to protect our souls from anything that restricts our ability to live fully in faith, hope, and love. Lord Jesus Christ, you advocated for those whom society cast aside. Help us to walk alongside those who are stigmatized and ashamed because of their own or their loved ones addictions, and to do whatever we can, by your grace, to bless and heal them. We offer these prayers through the Immaculate Heart of your Mother, Mary. Amen"

(AFIRE - www.APEOPLEAFIRE.org)

The word "Rosary" means "Crown of Roses". Praying the Holy Rosary is a spiritual bouquet given to our Mother Mary! It is a spiritual weapon against temptation.

The Sorrowful Mysteries especially help people struggling with addiction relate their sufferings to hers, providing strength in sobriety.

Mary supports not only the addicted but also family members experiencing the pain of watching a loved one suffer, encouraging a love that perseveres.





Judith's Journey

COLOSSIANS 3:2 - *“Set your affection on things above, not on things on the Earth.”*

There are so many overwhelming feelings that come to me when I try to describe my active addiction. Right off the top of my head I would say horrifying, lonely, heartbreaking, humiliating, confusing, violent, depressing, failure, shameful, grief stricken and never ending. That list is just soul crushing and looking back I have to say I don't know how I am still here. The fact that I am still breathing and I am writing a message of hope, is definitely a miracle. This is purely God's sacred undying love and mercy at work in my life. I called out to God many times along the way.

I always thought He couldn't hear me or He didn't exist. After years and years I didn't call out to Him anymore. All I could do was just scream out to Him. I remember screaming as loud as I could. I would just scream and cry and rock back and forth on the floor, snot pouring down my face. I would totally lose it. I felt I couldn't take one more breath or one more step. I felt suffocated and totally empty. Then I would get up and try to get it together and drive to work.

Trying to act normal wasn't in me anymore. I was exhausted and hopeless. I became an empty shell and I didn't recognize myself anymore. I was baffled at how my life was. I was visually wearing my grief and shame and every step became harder. The enemy had just led me to destroy myself over and over again. I never set out to destroy myself but that is what I kept doing and couldn't stop.

Now seven years later, after rehabs and sober houses and a lot of beautiful people that have helped me so much. My empty shell is now full of God's divine mercy and love. Jesus is the very fire in my spine that keeps me going everyday. My relationship with him is everything to me. He is everything because He made it possible for me to be the best version of myself.



I can be the person I want to be and show up for my loved ones. I can give compassion and love and I can sit with people through hard times. I can give love through being present with them. I also can be joyful and celebrate happy times. I can be truly happy for the accomplishments of others. I can actually feel joy now and it is the most sacred gift I have ever received. Nothing about who I am now feels bad. I can slow down and stay still now and just sit and feel the presence of God in my heart. It makes tears roll down my face in awe of what Christ has done in my life. Truly, I say that peace, love and mercy is there for everyone who seeks Him. I am not anyone special. I just started with blind faith at first. I didn't have anything to lose. The devil would surely and gladly return my misery. The dark is just waiting to say welcome back, we've been waiting for you to give up and fall. It is up to me who I want to set my eyes on.

Whatever I feed everyday is what will grow. Now I set my eyes on Jesus. He is my choice. He keeps me safe and loved so that I can help others feel safe and loved. I can't think of anything better in life. We are all his children and He loves us all the same. I am here to say that everyone who seeks him will find rest. This message I give is the reason I am still here. I am not trying to glorify myself. I am trying to show who Jesus is and what he does through sharing my story. This is for anyone who is lost. Anyone who feels too damaged, anyone struggling with any kind of addiction, depression or grief, YOU are all worthy of God's divine mercy.

EPHESIANS 6:11 - *“Put on the armour of God, that ye may be able to stand against the wiles of the devil.”*

Written by: Judith Quinton Arthur

When we can name a wound in our life, it helps to overcome it. — Janie Jones

Reflection: Every person has a wound or two in their life. The healing of those wounds is what is important in order for us to be whole. As with physical healing, the wound doesn't heal overnight but through care and time it can get better. If we ignore the wound, it festers and gets worse. Healing is hard word, but it's always worth the struggle.

Prayer: *Jesus, You know what it is to be wounded; assist me in the healing process..*



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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