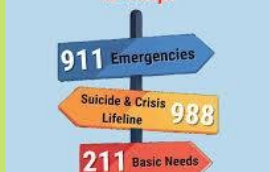




www.CatholicCharitiesSouthJersey.org

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.

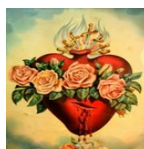
Addictions Healing & Recovery Newsletter

VOLUME 6, ISSUE 8

AUGUST 10, 2026



August 2026 is devoted to the Immaculate Heart of Mary. Mary endured many trials – but throughout it all, her attitude was one of steadfast faith and unflinching obedience, reflecting her Immaculate Heart. The message of the Immaculate Heart of Mary focuses on a call to prayer, penance, and turning back to God.



Addiction Recovery

Turning to the Blessed Mother in addiction recovery offers a spiritual pathway of profound surrender, maternal comfort, and intercession. Praying the Rosary offers a calming focus during moments of stress or high temptation.

Many people find that Mary's unconditional love helps soothe the deep pain, anxiety, and heavy cravings tied to substance dependence. In recovery, we look to Mary to help untangle deep-seated habits, quiet overwhelming cravings, and guide them safely toward healing in Christ.

Faith Believes, Charity Loves, and Hope Keeps Walking

Hope can feel like the smallest of the three: quiet, almost hidden beside the strength of faith and the fire of charity. St. Francis of Assisi knew the Gospel was not a promise of easy life. It was a call to keep moving toward Christ, even when the road was poor, uncertain, difficult or dark.

In recovery, HOPE can restore life. It can breathe gently into places that have grown tired, wounded or forgotten. Hope reminds us that nothing is beyond God's ability to renew. It gives us courage to begin again, to take one more step, and to believe that what feels finished may still have a future.

Hope simply refuses to believe that darkness gets the final word. Sometimes hope isn't a great feeling. Sometimes, hope is simply getting up, praying again, forgiving again, beginning again and trusting God with the rest.

Faith, Charity and Hope are the three sisters on the road to recovery and perhaps the smallest one (HOPE) is the one pointing the way forward.

- Excerpts from the Secular Order of Franciscans, OSF, and inspired by "The Three Sisters" - C. Peguy



Judith's Journey

"The Lord is close to the brokenhearted and saves those who are crushed in spirit".

In my active addiction I could feel my soul growing numb. I always felt that I couldn't keep up. I couldn't do life like a regular person. I was slowly diminishing and there was a terrorizing feeling of everything being just too hard. Watching normal people move through their day was astonishing. I didn't know how they were doing it. Just the thought of starting a new day was filled with dread and emptiness. I constantly had demeaning self-talk in my head. I always had anxiety, fear and sorrow running through me. Substances took over every aspect of my life and controlled me with an iron fist. I was speeding head first down a dead-end street. Yet somehow addiction would rationalize this insane mindset.

The pain I held inside didn't just hurt me; it robbed me of joy. As it all piled up through years of bad decisions and lots of mistakes, the more I hung onto my pain in silence. It grew bigger and bigger. It took more and more energy to keep it pushed down. I was not in control of myself anymore. I became a stranger to myself and anybody who loved me. Years and years were passing and then I started to have a lot of deaths in my family. I was losing precious family members to cancer, overdose, and to suicide. It was a horrendous nightmare and I felt like I was dying. It was as if I was in an explosion and all pieces of me were flying everywhere and I got more and more unable to function. I was taken over with sadness and didn't want to go on anymore.

I was exhausted and destroyed. It hurt to breathe and I stumbled into rehab straight out of ICU from a horrible overdose with no shoes on my feet. Little did I know that this was the perfect storm for my life to change. I was on death's doorstep for sure. Now, looking back I am so grateful for that pain. Rock bottom was a sacred and precious time in my life.

I had no idea the loving people God sent to help me and guide me in changing my life and to stay sober. God sent me the people and therapists that listened to my pain, my anger, and my sorrow. Therapists that understood me and cared about me. I am forever grateful to all who would bear witness to my suffering. I could not have imagined how I feel inside my soul now compared to how I felt at my rock bottom. I worked on myself and I also worked hard on my faith. I am forever seeing all the beauty God has put in my life. Everyday there seems to be something more to be thankful for. I will be sixty years old next month, and God gave me joy that I have never felt. It is such a privilege to write my testimony each month. It has helped me so much in so many areas of my life.

Having God in my heart and keeping my eyes on Him is exactly what has helped me feel safe and at home in my heart for the first time in my life. I have no doubt that I am exactly where I am supposed to be. I found out that life is not supposed to be easy and that character was born in the worst of times. Everyone is worthy of God's forgiveness and mercy. You are never too far gone and it's not too late. If you still have a heartbeat you still have a chance at recovery

2 Corinthians 5:7 *"For we walk by faith, not by sight."*



Written by: Judith Quinton Arthur

Reflection: All people have a need for a clean heart. Jesus says in the Sermon on the Mount – "Blessed are the pure in heart for they will see God". Having a clean heart, a pure heart, enables us to see life from God's perspective. Each day we will miss opportunities and make mistakes, so we need to turn to the Lord and ask for His forgiveness and healing.

Prayer: *Lord, create in me a clean heart and renew Your Spirit within me.*

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.

www.CatholicCharitiesSouthJersey.org

