

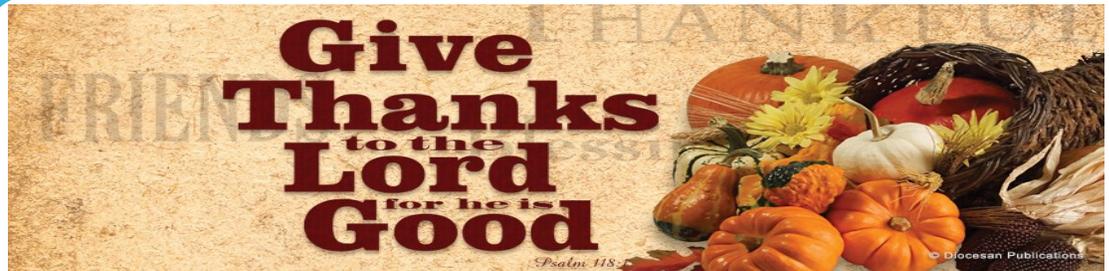
**PARISH SUPPORT
GROUPS**

- ♦ **Calix Society—The Church of Incarnation 240 Main St. Mantua—EVERY Monday—ZOOM-8PM**
- ♦ **Community Connections The Church of Incarnation, 240 Main St., Mantua—EVERY Saturday-In-Person & ZOOM—9:30 AM**
- ♦ **I Thirst Ministry St. Charles Borromeo 176 Stagecoach Rd., Sicklerville.—EVERY Monday-In-Person—7 PM**
- ♦ **For more information about these ministries or how to start an addiction healing support ministry in your parish, call JoAnne Farrell at 856-342-4057.**

Addictions Healing & Recovery Newsletter

VOLUME 2, ISSUE 11

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Thanksgiving Tips for Staying Sober

The holidays are just around the corner, meaning people will be frequently gathering to share in festivities, laughs, and, of course, a few drinks. It can be a difficult time for people in recovery.

This is especially true on Thanksgiving, when everyone indulges in food and drinks. But drinking doesn't have to make a great holiday.

For some, being with family is the right choice. For others, it may not be.



The most important thing is to be honest and realistic with yourself about the situations that put your recovery at risk. Tell your family and friends about your substance use and your recovery. You are different now that you are sober.

Plan ahead to minimize or avoid any situation that might endanger your sobriety. It is important to remember that you are not alone.

Five Things You Can Do

1. Choose your parties carefully—or throw your own

Choose to enjoy a sober party – or choose to enjoy the company of people who understand your sobriety and will not pressure you into drinking, and have fun with fellow sober companions.

2. Have a beverage with you at all times

This is particularly true for parties with tons of people or parties with people who might not know of your sobriety.

3. Keep support close at hand

Inform people close to you about your party plans. If you have a sponsor, support group, or sober friends, let them know about your party plans. Discuss with them the problems you may face during the party. Request a friend or family member to be available for you to call in case you need help at the party.

4. Be the designated driver

If you do want to go to a Thanksgiving party where alcohol will be served,

then go with friends who understand your sobriety. You can further motivate yourself not to drink by offering to be their designated driver.

5. Engage in other fulfilling activities

Just because it's Thanksgiving doesn't mean you have to attend a Thanksgiving dinner party. If you feel that attending a party isn't a safe choice, then spend your time doing other fulfilling activities.



All You Holy Saints of God, Pray for Us!

Prayers

Dear Lord, thank You for letting me lean on You. Fill my heart with Your healing love and the power of Your strength so that I may live the life You planned for me. In Jesus' name, Amen.

God, I offer myself to You – To build with me and to do with me as You will. Relieve me of the bondage of self, that I may better do Your will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

O blessed Lord, You ministered to all who came to You. Look with compassion upon all who through addiction have lost their health and freedom. Restore to them the assurance of Your unfailing mercy; remove from them the fears that beset them; strengthen them in the work of their recovery; and to those who care for them, give patient understanding and persevering love. Amen.

St. Jude, most holy Apostle, in my need I reach out to you. I beg you to intercede for me that I may find strength to overcome my illness. Bless all those who struggle with addiction. Touch them, heal them, reassure them of the Father's constant love. Amen.



Reflection: Sometimes healing comes through the thoughtful words of another. In the account recorded in Matthew's Gospel, Jesus heals without saying a word. His touch is enough.

Scripture Passage:

"He touched her hand and the fever left her, and she got up and waited on him"
— Mt. 8-15

My Prayer: Lord, may the loving touch I have received from You be passed on to others.

