



The Healing Initiative

Recovery

Spirituality

12 Steps



The Missionary Servants of the Most Holy Trinity

Founded in 1921

- Fr. Thomas Judge, Vincentian priest
- Charism to serve the poor and the abandoned

Among the 'poor and abandoned'

- Those suffering from addictions of all sorts

Substance Use Disorder in America - 2022

- ▶ 100,000 died from OD from March 2020 – April 2021
- ▶ 30% increase from 2019 -2020
- ▶ 31.9 million Americans 12 years old and older have an SUD

Ncdas.org





Why the Church? Why now?

- ▶ All addictions (chemical and otherwise) are at root a spiritual disease and require spiritual healing.
- ▶ Addiction as an attachment disorder-part of our human condition
- ▶ Spirituality is a necessary dimension of wellness most often not tended to in clinical settings.
- ▶ The pandemic brought reallocation of funds to MH and SUD programs. The Church must fill in the gap.
- ▶ The Church has the opportunity to be relevant in this great societal malady.

What Can the Church Provide?



What Can We Do?

- ▶ Today : Start the conversation:
 - ▶ Include 'those with addictions' in Prayers of the Faithful
 - ▶ Mass Intentions
 - ▶ Monthly Rosaries – Legion of Mary and Rosary Society
 - ▶ Monthly Recovery/Healing Masses

What Can We Do?

- ▶ Moving Forward: Develop Relationships:
 - ▶ Invite Fellowship meetings at your parish (AA, NA, etc.)
 - ▶ Invite Fellowship attendees from the basement to the Sanctuary
 - ▶ Work with other parishes to coordinate events – speakers, Overdose Awareness Day (8/31), Recovery Awareness Month, Spirituality Retreats
 - ▶ Think Ecumenically! – Involve other Churches, Synagogues, Mosques – Everyone is welcomed home!

What ELSE Can We Do?

- ▶ Develop an iTHIRST Spiritual Companionship Ministry
 - ▶ 48 hrs. of academically certified instruction and 4.8 CEUs
 - ▶ Offered continually at SHU
 - ▶ Developed for lay leaders and clergy who want to accompany those affected by addictions and their families- the 'apostolate of the ear"
 - ▶ ITSCs provide spiritual consolation and recovery resource material to the afflicted
 - ▶ ITSCs work with their pastors to develop a multi-faceted recovery ministry based on parish needs



The Role of the iTHIRST Spiritual Companion (ITSC)

- ▶ Provide spiritual consolation and guidance to an afflicted individual or family member
- ▶ Help people discern, with the help of the Holy Spirit, sustainable, appropriate “next steps”
- ▶ Provide community and relationship to those who have felt marginalized
- ▶ Help the individual recognize his or her unique human dignity
- ▶ Advocate for and motivate the individual
- ▶ Provide recovery resource information

Additional Resources:

▶ Books:

- ▶ *Addiction & Grace*, Dr. Gerald G. May
- ▶ *Breathing Under Water*, Fr. Richard Rohr
- ▶ *Divine Therapy and Addiction*, Fr. Thomas Keating
- ▶ *No Turning Back*, Fr. Donald H. Calloway, MIC
- ▶ *The Twelve Steps and the Sacraments*, Scott Weeman
- ▶ *Quenching His Thirst: The Role of the Church in the Opioid Crisis*, Keaton Douglas - MARCH 2023**

Parish Resources:

▶ <C:\Users\shrin\Downloads\HowParishesCanBeAPartofTheirCommunitiesJourneyofRecovery.May2021.pdf>

“How Parishes Can Be a Part of Their Communities’
Journey of Recovery”

New Jersey Catholic Committee on Addiction and Recovery Ministries – May 2021



www.ITHIRSTINITIATIVE.org