Spiritual Resources
For those who have an addiction as well as for their families and loved ones
Dear men and women suffering from every type of addiction:
May Our Lord bring you Peace and Freedom.
Contents

- Scripture Passages ................................................................. 4
- Prayers for Recovery .............................................................. 7
- Rosary Meditations for Help with Addictions ......................... 10
  - Joyful Mysteries (Monday, Saturdays) ................................. 13
  - Luminous Mysteries (Thursdays) ........................................ 18
  - Sorrowful Mysteries (Tuesdays, Fridays) ............................ 23
  - Glorious Mysteries (Wednesdays, Sundays) ....................... 28
- Stations of the Cross for 12-Step Recovery ............................ 33
- Novena to the Holy Spirit for Addictions and Recovery .......... 50
- Patron Saints for Addiction and Related Issues .................... 57
- Helpful Links and Other Resources ...................................... 66
- Reference List ........................................................................ 67
Scripture Passages
1 Corinthians 10: 23-24
All things are lawful, but not all things are profitable. All things are lawful, but not all things edify. Let no one seek his own good, but that of his neighbor.

James 1: 12-15
Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. Let no one say when he is tempted, “I am being tempted by God”; for God cannot be tempted by evil, and He Himself does not tempt anyone. But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.

1 Corinthians 10: 13
“God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

1 Corinthians 15: 33
Do not be deceived: “Bad company corrupts good morals.”

1 Peter 5: 10
After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you.

Hebrews 4: 14-16
Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. 15 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. 16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.
Jeremiah 17: 14  
Heal me, O L ORD, and I will be healed;  
Save me and I will be saved,  
For You are my praise.

James 5: 15-16  
The prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.

2 Corinthians 5: 17  
Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.
Prayers for Recovery
Prayer Against Temptation
Behold me, O my God, at Your feet! I do not deserve mercy, but O my Redeemer, the blood with You have shed for me encourages me and obliges me to hope for it. How often I have offended You, repented, and yet have I again fallen into the same sin. O my God, I wish to amend, and in order to be faithful to You, I will place all my confidence in You. I will, whenever I am tempted, instantly have recourse to You. Until now, I have trusted in my own promises and resolutions and have neglected to recommend myself to You in my temptations. This has been the cause of my repeated failures. From this day forward, be You, O Lord, my strength, and this shall I be able to do all things, for “I can do all things in Him who strengthens me.” Amen.

Saint Michael the Archangel Prayer
Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls.

Serenity Prayer
God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonable happy in this life and supremely happy with You forever in the next. Amen.
**Saint Jude Prayer for Addiction**

God of life, You made me in Your perfect image, to live in Your love and to give You glory, honor and praise. Open my heart to Your healing power. Come, Lord Jesus, calm my soul just as you whispered "Peace" to the stormy sea.

Saint 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.

Remain at my side, Saint Jude, to chase away all evil temptations, fears, and doubts. May the quiet assurance of your loving presence illuminate the darkness in my heart and bring lasting peace.

Amen.

**Prayer for the Addicted**

God of mercy, we bless you in the name of your Son, Jesus Christ, who ministered to all who come to Him. Give your strength to (name of the one I am praying for), who is bound by the chains of addiction. Enfold him/her in your love and restore him/her to freedom through your grace.

Lord, look with compassion on all those who have lost their health and have broken relationships because of their attachment to the object of their addiction. Restore to them the assurance of your unfailing mercy, and strengthen them in the work of recovery. To those who care for them, grant patient understanding and a love that perseveres.

Lord, in your servant, Venerable Matt Talbot you have given us a wonderful example of triumph over addiction, of devotion to duty, and of lifelong reverence of the Holy Sacrament. May his life of prayer and penance give (name of the one I am praying for) courage to take up his/her cross and follow in the footsteps of Our Lord and Savior, Jesus Christ. Father, we ask this through Christ our Lord.

Amen.
Rosary Meditations

For Help with Addictions
How to Pray the Rosary

Begin by making the sign of the Cross with the Crucifix. While holding the Crucifix pray the **Apostles Creed**

\[
I \text{ believe in God, the Father Almighty, Creator of Heaven and Earth. And in Jesus Christ His only Son Our Lord who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day He rose again and sits at the right hand of God, the Father Almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen}
\]

On the larger bead pray one **Our Father**

\[
\text{Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation but deliver us from evil. Amen.}
\]

On the three smaller beads pray **Hail Marys** for an increase of Faith, Hope, and Charity

\[
\text{Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.}
\]

Conclude the three beads with the **Glory Be**

\[
\text{Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning, is now, and ever shall be world without end. Amen}
\]

On the next large bead announce the mystery and read the meditation. After a moment of silent meditation begin the **Our Father**.

Continue by praying a **Hail Mary** on each of the smaller beads while meditating on the mystery and meditation.

The additional clause may be inserted after the words “thy womb Jesus” to further enrich each meditation.
How to Pray the Rosary

Conclude each decade with a Glory Be and the Fatima Prayer

Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls into heaven. Help especially those who are in most need of thy mercy.

After all five decades are repeated pray the Hail Holy Queen.

Hail Holy Queen, mother of Mercy, our life, our sweetness, and our hope. To thee do we cry poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy towards us and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O holy mother of God, that we may be made worthy of the promises of Christ.

Conclude with the following prayers and the sign of the Cross.

O God, Whose only begotten Son, by His life, death, and resurrection has purchased for us the rewards of eternal life, grant we beseech Thee, that meditating upon these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise: through the same Christ Our Lord. Amen.

V. May the Divine Assistance remain always with us.
R. And may the souls of the faithful departed rest in peace. Amen

St. Michael the Archangel, defend us in battle, be our defense against the wickedness and snares of the devil. May God rebuke him we humbly pray and do thou O Prince of the heavenly host, by the power of God, cast into hell Satan and all evil spirits who prowl about the world seeking the ruin of souls. Amen.
I am afflicted by addiction, an addiction to sin. My addiction to sin is a negative mirror image of the Annunciation. I oftentimes say “yes” to things sinful and “no” to God, whereas Mary said “no” to everything sinful and “yes” to God.

Mary is often called the refuge of sinners. Might she also be called the refuge of the addicted? It does not matter what my addiction is, Mary can help. If I am addicted to drugs or alcohol, Mary can ask her Son to give me the wine that is His blood. If I am addicted to sexual sins, Mary can wrap me in her mantle of purity. If I am addicted to anger or power, Mary can obtain for me peace of heart and humility. Mary is my Mother who will never forsake me no matter how addicted I become. She will pull me out of the gutter when I am out of my mind with drugs. She will gently pull me away from the pornography and filth. She can talk me down from the precipice of anger and pride. In my darkest hour of addiction I must call on the Mother of God that she might obtain for me light from Light and release from the prison cell of addiction.

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who became like me in all things except sin.
The Visitation

And Mary rising up in those days, went into the hill country with haste into a city of Juda...And Mary abode with her about three months; and she returned to her own house.

My son, in thy sickness neglect not thyself, but pray to the Lord, and he shall heal thee.


As one who is addicted I find there is comfort in Mary. Mary comes to visit me, like she did Elizabeth, without being asked. In fact she takes the initiative and goes "with haste" to help those in need. Once she entered into the home of Elizabeth and Zachary great things began to happen.

If I am drowning in my addiction Mary can help and she will come to me "with haste". Many times I am so unforgiving of myself and ashamed of my addiction. I feel there is no chance of forgiveness from Jesus. When I reach that point, the point where I am too ashamed to face the King of Kings, I must ask Mary into the house, as it were, of my heart. I must allow Mary to come into my life and help me get ready for Christ coming into my heart. Without even asking, if I am open, Mary will come and help me sweep out the addictions of my heart and prepare the way of the Lord. Let the Mother of Our Lord come to me as she did to Elizabeth and fill my heart with blessings and scatter the darkness of addiction.

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who can heal me through Mary.
The Nativity

...and they found Mary and Joseph, and the infant lying in the manger.

The Lord help him on his bed of sorrow: thou hast turned all his couch in his sickness. I said: O Lord, be thou merciful to me: heal my soul, for I have sinned against thee.


How can this be - the King of Kings lying in a feeding trough for animals? It is absurd. How could this be - the Savior of mankind lying in such filth? To those without the eyes of faith it is simply another poor family down on their luck. In this present day I would be tempted to judge them. I might assume the father is just a lazy bum and the mother no good.

Too often I look at those who are addicted in the same way. Instead of seeing them as children of God, created in His image and likeness, I place my assumptions on them. Instead of reaching out to them in charity, I turn my head in disgust.

As an addict I know the shame that accompanies addiction. I know the fear of being looked down upon. I need help but am too proud to ask and those who have an idea about the truth of my addiction are too proud to offer their help. In the midst of my addiction I am like the infant in the manger. I am helpless and completely dependent on others to pick me up out of the filth. All I can do is cry out for help until someone shows me the way out of the darkness.

Please help those who are addicted. Look for Christ in the drunk, the prostitute, and the crack-addicted mother. But also look for Him in the mother and housewife who drinks heavily to deal with her children and family. Look for Him in the father who is spending his family’s savings at the casino. Look for Him in the priest who struggles with the loneliness of his vocation. "Lord when did we see you..."

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who lifts me out of the filth of addiction.
The Presentation

And there was one Anna,…who departed not from the temple, by fastings and prayers serving night and day.

Know ye that the Lord will hear your prayers, if you continue with perseverance in fastings and prayers in the sight of the Lord.

- Luke 2:36,37, Judith 4:11

In the Presentation I find great help for overcoming addiction. First I find the example of obedience in Mary and Joseph following the law of Moses. Even though they had had angels appear to them, shepherds and wise men seek them, and they knew the child was the Son of God, they fulfilled the precepts of the law. By following God's laws concerning the use of His gifts others, as well as I, will be blessed. When I am obedient to God's laws I am given the grace to overcome my addiction.

Secondly, I find Anna praying night and day. Only by constantly communicating with God can I know His will. Prayer enables my soul to respond generously to the Lord through selflessness. Prayer is essential to knowing God's will. When I follow God's will I will be released from my addiction.

Finally, I find an essential element to overcoming addiction - fasting. This does not merely mean to fast from that which I am addicted. I must also fast from that which is perfectly licit. Fasting strengthens the body and the will and gives mastery of self. In some cases only fasting can assist us in purging our addiction, "some demons can only be driven out by prayer and fasting."

Our Father, Hail Mary, Glory Be, Etc.
Additional Clause…of they womb, Jesus, who will purify me of my addiction
The Finding in the Temple

And having fulfilled the days, when they returned, the child Jesus remained in Jerusalem; and his parents knew it not. And thinking that he was in the company, they came a day's journey, and sought him among their kinsfolks and acquaintance. And not finding him, they returned into Jerusalem, seeking him.

My son, in thy sickness neglect not thyself, but pray to the Lord, and he shall heal thee.


Each and every one of my actions affects those around me. No man is an island and this is plainly seen in this last Joyful Mystery. Jesus’ staying behind in Jerusalem caused Mary and Joseph great anguish and hardship. They were worried and I imagine His extended family was concerned as well.

I am not alone in my addiction. My spouse, children, parents, and Church are affected by my sins. My choice to delve deeper into my addiction leaves my loved ones no choice but to be dragged down with me. When they find me in the darkness of my addiction I hear the words of Mary, "why have you treated us so?"

I must realize that sin is not only personal; it is communal and so is addiction. The same addiction that makes my soul sick is the same addiction that makes my marriage, family, and church sick. I must learn to imitate Mary and seek Christ in my darkest hour and never stop searching for Him. He will release the chains of my addiction and then I will increase, “in wisdom and in stature, and in favor with God and man.”

Our Father, Hail Mary, Glory Be, Etc.
Additional Clause...of thy womb, Jesus, in whom I find help for my addictions.
The Baptism of Our Lord
And forthwith coming up out of the water, he saw the heavens opened, and the Spirit as a dove descending, and remaining on him. And there came a voice from heaven: Thou art my beloved Son; in thee I am well pleased.

And the serpent said to the woman: No, you shall not die the death. For God doth know that in what day soever you shall eat thereof, your eyes shall be opened: and you shall be as Gods, knowing good and evil.

- Mark 1:10-11, Genesis 3:4-5

When I think of mortal sins most often my mind turns toward sexual sins. In this present day that may be completely justified. Yet, too often I forget there is one sin that leads to all the others. All of my addictions find their root and source of life in this sin. It is a sin that is completely undetectable without the aid of an abundance of God's grace. That sin is the sin of Pride. It is the sin of "me". It is in essence the "original sin". All of my addictions begin with pride. The sin of pride places me at the center of the universe and all things under my feet. I attempt to become like God, “Behold Adam is become as one of us, knowing good and evil.” Everything becomes a vehicle to self-satisfaction. Food, drink, money, sex, and power become a means to the end of self-love instead of selfless love.

This first Mystery of Light gives the cure or antidote for the sin of pride. It is humility. I can see tremendous displays of humility from John and Jesus. John's entire life has been given to the service of Christ and neighbor by preparing "the way of the Lord" in the hearts of the people. He knows his place for he says, "I must decrease so that he may increase, I am not fit to un-strap His sandal, It is you who should baptize me." Jesus shows me humility by being baptized, an act of repentance and conversion from sin.

At this moment in His life He symbolically drowns in the flood of our sins only to rise anew. As the new creation begins, as it did in the days of Noah, a dove appears above the waters. “Christ is baptized; let us also go down with Him, and rise with Him.” I must drown my addictions in the baptismal waters and arise a new, humble creation.

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who blessed the waters for baptism.
The Wedding at Cana

…the chief steward calleth the bridegroom, And saith to him: Every man at first setteth forth good wine, and when men have well drunk, then that which is worse. But thou hast kept the good wine until now.

Wine was created from the beginning to make men joyful, and not to make them drunk. Wine drunken with moderation is the joy of the soul and the heart. Sober drinking is health to soul and body. Wine drunken with excess raiseth quarrels; and wrath, and many ruins. Wine drunken with excess is bitterness of the soul.

- John 2:9c-10, Sirach 31:35-39

Everything in creation has its proper use and function. This includes alcohol and licit drugs. These can be used by man for joy and blessing if used properly: “wine to gladden men's hearts,” and drugs to repair and heal the body.

The wedding at Cana shows that God intends for man to use His gifts for joy and happiness. Jesus turns water into wine thus blessing the wedding and probably keeping it from ruin. However, like all of God's gifts I have the ability to abuse them. When I become addicted to drugs and alcohol the blessings turn to curses. I find my "joy" not in the gift from the Giver but in the gift alone. In my addiction I stop praising the creator and start praising the creation.

All of my addictions are both spiritual and physical. They affect both my body and my soul. Therefore I must seek help on both levels. Jesus said that some demons can only be driven out through prayer and fasting. This is one of those demons. I must pray earnestly for help and not be afraid to ask others for their prayers as well. I must also place my body under my control and God's control through fasting. By fasting from not only the substances themselves but also from perfectly licit items I will again gain control over my body. I must also frequent the sacraments of reconciliation and the Eucharist. In penance I will find forgiveness, grace, and advice to conform myself more fully to Christ. In the Eucharist I will find, "the fruit of the vine and work of human hands that will become our spiritual drink. Blessed be God forever."

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who changed water into wine.
The Proclamation of the Kingdom

And seeing the multitudes, he went up into a mountain, and when he was set down, his disciples came unto him. And opening his mouth, he taught them…

All thy children shall be taught of [by] the Lord: and great shall be the peace of thy children.

- Matthew 5:1-2, Isaiah 54:13

The proclamation of the Kingdom begins with a litany of worldly contradictions on the mount. These contradictions are meant for today just as much as they were meant for the people on the hillside that day. For every blessing and promise of Jesus in the Beatitudes the world offers an addiction. The world always offers something good in the place of something better.

Jesus offers the promise of the everlasting Kingdom to those whose hearts are not set on riches. The world offers temporary but instant happiness to those who follow after wealth. Jesus promises the vision of God to those who are pure in heart. The world offers the power of God to those who have no concern for purity. As C.S. Lewis says through the words of the Senior Tempter Screwtape, "God cannot tempt to virtue as we [the devil and his angels] tempt to vice."

There is a battle between two kingdoms taking place. The weapon of the kingdom of darkness is temptation that results in addiction to sin. The weapons of the Kingdom of God are the Beatitudes. Only by following these teachings of Christ can I overcome my addictions.

If I am poor and meek in spirit I can rely on the power of God to overcome my pride. By retaining my flavor and placing my light on a candlestick I can conquer the addiction to slothfulness. If I quell my anger and become merciful and even turn the other cheek I will be called a peacemaker. If I spiritually pluck out my eye or cut off my hand I will overcome my addiction to lust and so on. The antidotes to addiction are the Beatitudes.

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who has proclaimed the Kingdom in the Beatitudes
The Transfiguration

And it came to pass about eight days after these words, that he took Peter, and James, and John, and went up into a mountain to pray. And whilst he prayed, the shape of his countenance was altered, and his raiment became white and glittering. And behold two men were talking with him. And they were Moses and Elias, Appearing in majesty. And they spoke of his decease that he should accomplish in Jerusalem. But Peter and they that were with him were heavy with sleep. And waking, they saw his glory, and the two men that stood with him.

*Thou who preparest the mountains by thy strength, being girded with power*


The Luminous Mysteries are meant to shed light on the life of Christ and my own life. In these mysteries I find the light that shatters the darkness of addiction. A common yet often unseen addiction for most people is an addiction to power. One of my greatest fears is losing control of my perceived control. I am afraid to let go and let God. Untimely events and circumstances can appear to wreak havoc and spin my life out of control. I constantly feel the need to have control over my life and that often leads to wanting control over the lives of others. Eventually I find that I am controlled by this very desire for control.

God is in control of every aspect of my life. When I think I have control I am merely stepping in God’s way and hindering His will. When Peter awoke from his nap he tried to gain control of the situation. He tried to do something that would put him back in control of what was happening in his life at that moment. I am quickly told that Peter "...knew not what he was saying." If I am to be clay in the potter’s hands I must be soft, supple, and submissive. I cannot be hard and rigid trying to shape my own life. Even as Peter was speaking a cloud overshadowed them as if to remove the use of their senses so they could simply listen to the voice of God. “This is my beloved Son. He is in control and has all power. Listen to Him.”

*Our Father, Hail Mary, Glory Be, Etc.*

Additional clause: ...of thy womb, Jesus, who was transfigured on Mt. Tabor.
The Institution of the Eucharist

And whilst they were at supper, Jesus took bread, and blessed, and broke: and gave to his disciples, and said: Take ye, and eat. This is my body. And taking the chalice, he gave thanks, and gave to them, saying: Drink ye all of this. For this is my blood of the new testament, which shall be shed for many unto remission of sins.

Go not after thy lusts, but turn away from thy own will. If thou give to thy soul her desires, she will make thee a joy to thy enemies.

-Matthew 26:26-28, Sirach 18:30-31

This mystery gives the antidote for perhaps the most prevalent addiction in the world today: sexual addiction. The Eucharist is the source and summit of the Christian life. I can find the light to disperse the darkness of every addiction in the Blessed Sacrament but most especially the darkness of sexual addiction. Jesus said, "this is my body which will be given up for you." I often say to myself and others, "this is my body." However I do not give it up for others; I keep it for myself. I essentially say, "this is my body which I will do with whatever I wish for my own pleasure."

Sexual addictions are some of the darkest addictions because they focus completely on self. In the midst of sexual addiction the devil places blinders on my eyes so that all that is visible is the sin before me. Like the garden long ago he presents it in such a way that I see the sin as, "good to eat, and fair to the eyes, and delightful to behold." Immediately after a fall, as always, my persuasive tempter becomes a vicious, malignant accuser.

The Institution of the Eucharist is the antidote for sexual sins because it is the perfect example of the complete gift of self for others. My body is to be used as a vehicle to obtain grace for myself and others. Only by imitating Christ in giving my body, strength, and good works for the sake of others can I overcome the addiction to self abuse. If I can see Christ truly present in the Eucharist I will be able to see Christ in others and in doing so overcome my addiction to pornography. Finally, by imitating Christ's gift of self to His bride on the cross I will be able to overcome my addiction to using my spouse for my own pleasure. Frequent reception of the Eucharist is the cure for the disease of sexual addiction. "Give us this day our daily bread. The bread that I give is my flesh for the life of the world."

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who gave me Himself in the Eucharist.
The Agony in the Garden

And he was withdrawn away from them a stone’s cast, and kneeling down, he prayed, saying: Father, if thou wilt, remove this chalice from me: but yet not my will, but thine be done. And there appeared to him an angel from heaven, strengthening him. And being in an agony, he prayed the longer. And his sweat became as drops of blood, trickling down upon the ground.

Let nothing hinder thee from praying always, and be not afraid to be justified even to death: for the reward of God continueth for ever.


Addictions can cause some of the most painful agony known to man. The agony comes when I have full knowledge of my sinfulness yet feel paralyzed to overcome it. I fear the slightest temptation yet I will not resist to the point of shedding blood.

Christ experienced and took on the agony of my addictions. In the darkness on the Mount of Olives He fell to His knees in prayer as the temptations of my addictions approached. He fought my addictions not with legions of angels or bands of apostles but alone in prayer. Christ has overcome the world and He has overcome my addictions. I now have three choices before me in my own “Agony in the Garden” as it were when faced with a temptation towards my addiction. First, I can imitate Christ and recommit myself more earnestly to prayer even to the point of shedding blood. Second, I can imitate the apostles and close my eyes to the situation and fall asleep spiritually hoping that when I awake it will be a new day. However, I know this will not happen. The apostles were awakened by a blood-and-sweat-soaked Jesus rebuking them for not praying with Him for just one hour. Lastly, I can choose to imitate Judas and betray the Lord with a kiss. I can give Him "lip service" yet keep my heart far from conversion and union with His agony.

Lord, help me to trust in You and pray and choose “death rather than sin,” death rather than my addiction. "Dost thou betray the Son of Man with a kiss?"

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who suffered in the Garden for my addictions.
The Scourging at the Pillar

Then therefore, Pilate took Jesus, and scourged him.

Surely he hath borne our infirmities and carried our sorrows: and we have thought him as it were a leper, and as one struck by God and afflicted. But he was wounded for our iniquities, he was bruised for our sins: the chastisement of our peace was upon him, and by his bruises we are healed. All we like sheep have gone astray, every one hath turned aside into his own way: and the Lord hath laid on him the iniquity of us all.

- John 19:1, Isaiah 53:4-6

At the scourging at the pillar Jesus took upon Himself the intense physical sufferings of my addictions. His flesh was torn open with each lash of the whip by my addiction to sins of the flesh. His wounds poured forth the dark red blood for my addiction to alcohol and drugs. He was stripped for the scourging for my addiction to pride. He was strapped and secured to the pillar for my addiction to power. Yet, as Isaiah says, "by his bruises, we are healed."

Jesus has taken the physical punishment for my addictions. I must keep the image of Christ being scourged ever fresh in my mind. If I am resisting and overcoming my addiction I will see the scourged body of Jesus as a beautiful gift to me. If I am not resisting with all of my strength I will see His scourging as meaningless and will one day discover the whip in my own hand. However, Jesus will be, "dumb as a lamb before his shearer and he shall not open his mouth."

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who was scourged for my addictions.
The Crowning with Thorns

And platting a crown of thorns, they put it upon his head, and a reed in his right hand. And bowing the knee before him, they mocked him, saying: Hail, king of the Jews. And spitting upon him, they took the reed, and struck his head.

For day and night thy hand was heavy upon me: I am turned in my anguish, whilst the thorn is fastened.

I have given my body to the strikers, and my cheeks to them that plucked them: I have not turned away my face from them that rebuked me, and spit upon me.

- Mark 17:19, Psalm 31:4, Isaiah 50:6

The second gate which guards against addiction, after the eye, is the mind. Through the mind thoughts race of how to use or abuse God's gifts. The mind, when guided by an upright heart, will stand fast against temptation and addiction. The mind alone, without the heart, will excuse and reason away God's laws.

God knows what I need before I ask and knows all of my thoughts. Jesus suffered the cruel crowning of thorns for my sinfulness of thought. Every thorn and blow to the head brought Him intense suffering. He experienced the suffering that accompanies the mental battles of addiction.

I have a crown of victory waiting for me if I only endure the crown of thorns in this life. This crown of thorns comes from blocking all sinful thoughts, images, and desires from taking over my mind. It is no easy crown to wear or endure but it is mine alone. I must set my face against the blows of the enemy and all his temptations.

Lord, help me to echo the words of the prophet Isaiah when I am faced with temptations toward my addiction. “The Lord God is my helper, therefore I am not confounded: therefore I have set my face as a most hard rock: and I know that I shall not be confounded.”

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who bore the crown for my addictions.
The Carrying of the Cross

And the whole people answering, said: His blood be upon us and our children
And bearing his own cross, he went forth to that place which is called Calvary, but in Hebrew Golgotha.

Why then is thy apparel red, and thy garments like theirs that tread in the winepress? I have trodden them in my indignation, and have trodden them down in my wrath, and their blood is sprinkled upon my garments, and I have stained all my apparel. I looked about, and there was none to help: I sought, and there was none to give aid: and my own arm hath saved for me, and my indignation itself hath helped me.


The wood of the cross most likely weighed as much as Jesus did Himself. He was forced to carry this cross even after the cruel torture He had previously endured. However, the weight of Christ's cross was not a weight of oak or cedar or any other wood. The weight of His cross was the weight of my addictions. He carried the weight of the extra food from my gluttony. His cross clanked and jingled under the weight of empty whiskey bottles and crack pipes. The impure images from adult magazines flapped in the wind on the path to Calvary. Christ carried them all on His shoulder. The weight was tremendous and caused Him to fall. Yet as an example He stood once more and continued on, determined to crucify my addictions on that hill outside Jerusalem. "The Lord laid on him the iniquity of us all."

He did not lay down that cross nor can I. I must carry my cross daily and bring my addictions to Calvary to be crucified. When I fall I cannot stay down or the weight of the cross will crush me. I must rise and continue my journey. When Jesus says, "follow me", He means to Calvary.

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who carried the cross of my addictions
The Crucifixion and Death

And it was the third hour, and they crucified him.

For many dogs have encompassed me: the council of the malignant hath besieged me.

They have dug my hands and feet.

And they shall say to him: What are these wounds in the midst of thy hands? And he shall say: With these I was wounded in the house of them that loved me.


On the cross Lord Jesus You took upon Yourself all of my addictions. You, who were without sin, became sin that I might have eternal life. You, purity Incarnate, were stripped naked in the midst of all for my sexual addictions. Your only possession, Your seamless garment, was taken from You for my addiction to things, and the soldiers gambled to win it. You took my addiction to anger and violence and allowed Your hands and feet to be pierced. You Jesus, meek and humble of heart, were lifted up for all to see and ridicule for my addiction to pride. You, who were called a drunk and a glutton, drank the sour wine for my addictions to food and alcohol. You took the punishment and death my addictions deserve and nailed them to the cross. When You had done all of this You said, "It is finished." Sin and addiction were finished. Their power was put to death on the cross.

Lord, help me to trust in this one saving act and constantly participate in it by bringing my sin and addiction to Mass and washing myself clean in Your blood. "These are they who are come out of great tribulation, and have washed their robes, and have made them white in the blood of the Lamb."

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus,

who put my addictions to death on the cross.
The Resurrection

When she had thus said, she turned herself back, and saw Jesus standing; and she knew not that it was Jesus. Jesus saith to her: Woman, why weepest thou? whom seekest thou? She, thinking it was the gardener, saith to him: Sir, if thou hast taken him hence, tell me where thou hast laid him, and I will take him away. Mary Magdalen cometh, and telleth the disciples: I have seen the Lord, and these things he said to me.

Now God hath both raised up the Lord, and will raise us up also by his power.

- John 20:14-15, 18, 1 Corinthians 6:14

It is said that the only things in heaven that are manmade are the wounds of Christ. In His resurrected body He retained the wounds of crucifixion.

My addictions can wear my body out and even cause physical and spiritual scarring. Christ has overcome the world, sin, and death. He has overcome my addictions. If I have followed Him to death on Calvary I can follow Him to life eternal. My body too will be renewed and made glorious in the resurrection at the end of time. Until then I am to treat my body as a temple of the Holy Spirit. I must prepare myself for this eternal life by treating my body with honor and respect. I must put away the addictions that cause damage to my body as well as to my soul. When I, like Saint Paul, put on Christ and no longer live but have Christ living in me, others, like Mary Magdalene, will not recognize me. When I finally reveal myself to them and they see that I have changed and put away my old self and have become a "new man" they again, like Mary, will run and tell the world they have seen the power of the risen Lord.

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who will raise me up on the last day free from addiction.
The Ascension

And when he had said these things, while they looked on, he was raised up: and a cloud received him out of their sight.

The night is passed, and the day is at hand. Let us therefore cast off the works of darkness, and put on the armour of light. Let us walk honestly, as in the day: not in rioting and drunkenness, not in chambering and impurities, not in contention and envy: But put ye on the Lord Jesus Christ, and make not provision for the flesh in its concupiscences.

- Acts of the Apostles 1:9, Romans 13:12-14

One of the greatest fears of any addict is that he will be caught. Yet at the same time his desire is to be discovered so he may begin healing.

A desire to be found out always echoes somewhere in the darkness of my mind. It is certainly a self-conscious cry for help. The angels on the Mount of Olives tell me that Jesus will return in much the same way as He left. However, Jesus said that I will not know the day nor the hour of His return. He will return like a thief in the night.

This mystery of the Ascension reminds me that Jesus is coming back. It also compels me to re-examine my life and ponder what I might be doing when He does return. Will I be squandering my family’s savings at the blackjack table or lottery machine? Will I be hiding in the garage or bathroom drinking booze? Will I be raising my fist and voice to those people I am commissioned to love? Will I be surfing adult websites or looking through explicit magazines when the Lord appears in all His glory? To be caught in my addiction by a friend, family member, or co-worker is one thing. To be caught by Christ at His second-coming is another.

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who will return when I least expect Him.
The Descent of the Holy Spirit

And when they were come in, they went up into an upper room… All these were persevering with one mind in prayer with the women, and Mary the mother of Jesus, and with his brethren.

He that is a friend loveth at all times: and a brother is proved in distress. A faithful friend is a strong defense: and he that hath found him, hath found a treasure.


In this mystery God gives me an excellent help in overcoming my addictions. No man is an island, yet as an addict I often feel as though I am the only person on the face of the earth. The addiction makes me focus so completely on myself that everyone else fades from the picture. When my addiction is exposed, again I am alone and become an outcast of my friends, family, and society.

In this mystery I am shown that the Body of Christ is a community of believers. This community is one of God’s greatest gifts to an addict. By belonging to a group of believers I am able to graft myself into the Body of Christ and receive innumerable graces, the foremost being the Holy Spirit Himself. I also gain the prayers and sacrifices of others made on my behalf. This group of believers will also hold me accountable for my actions. They will pray for me, admonish me to do better, and pick me up when I fall. To truly conquer my addictions I must surround myself with believing people who will commit themselves to prayer and who will influence me in positive ways and hold me accountable. Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who sends the Holy Spirit to help me overcome my addiction.
The Assumption of Mary

And the king shall greatly desire thy beauty; for he is the Lord thy God, and him they shall adore.

…the body is not for fornication, but for the Lord, and the Lord for the body. Now God hath both raised up the Lord, and will raise us up also by his power.

- Psalm 44:12, 1 Corinthians 6:13b-14

Jesus loved His mother too much to allow her body to see corruption in the grave so He brought her to Himself. Mary’s focus in life was God and doing His will namely by loving her Son. Like Mary, the closer I come to Christ the closer He comes to me. When He is lifted up as the center of my life He will draw me to Himself. All addictions lead me further away from Christ. With the help of Mary, the grace of God, and a firm resolution to turn more fully to Jesus I can overcome my addictions. When I turn away from sin and place it behind me I begin my journey back home to my Father’s house. The closer I get to Him the closer He will get to me until eventually He begins running to meet me.

Lord, I resolve to imitate Mary more fully and place Christ in the center of my life and look with joyful hope for the day when He will call me to Himself. “From them that resist thy right hand keep me, as the apple of thy eye. Protect me under the shadow of thy wings.”

Our Father, Hail Mary, Glory Be, Etc.

Additional clause: ...of thy womb, Jesus, who draws me out of addiction to Himself.
The Coronation of Mary

For know you this and understand, that no fornicator, or unclean, or covetous person (which is a serving of idols), hath inheritance in the kingdom of Christ and of God.

I am the mother of fair love, and of fear, and of knowledge, and of holy hope. In me is all grace of the way and of the truth, in me is all hope of life and of virtue.

- Ephesians 5:5, Sirach 24:24-25

Scripture tells me that nothing unclean can enter heaven. I cannot enter into the Kingdom and still cling to my addictions. As Our Lord said, "You cannot serve God and Mammon." Mary served God wholeheartedly on earth and continues to do so in heaven. She who is my Mother is also my Queen. The Queen of Heaven and earth can obtain for me from her Son, the King, all graces necessary for overcoming my addictions. God has seen fit to distribute His grace through the intercession of His Mother so I must acknowledge her title of Mediatrrix of all Graces. And so scripture says of her, "I, like a brook out of a river of a mighty water; I, like a channel of a river, and like an aqueduct, came out of paradise. I said: I will water my garden of plants, and I will water abundantly the fruits of my meadow". Therefore, I trust in so wonderful an intercessor and trust in her unceasing prayers for me. She will obtain all the graces I need to overcome my addictions and in doing so place me in the service of her Son the King of Kings.

Our Father, Hail Mary, Glory Be, Etc.
Additional clause: ...of thy womb, Jesus, who gave me His mother as Queen.
Stations of the Cross

For 12-Step Recovery

“Jesus said to them ‘If anyone wishes to come after me, he must deny himself, and take up his cross daily and follow me.’”

Luke 9:23
THE STATIONS OF THE CROSS

The Stations of the Cross, the Way of the Cross, the Way of Sorrows, or the Via Crucis, all refer to the journey Jesus Christ travelled from the time he was condemned to death until his Body was placed in a burial tomb. Followers of Jesus have told the story of his Passion, Death and Resurrection while pilgrims who travelled to Jerusalem visited the sites where it is believed that Jesus was tried and executed. Journals have been discovered, dated as early as the fourth century, describing these pilgrims chanting psalms as they processed the Via Dolorosa (the Way of Sorrows) in Jerusalem. Liturgists view these processions as an embryonic form of the Stations of the Cross.

Many churches typically contain fourteen Stations but as an outgrowth of the Second Vatican Council, a fifteenth Station was added reflecting our Lord’s victory over suffering and death and the Good News of Easter – the Resurrection. As we are a post Vatican Council II church, all of our Stations of the Cross, both inside the church and outside, reflect this more complete narrative. Today, Christians everywhere follow Jesus’ final journey to unite their suffering with his in the hope of sharing in his Resurrection. In the words of St. Paul: “I wish to know Christ and to be conformed into the pattern of his death, so that somehow I may come to know the power of his Resurrection.” Phil 3:1

DISPOSITION FOR PRAYING THE STATIONS OF THE CROSS

Suffering – in one of its many forms - invades all of our lives; no one needs to search for it. We may attempt to deny or run from suffering but it cannot be avoided. What is demanded is the need to come to terms with suffering. It is in this context that we provide the Stations of the Cross for Various Circumstances. We invite you to pray these Stations as a means of uniting your personal trials with our Lord’s, so that you too might share in his Passion so as to rejoice in his Resurrection.

We believe in a God who became incarnate through his Son, Jesus Christ, who chose to suffer for the sake of our redemption. This Passion is made visible in the physical Way of the Cross and metaphysically in the psychological, emotional and spiritual suffering that took place in the Garden of Gethsemane – which one might call the overture to the Via Crucis.

The radical symbol of the Cross - ubiquitous throughout the world - has lost much of its shocking, paradoxical impact. We see the Cross hanging on walls, towering above churches and suspended from one another’s necks in precious gold. The Cross has become a thing of beauty - and it should - for without the sacrifice made on the Cross, there would be no hope of eternal happiness with God.

When we pray the Stations, it is not for the purpose of undertaking an historical remembering of what occurred, but to show us what is happening now - what is happening within each of us. The reason for praying the Stations of the Cross is to enter into the mystery of Jesus’ gift of himself for us – to experience his means of transforming suffering through love. We do this “through, with, and in him”, step by step, learning how this plan of love can be carried out by us today. In one form or another, his trials are revealed in ours and our trials in his. This frames the spiritual pilgrimage which you are invited to undertake through your particular circumstances, in contemplation of the Passion of Jesus Christ inspired by our faith in the Resurrection.

Allow One Hour

“Could you not watch and pray with me for one hour?” Matthew 26:40

For the Cross of our Lord’s Passion becomes our Tree of Eternal Life
WE BEGIN: In the name of the Father, and of the Son and of the Holy Spirit. Amen.

I

JESUS IS CONDEMNED TO DEATH

We adore you, O Christ, and we praise you. Because by your Holy Cross, you have redeemed the world.

I hear the pain in the voices of my loved ones and know that I have hurt them. Friends and family are intervening in my life demanding that I change. They condemn my past behaviors and insist that my old ways, my old life, must die. Under the lash of addiction, we are driven to discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. Who cares to admit complete defeat? Every natural instinct cries out against the ideas of personal powerlessness. No other kind of bankruptcy is like this. Stop the pain, Lord. I want to do this but I need your help. You understand what it means to be condemned to death. Be the source of my strength, that in you I will have strength for everything.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
II

JESUS ACCEPTS HIS CROSS

We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

I am told that by accepting my defeat I will finally learn how to carry this cross. Only through defeat are we able to move forward to liberation. I need to understand acceptance. I’ve been told to attend meetings. I’ve been told to find a sponsor. I’ve been told to work the Steps and to make sacrifices. This is the way to a faith that works. Help me accept these changes as you accepted your Cross. Strengthen me on this Way of the Cross so that a new life is resurrected in me, through you.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

With just a few steps forward, already I have fallen back to my old habits. Self-will and self-sufficiency leads to my destruction. Help me get back on track. Help me discover the lesson I need to learn hidden inside this fall. Relapse is simply a stop on my journey; not the end of the road. The more I become willing to depend on you, the more independent I become of those habits that imprison me. Help me place the key of willingness into the lock.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
JESUS MEETS HIS MOTHER

We adore you, O Christ, and we praise you. Because by your Holy Cross, you have redeemed the world.

It is hard to comprehend all the pain I’ve caused my parents and family - especially my mother who raised me and taught me right from wrong. I see the pain in her eyes but I also see her faith and support on this road to recovery. Don’t let me disappoint her again. Strengthen me so she might look at me and smile again.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
We adore you, O Christ, and we praise you. Because by your Holy Cross, you have redeemed the world.

You had Simon to help you. Now you’ve sent a sponsor to walk beside me and guide me on this journey. Having a sponsor lightens my burden as I share my trials and struggles with someone who has walked this path already. My sponsor points out the pitfalls and encourages me with hope. Teach me to lean on him when necessary.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
VERONICA WIPES THE FACE OF JESUS

We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

Just as you left your impression on Veronica’s veil, so I can see myself in the stories that I hear others share in meetings. There is something in each of their past that is a part of me. There is something in each of them that now reflects your image and likeness. Strengthen me on this journey so that I am configured more to you each day, so that like Veronica, others will look at me and see you.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

Not again! Not a new bottom! I have come to realize with this fall that I have more problems than just addiction. My best thinking has kept me sick. Nothing but continuous advancement on these Steps can bring about the much needed, much desired change. Sometimes I fall back on old ways of thinking. I know now this must change in me as well. Resentments are the number one offender and I must surrender these just as I have surrendered my life over to your care. Restore me to sanity.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
JESUS MEETS THE WOMEN OF JERUSALEM

We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

People, places and things. Everything must change. That old gang of mine can’t support me while I make the necessary changes. These new friends that I’m discovering truly care about me. They look me in the eye. They know the pain and struggles I’m going through. They tell me to lean on them. They’re here to support me! Help me become an example to the friends I left behind, so they too, can be free.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.
IX

JESUS FALLS THE THIRD TIME

We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

Progress, not perfection. I know now that the conversion that has begun in me is a lifelong task. As long as I get back up and strive to eliminate my character defects, I will continue to improve. Don’t let me get discouraged. Give me the fervor with which the drowning seize life preservers. Help me to realize this is always a quest, never a destination. Humbly I ask you, to remove all these defects of character that cause me to fall.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.
JESUS IS STRIPPED OF HIS GARMENTS

We adore you, O Christ, and we praise you. Because by your Holy Cross, you have redeemed the world.

My former life and coping mechanisms had to be stripped away. The Fifth Step required that I stand naked before another person, devoid of all my masks. That day I joined the human race. No more guilt, no more shame. I lost what I thought were friends and former ways of thinking. I’ve left those old haunts I no longer visit. I need to become transparent and relinquish those secrets I have harbored. Strip me of all my defects of character that I uncovered in my inventory. Pride – the tap root of many of my faults must be destroyed so that humility can come forth. Someday, I will stand naked before you. Help me to become comfortable in my own skin.

Our Father . . . Hail Mary . . . Glory be to the Father. . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
JESUS IS NAILED TO THE CROSS

We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

There are times I have felt hung out to dry with my reputation ruined. Through their words and actions some have nailed me to my past, refusing to see that I have changed. Change is painful – excruciating at times. You accepted this process and I must learn to. Help me grow closer to you through my sacrifices.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
We adore you, O Christ, and we praise you. Because by your Holy Cross, you have redeemed the world.

You died for me and my old ways must die with you. Help me to hand over my life as you did to the Father. Into your hands, I dedicate my life in gratitude for the gift of recovery. I crossed the threshold of these rooms wishing I was dead at what seems like a long time ago. You granted that wish, because the old me is now gone. Those of us who have experienced the dynamics of recovery understand that death must come before new life can begin.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
We adore you, O Christ, and we praise you.  
Because by your Holy Cross, you have redeemed the world.

There are times when I have been so worn out my new friends have had to carry me - dragging me to a meeting, telling me to put one foot in front of the other, one day at a time. As they have carried me on this journey teach me to carry other on theirs. Be the source of my strength, that in you I will have strength for everything.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.
XIV

JESUS IS LAID IN THE TOMB

We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

There are times when I have been so worn out my new friends have had to carry me - dragging me to a meeting, telling me to put one foot in front of the other, one day at a time. As they have carried me on this journey teach me to carry other on theirs. Be the source of my strength, that in you I will have strength for everything.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
We adore you, O Christ, and we praise you.
Because by your Holy Cross, you have redeemed the world.

I never thought this new life was possible. I have found a new freedom and a new happiness. My whole attitude and outlook on life has changed. Now I comprehend the spiritual awakening that was promised. My old life is over and a new life has begun. I am happy, joyous and free. In this new life, guide me to help others just as you taught your disciples. Make me an apostle of your Resurrection sowing faith and hope to those who are still sick and suffering. Help me to continue to practice these principles in all my affairs.

Our Father . . . Hail Mary . . . Glory be to the Father . . .

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen
Novena to the Holy Spirit for Addictions & Recovery
Day 1 of Novena to the Holy Spirit for Addictions & Recovery

Beginning Prayer:

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

Ask the Holy Spirit for healing during this Novena. Regardless of how long you have been sober, most of us are all still close to returning to our previous status as practicing addicts. Even if you are still in the death grip of alcohol or drugs, there is still time. When there is still life, there is still hope. God allows u-turns!

Why might there still be the threat of relapsing? Perhaps we still are at odds with how to handle sobriety. Reality is still difficult to cope with on its terms. All of us, sober or not, need the Advocate, the Holy Spirit to guide us on our way. He is the real “Higher Power,” the only One through whom God the Father guides and protects His own.

We have nine days of prayer and meditation. Spend the time wisely. Daily petition the Holy Spirit to help you. Reciting the beginning prayer each day is good, as well as adding your own humble requests.

Day 2 of Novena to the Holy Spirit for Addictions & Recovery

On this second day of this novena, we pray for the gift of wisdom.

Beginning Prayer:

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

The last petition of the Serenity Prayer is for wisdom to know the difference between the things we can change and those we cannot. Sometimes we addicts have a muddled way of looking at things; are too influenced by internal conflicts and interior change, and as a result have a warped perspective on what we can and cannot do. We need external guidance and help.

Beg of the Holy Spirit today for the gift of wisdom. The gift to discern between right and wrong action, and to always seek God’s will above all. True peace and security always lies in doing this, despite it not always being apparent at first. This is what most discover, and this is what separates those who sincerely are seeking genuine spiritual growth from those seeking the easier, “safer” path. The lowest common denominator is always the easier way and less demanding.

Wisdom helps you detach from the false attractions of the world and enables you to see its empty promises for what they are. Wisdom is a sustenance unlike anything that the world can give.

Oh, Holy Spirit, give me the gift of Wisdom so that I can truly follow the path that God has set out for me. We ask this in the name of Jesus, our Lord.
On this third day of the novena, we pray for the gift of understanding.

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

As addicts we were seriously misunderstood. That’s one reason why we drank or used drugs, to escape from those around us who didn’t understand us and to escape into a fantasy world where everything made sense. And we mattered.

Let us not in our sobriety do unto others what had been done unto us. We perhaps deserved being misunderstood. Perhaps we expected others to just get us and just allow us into their lives. We wanted to be accepted for ourselves on our own terms and that was that. When we didn’t fit in to other people’s expectations (or we refused to) we ran off.

We pray today for the gift of understanding. We do not know what is going on in someone else’s head or heart. We do not know what is going on in their life. We shall not judge from outward appearances what could just be a snapshot of a momentary period in their life.

We let it go, or perhaps don’t pick it up.

Oh, Holy Spirit, enable us to see others as the Father sees them. That all whom we meet are children of the Father like us, and just like us are broken and wounded though perhaps in ways we may not understand. We ask this in the name of Jesus, our Lord.

Today we pray for knowledge.

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

Knowledge of what? Knowledge of God’s will and knowledge of ourselves. The better we know ourselves the better we can discern God’s will for us.

One way to know ourselves is to sit still and listen. We listen to what’s going on inside of us. We pray and meditate and listen while we do that. Most of the time we can hardly hear ourselves above the cacophony of the world about us, and the world prefers it that way. Many people are uncomfortable with being alone, as if being alone is bad or scary and being contemplative and introspective is difficult and frightening. Most may not come out and admit it, but how many people are comfortable with being alone by themselves?

The world prefers our attention to its noise than to our inner life because it serves to distract us from knowledge. We do not know ourselves and therefore never get the connection between our life and the supernatural. We fail to think of God much, if at all.
Day 4 of Novena to the Holy Spirit for Addictions & Recovery

continued

When we focus on getting to know ourselves in this perspective, we see our shortcomings and work to remove them. We develop our spiritual lives and seek to grow closer to the only real Higher Power, God. We pray and meditate and seek His will above all things.

Oh, Holy Spirit, I long to do God’s will. Give me knowledge of that will and guide me along its path so that I may please Him and help build up His Kingdom on Earth. I ask this in the name of Jesus, the Lord.

Day 5 of Novena to the Holy Spirit for Addictions & Recovery

On this day of the novena, we petition for the gift of counsel.

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

Counsel is the enlightening of the mind by the Holy Spirit so as to better discern God’s will in choosing between right and wrong. (I usually get counsel confused with knowledge.)

We addicts are experts at choosing between right and wrong. Unfortunately we almost always picked the wrong choice while under the influence. The first major right choice we made was when we arrived at the “jumping off” point, that moment when we hit bottom and decided between life and death. Life, meaning not drinking or using drugs, may be actually better. “If I continue to drink, I will die. If I stop drinking, I may only want to die.”

After sobriety sets in, we face countless right-or-wrong choices. As addicts, these decisions go deeper than “normal” people. As addicts, we need to learn how to handle sobriety. We need to retrain ourselves in how we react to situations and events that “normal” people take in stride without a thought. My favorite personal example are intersections and grocery stores. I need to think in advance while stopped at a red light that sometimes people may actually take 5 or more seconds to hit the accelerator after the light turns green. By think I mean ponder and remind myself. Most people are probably just on automatic and go on green after a habit-formed period of time passes, allowing for traffic conditions. No, not me. I have to meditate because I am convinced that after waiting at the red light for however long it’s on, people forget that green means “go”. For grocery stores is similar. I have to remind myself that people are not intentionally moving their shopping carts slowly down the middle of the aisle just to inconvenience me, or that the checker is intentionally driving me insane by slowly running the items over the scanner and bagging them.

Those two personal examples are moments when I need the gift of counsel, this inner light of reason as to which path to take (in my examples the path of patient waiting or impatient burning).

Counsel is like the Holy Spirit is your personal Twelve Step sponsor.

Oh, Holy Spirit, give me the gift of counsel so that I may always choose right over wrong. I ask this in the name of Jesus, the Lord.
On this day of the novena to the Holy Spirit, we petition for the gift of fortitude.

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

Fortitude is inner strength, a courage to face adversity. We also know this as the ability to endure and suffer through trials, troubles and tribulations.

We addicts know all these way too well.

Lack of true fortitude drove us to drink or use drugs. It afforded us a false sense of fortitude. We needed to “fortify” ourselves before any stressful endeavor. Anything that we knew would be a source of anxiety was an excuse to drink or use drugs.

Addicts sometimes talk of a “hole in the soul” that their addiction filled. Upon recovery that hole is filled by the grace of God and His increased presence in it. Fortitude may be one of the most direct gifts of this “hole filling” presence of God. With an increased devotion to the Lord, and a transfer from alcohol and drugs to God for our spiritual fulfillment, we may find the inner strength needed to take on and handle our daily troubles.

Oh, Holy Spirit, bestow upon me the gift of fortitude so that I may see through my sufferings today and bear witness to the strength that faith and hope in You brings. I ask this in the name of Jesus, the Lord.

On this day of the novena to the Holy Spirit, we petition for the gift of piety.

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

False notions of piety include holier-than-thou self-righteousness, or a heavy-handed religious devotion focusing more on rules. Piety is actually a sincere, humble and faithful devotion to God, a pure religious and spiritual devotion lacking any mere human concerns.

Piety elevates us above the level of ordinary spiritual seeking and growth because it necessarily includes religion. Without religion we are merely stumbling around in the dark, designing our own god and going along the easiest path. Religion “imposes” duties and obligations that distinguishes us from the purely secular realm. It helps us focus on God, His love for us and aids in our response to Him. Religious duties and obligations are more easily followed when we honestly and sincerely seek to understand them and their meanings and origins. Otherwise we just think they are burdensome human inventions that people reject and then go off to be “spiritual” and not “religious” (a post on that is in the works).
For a recovered addict to be pious means to have a sincere religious faith mixed with a desire for spiritual growth that challenges you to conquer your inner demons (or “character defects”). Interior conversion and conquering these demons is always a consideration for people leaving addiction, especially if you want to do “whatever it takes” to remain free of the addiction.

Venerable Matt Talbot was a pious man, free from addiction to alcohol through his practice of the Catholic faith. He independently discovered and lived a life according to the Twelve Steps of popular recovery movements years before they were written down. He is an excellent model for the person in recovery. Much can be learned about him.

Being pious is not being self-righteous. Piety helps steer us in the direction of spiritual growth towards God and enables us to live religious lives.

Oh, Holy Spirit, bestow upon us the gift of piety so that we may sincerely seek out God in all things. We ask this in the name of Jesus, the Lord.

Today for this novena we petition for Fear of the Lord.

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

Fear is the misunderstood part of this gift. Fear is misunderstood to imply that God is a harsh, brutal unforgiving taskmaster that we should cower and cringe before in mortal terror.

Fear is perhaps better understood as meaning respect. We must respect the Lord our God who created us and sustains us throughout our lives and who decides when that life is over.

After receiving all of the other gifts of the Holy Spirit, we can understand that receiving fear of the Lord as not to be something, well, feared. A healthy, deep and loving respect for God is a natural result of the spiritual development and growth that devotion to the Holy Spirit brings.

Many addicts upon recovering reject organized religion as it is felt to be a sign of an unrelenting and unforgiving God. This is based on their past addicted relationship with the Church. The interesting thing is that in their recovery, at least according to the 12 Steps, they are to make amends to all they have hurt, to “clean up their side of the street” and to be open to healing all parts of their lives. But they (in my experience) leave out the Church. They harbor and nurture a lingering resentment towards the Church. To me this is a land mine waiting to explode. Regardless of one’s opinion on organized religion, to not heal all of your past relationships is an incomplete recovery. This view of organized religion may ultimately poison a relationship with God.

To say that “I believe in God, but not religion”, is like saying “I believe in air, but not in breathing”.

Pray for a healthy, loving respect for God. It will affect all your relationships.

Oh, Holy Spirit, give me a deep and respectful fear of the Lord, our God, who gave me life and sustains me though all my sufferings. I ask this in the name of Jesus, the Lord.
All 7 Gifts of the Holy Spirit have been prayed for: Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety, and Fear of the Lord.

To round out the last day of novena for addiction, let us petition for sobriety. It isn’t a gift of the Holy Spirit, but if you live according to the Spirit, it is a natural result.

Come Holy Spirit, fill the hearts of Your faithful and rekindle in them the fire of Your love. Send forth Your Spirit, and they shall be created and you shall renew the face of the Earth.

Sobriety means much more than not drinking or using drugs. Just like “peace” doesn’t mean “no war”. Sobriety means clear-headedness, a cool and balanced view of things. Faith going hand-in-hand with reason.

It is an emotional balance. As addicts we had a warped emotional interpretation of events and situations and our response was therefore as warped and imbalanced as our perceptions. Sobriety means that we have taught ourselves how to handle these situations. We retrained ourselves how to properly respond to stuff. A goodly dose of sincere humility, that there is a God and we’re not Him mixed with an ability to choose those things that we can change from those we can’t, and we have the beginnings of sobriety.

We maintain this sobriety through prayer, religious devotion, and spiritual growth; a balanced and respectful attitude towards people and things; and service to others. Twelve Step or alternative recovery programs may supplement these.

From 1 Peter 5: 8-9; “Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for (someone) to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings.”

Resist the alluring call of the drink or use drugs, know that others are going through the same sufferings as you, regardless of the length of sobriety.

Oh, Holy Spirit, grant me sobriety. I ask you this in the name of Jesus, the Lord.
Patron Saints for Addiction and Related Issues
Asking Matt's Help in the Presence of the Lord

Gentle Matt, I turn to you in my present needs and ask for the help of your prayers.

Trusting in you, I am confident your charitable and understanding heart will make my petitions your own. I believe that you are truly powerful in the presence of Divine Mercy. If it be for the glory of the Sacred Heart of Jesus, the honor of Mary, our Mother and Queen and the deepening of my relationship with them, show that your goodness towards me, in my daily struggles, equals your influence with the Holy Spirit, who is hidden and at home in my Heart.

Friend of pity, friend of power, hear, oh hear me in this hour, gentle Matt, please pray for me.
Matt Talbot was born May 1856 in Dublin Ireland. His father was a heavy drinker and, as a result, the family grew up in poverty. Typical of his era, Matt spent just one year at school and he was unable to read or write. He entered the workforce at age twelve, employed by E & J Burke, a firm which bottled beer and by the time he was sixteen, he came home drunk regularly.

By the time he was in his twenties, he spent all his wages and spare time at a local pub. Drink had become Matt's only interest in life. He supplemented his wages by doing extra work after hours. Matt had only one interest – alcohol.

By the time he was twenty-eight, he was well on the road to self-destruction, when a traumatic incident changed his life. On a Saturday morning in 1884, he waited outside the pub without a penny in his pocket. He reasoned, his friends would not reject him but they did. Matt Talbot was stunned and shocked. But, it was a moment of grace. He realized that he was totally enslaved to drink. Matt came home sober on that fateful Saturday morning and said to his mother that he will take the pledge for life and the resolution to not carry money with him as it would be a temptation.

Dropping into a Church on his way home became a habit. Gradually he began to pray, to ask God to help him. To find the strength to remain sober he decided to attend Mass every morning before work and to receive Holy Communion. This was very unusual in the 1880's when the average good layman went to Mass just on Sunday and received Holy Communion only at Easter and Christmas.

Matt Talbot now turned all his effort to increasing his union with God and developing his life of prayer. He turned to a Jesuit Father, Father James Welshe to help him. He had learned to read and write.

Matt Talbot died suddenly from a heart attack in Granby Lane on the way to Mass on Sunday, June 7th, 1925. He was buried in a pauper's grave in Glasnevin Cemetery a few days later. The story of his life came to light because when his body was undressed, three chains were discovered wrapped around it. Inquiries disclosed that he practiced a devotion known as the slavery to Mary. The underlying idea was that a person who considered himself a spiritual slave to the Mother of God would remain close to her and to Jesus, her son. The devotion included wearing one fine, loose chain. It was typical of Matt Talbot to wear three.

In 1975 the Holy See conferred the title "Venerable" on him, which means that from a purely human point of view, Matt Talbot has the qualifications of a Saint. If this Opinion is confirmed by the Miracles required by Canon Law, he will be canonized.
Glorious Saint Mark, holy martyr of China, you are the patron saint of drug addicts because for many years you struggled with the effects of opium addiction which affected every aspect of your life. Yet despite this you never gave up on trying and praying, and in heaven God has rewarded your perseverance. Dear saint you know better than anyone the great tribulations that come with addiction; look with compassion upon all drug addicts throughout the world and deliver them from their bondage. Strengthen them in their recovery and help them resist their temptations. Obtain from God that drug addicts everywhere may receive the support and compassion they deserve and may all, through the grace of God be restored to full health.

Amen.
A once respectable Chinese Christian with resources and educational advantages during 19th century China, Ji’s successful medical career including caring for the poor pro bono. He was a leader in the Chinese Christian community- respected and admired. He developed a volatile, painful stomach ailment which he self-treated with the treatment of the period- opium. This approved medical treatment turned into a full-fledged addiction. His life circumstances deteriorated under the weight of his addiction.

Ji fought against his addiction. He attended confession regularly. The cultural mindset and misunderstanding of the 19th century that drug addiction was not a disease but rather a lack of will caused his confessor to doubt his intention to sin no more and his resolve to repent (without the resolve to sin no more & repent the confession is invalid.) Since he kept confessing the same sin, the priest doubted his resolve to do better. After a few years, Ji’s confessor instructed him not to return until he could fulfill the requirements for confession. Drug abuse is sinful behavior, but drug abuse also is a complex disease of the mind and body. A concept unknown in the 19th century.

Ji didn’t abandon his faith. He couldn’t remain sober, but he could still be present with Our Lord. For 30 years Ji went to Mass unable to receive the sacraments due to his opium addiction. For 30 years, he prayed for a martyr’s death for he believed in that way only could he be saved.

The Boxer Rebellion of 1900 broke out. Chinese nationalists known as the Boxers, or the Militia United in Righteousness, expelled missionaries and persecuted Christians across China. Thirty-two thousand Chinese Christians and 200 foreign missionaries were killed. Ji and many of his village’s Christians, including his son, 6 grandkids, and 2 daughter-in-laws, were rounded up by authorities based on their Christian belief. Even while waiting in prison for their execution, Ji couldn’t break his addiction. Still, he was granted a heroic sense of perseverance.

Once taken to their place of execution, he begged his captures to execute him last so none of his family members would die alone. He stood beside all nine members of his family as they were beheaded. He went to his death singing the Litany of the Blessed Virgin Mary. He was canonized on October 1, 2000 by St. John Paul II.

St. Mark Ji Tianxiang is a beautiful witness to the profound mystery of God’s mercy and how our sufferings can be turned into something profoundly good. His testimony to unwavering perseverance in his faith should kindle a fire in all our hearts. His witness brings hope to those suffering from addictions. May we all rely and believe in Christ’s mercy like St. Mark Ji.
A PRAYER TO SAINT DYMPHNA

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need. (Mention it.) Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request.

(Pray one Our Father, one Hail Mary and one Glory Be.)

Saint Dymphna, Virgin and Martyr, pray for us.
Saint Dymphna

Feast Day: May 15

Dymphna was the only child of a pagan king who is believed to have ruled a section of Ireland in the 7th century. She was the very picture of her attractive young Christian mother.

When the queen died at a very young age, the royal widower’s heart remained beyond reach of comfort. His moody silences pushed him on the verge of mental collapse. His courtiers suggested he consider a second marriage. The king agreed on condition that his new bride should look exactly like his former one.

His envoys went far a field in search of the woman he desired. The quest proved fruitless. Then one of them had a brilliant idea: Why shouldn’t the king marry his daughter, the living likeness of her mother?

Repelled at first, the king then agreed. He broached the topic to his daughter. Dymphna, appalled, stood firm as a rock. By the advice of St. Gerebern, her confessor, she eventually fled from home to avoid the danger of her refusal.

A group of four set out across the sea – Father Gerebern, Dymphna, the court jester and his wife. On landing at Antwerp, on the coast of Belgium, they looked around for a residence. In the little village of Gheel, they settled near a shrine dedicated to St. Martin of Tours.

Then spies from her native land arrived in Gheel and paid their inn fees with coins similar to those Dymphna had often handed to the innkeeper. Unaware that the men were spies, he innocently revealed to them where she lived.

The king came at once to Gheel for the final, tragic encounter. Despite his inner fury, he managed to control his anger. Again he coaxed, pleased, made glowing promises of money and prestige. When this approach failed, he tried threats and insults; but these too left Dymphna unmoved. She would rather die than break the vow of virginity she had made with her confessor’s approval.

In his fury, the king ordered his men to kill Father Gerebern and Dymphna. They killed the priest but could not harm the young princess.

The king then leaped from his seat and with his own weapon cut off his daughter’s head. Dymphna fell at his feet. Thus Dymphna, barely aged fifteen, died. Her name appears in the Roman Martyrology, together with St. Gerebern’s on May 15.

In the town of Gheel, in the Flemish-speaking region of Belgium, great honor is paid to St. Dymphna, whose body is preserved in a silver reliquary in the church which bears her name. Gheel has long been known as a place of pilgrimage for persons seeking relief or nervous or emotional distresses. In our century, the name of St. Dymphna as the heavenly intercessor for such benefits is increasingly venerated in America.
Saint Maximilian, intercede for us, that those struggling with addiction may break the chains that bind them.

Saint Maximilian Kolbe, turn your gaze on us who honor you and have recourse to you. Radiating with the light of Mary Immaculate, you brought countless souls to holiness and introduced them to faithful endeavors for the victory of good over evil. Your life of love and service was cut short by a lethal injection, given in a prison cell in Auschwitz. Pray that God will help break the chains of addiction that hold me bound. May His grace strengthen me in resisting this dependence that prevents me from living a life of health and happiness. Guide me to the resources I need to find healing and wholeness.

Amen.
Saint Maximilian Kolbe

Feast Day: August 14

Born in Poland in 1894 and at about the age of 10 had a vision of the Virgin Mary. She offered him a white crown and a red crown, representing purity and martyrdom. He chose both, a foreshadowing of his life to come. In 1910, he joined the Conventual Franciscan Order. He was sent to study in Rome where founded the M.I. on October 16, 1917. Ordained a priest in 1918, Father Maximilian returned to Poland and began his untiring missionary activity, starting a monthly magazine and establishing two evangelization centers dedicated to the Immaculate Virgin: Niepokalanów, the “City of the Immaculata,” in Poland, and Mugenzai no Sono in Japan, and envisioned missionary centers worldwide. To better “win the world for Christ through the Immaculata,” the friars utilized the most modern techniques. St. Maximilian used short-wave radio and planned to build a motion picture studio. In 1939, during WWII, at Niepokalanów he welcomed thousands of refugees, especially Jews. In 1941, St. Maximilian was arrested by the Nazis and taken to the Auschwitz concentration camp. There he offered his life for another prisoner and was condemned to slow death in a starvation bunker. He died on August 14, 1941, with an injection of carbolic acid. Pope John Paul II canonized him as a Saint and Martyr of Charity on October 10, 1982. St. Maximilian Kolbe is considered a patron of journalists, families, prisoners, the pro-life movement, the chemically addicted and those with eating disorders.

St. Maximilian was a ground-breaking theologian. His insights on the Immaculate Conception anticipated the Marian theology of the Second Vatican Council and further developed the Church’s understanding of Mary’s role in God’s Plan of salvation. His Marian thought re-echoes in the Marian teaching of both St. John Paul II and Benedict XVI.
Helpful Links & Other Resources

Websites

• Catholic in Recovery • https://catholicinrecovery.com • nonprofit organization that seeks to serve those suffering from addictions. It supports parishes and communities with group resources that draw people closer to sources of grace.

• Fight the New Drug • https://fightthenewdrug.org • place to find all the information about the harms of pornography and to spread the movement pushing against the horrors of pornography.

• Integrity Restored • https://www.peterkleponis.com • Resource provided by Dr. Peter Kleponis to help men, their wives and their families break free from the bonds of porn.

• Made in His Image • www.madeinhisimage.org • They share healing for women suffering from eating disorders, sexual abuse, and physical trauma.

• Mass for Healing from Addiction • www.hbghospital.org/healthcare-ministry • Many parishes around the Diocese of Harrisburg are extending God’s merciful and loving hand to those who have an addiction as well as their families and loved ones by offering a series of Masses for Healing from Addiction each month. Full schedule is listed on the website.

• Catholic Charities of Harrisburg • http://www.cchbg.org/ • Some of the services offered by Catholic Charities include counseling services and outpatient and partial hospitalization programs, as well as Evergreen House for those recovering from addiction.

Apps

• Twelve Steps – ‘The Companion’ App — available on iPhone/iPad and Android — offers users the ability to track their sobriety, access written material around recovery, maintain recovery contacts, and journal. This offers all the resources of a twelve step meeting on your mobile device.

Suggested Reading

• Total Consecration – St. Louis Marie de Montfort – Montfort Publications
• 33 Days to Morning Glory – Fr. Michael E Gaitley – Marian Press
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Fr. Maximilian Kolbe 1939, photo

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Prayer Against Temptation, Our Catholic Prayers
https://www.ourcatholicprayers.com/prayers-against-temptation.html

Rosary Meditations for Help with Addictions, from Rosary Mediations for Real Life by James M. Hahn

Saint Jude Prayer, Shrine of Saint Jude
Prayer for the Addicted, Catholic Alcoholic
http://www.appleseeds.org/Prayers_Addiction

Saint Mark Ji Tianxiang Retablo, Painted by Robert Kavanagh 2017

Saint of the Month: Saint Mark Ji Tianxiang, Chronically Catholic

Short Bio of Saint Maximilian Kolbe, Mission of the Immaculata

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www.daylesford.org/about-us/stations-of-the-cross/

Stations of the Cross Icons, Judy Cole

The Story of Saint Dymphna, Franciscan Mission Associates
https://franciscanmissionassoc.org/prayer-requests/devotional-saints/st-dymphna/story/
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