

## PRAYER WARRIORS WITH HEART



### Our Goal

Our hope is that the Prayer Warriors' hearts of silent prayer will join with the Sacred Heart of Jesus in His love for those who suffer. Let us bombard God with our sincere concerns for our loved ones who are addicted or incarcerated. It is with softened and renewed hearts that we offer our petitions to God. We ask for His guidance and His strength to help those who struggle daily.

***"Nothing will be refused him (St. Joseph), neither by Our Lady nor by his glorious son." ~ St. Francis de Sales***

We want to pray for you and your loved ones. Please send us a quick email with your prayer (for example, Please pray for my son, first name optional, as he struggles with \_\_\_\_\_) at [HopeNotOpioids@ccda.net](mailto:HopeNotOpioids@ccda.net). We will add your prayer request to our list, and everyone who reads it will pray for you! Please know that you are not alone. Together, as Prayer Warriors, we will storm Heaven with our prayers and God will hear us!

We invite you to forward this email to friends and family, and have them [sign up](#) to join our Prayer Warrior Team.



### Catholic Charities Response to the Opioid Addiction Crisis

Catholic Charities works closely with parishes to address the opioid crisis throughout the 21 counties and seven cities within the Diocese of Arlington. Click [here](#) to watch and listen to a message from Bishop Michael F. Burbidge. May we join in prayer for those who are suffering from addiction or substance abuse, as well as for their friends and family.

### **Addiction Statistics:**

- With a 10-day prescription of opioid painkillers, 1 in 5 people develop an increased risk of opioid addiction.
- Roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them.
- About 80 percent of people who use heroin first misused prescription opioids.
- From 1999 to 2016, more than 200,000 people died in the United States from overdoses related to prescription opioids.

### **Catholic Charities is Here to Help:**

- We will schedule your appointment with a Family Service counselor, who will provide counseling sessions and referrals by secure teleconferencing.
  - South Region (Fredericksburg area and south), call 703-859-3147
  - North Region (Springfield area and north), call 703-447-9402
  - View our [Response to the Opioid Crisis](#) page, including treatment and counseling options, for families and individuals grappling with addiction.

### **Reflection**



***St. Joseph "has always been venerated as a father by the Christian people." (PC,1) In him, "Jesus saw the tender love of God," the one that helps us accept our weakness, because "it is through" and despite "our fears, our frailties, and our weakness," that most divine designs are realized. ~Pope Francis, Patris corde***

St. Joseph's Feast Day is March 19th and he is known as the "Terror of Demons." To mark the 150th anniversary of the declaration of St. Joseph as Patron of the Universal Church, Pope Francis has proclaimed a "Year of St. Joseph" from December 8, 2020 to December 8, 2021. In his Apostolic Letter entitled "Patris corde" ("With a Father's Heart"), the Pope presents St. Joseph as a loving, accepting, hard working father, not unlike other "ordinary" people who can go almost unnoticed yet play an incomparable role.

In St. Joseph's lifetime, he undoubtedly was familiar with worries, sufferings, and anxieties concerning Jesus' life. Think of the anxiety St. Joseph must have felt when he heard in a dream the words from the Angel of the Lord, "Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him." (Matthew 2:13)

Later in Jesus' life, when he and Mary could not find Jesus after their long journey to the temple in Jerusalem, he probably worried as he searched for his child. Finally when he found Him, Jesus responded, "How is it that you sought me? Did you not know that I must be in my Father's house?" (Luke 2:49) I can't imagine the confusion Joseph might have felt.

St. Joseph gets it; he realizes that we have our apprehensions that cause us sleepless nights. Imagine if you could sit down with him and share all your misgivings and problems. I think St. Joseph would understand for he would remember his own anxieties as a father.

Share with him your devastation concerning your incarcerated son and the pain that is engulfing you. Or discuss your journey to sobriety. Perhaps talk to him about the pain you have brought to your family through your daily drinking. Whatever your concerns are, St. Joseph with his tender heart will listen. What advice might he give you? Meditate in the silence of prayer, reflecting on the answer that comes to you. Through silence, many answers can be revealed to us.

When I think of St. Joseph, I am reminded of growing up in Waukesha, Wisconsin and attending St. Joseph's school and church. We lovingly referred to St. Joseph's school as St. Joe's. I would steal away into the silence of the vast church to sit in front of the statue of St. Joseph and reflect on the words, "Terror of Demons." I recall thinking that term was scary. As kids, we had our simple problems, and I remember bringing my concerns to St. Joseph to ask him for favors that were important to me at the time; hoping he would scare away the problem.

Today, I bring my concerns to him and ask him to help me, especially in family affairs. He is a powerful Saint and can be a "Terror" against the evils of drugs, alcohol, and incarceration. He can help parents struggling with children who are in the throes of addiction. St. Joseph is an incredible ally and confidant. Put your trust in the "Terror of Demons" and you will find hope.



## **Covid-19 Support via the Calix Society**

Calix is an association of Catholic alcoholics, drug addicts, and family members and friends affected by addiction, who are maintaining their sobriety through participation in their Catholic faith and a 12 Step program.

While Covid-19 is having an unprecedented impact on all of us due to social distancing, financial stress, emotional strain and fears for physical safety, the impact is especially dangerous for those who suffer from addiction. With that in mind, the Calix Society is making available the following excellent resources to offer help and support to those battling addiction and suffering during this challenging time.

### ***Attend a Healing Reflection Online during March:***

Father Paul Richardson, the Calix Chaplain for the Diocese of Arlington, will be live-streaming 5 Healing Reflections on each Monday during March at 3:00pm, starting March 1st, in honor of the Feast Day of The Chair of St. Peter, St. Patrick's Day, The Annunciation of the Lord and our Lord's Passion. Please click [here](#) for the details. Also, Father Paul is available to talk with anyone confidentially if you'd like to speak with a priest during this difficult period. Father Paul can be reached at: (804) 253-5735.

### ***Attend a Calix Meeting Online:***

While social distancing has made in-person Calix and 12-step meetings difficult, we invite you to join us for an online Calix meeting using Zoom. We offer local and national meetings, including a Beginner's Meeting. There are 3

Calix meetings via Zoom in the Diocese of Arlington. Please click [here](#) for details.

***Prayer Booklet:***

We encourage you to click [here](#) to download a copy of the Calix Society prayer booklet, Prayers, Scriptures and Meditations. We hope and pray these words bring you comfort at this difficult time.

***Attend other Local Meetings Online:***

Find an AA, NA 12-Step Program or Al-Anon Meeting in the Northern VA area online using Zoom, below:

- Online Meetings in the Loudoun District that covers Loudoun and parts of Fairfax County: <https://www.alanondistrict10.org/zoom-meetings>
- The Friday Night Lights Al-Anon meeting at 7pm at St. John Neumann. Zoom link: <https://us04web.zoom.us/j/5163881311> If needed, the ID is: 5163881311 and Password: 31243
- National Al-Anon Recovery Meetings via Zoom: <https://docs.google.com/spreadsheets/d/13Ctqsr1w0awTupA3ERRLxp6OD5MWt1aWF7D9kqtXrJ0/edit#gid=1993227784>
- National AA, NA 12-Step Recovery Meetings via Zoom: <https://nvintergroup.org/virtual-meetings/>
- If you have a teenager that is being impacted by someone's drinking, there is a confidential Alateen Meeting held each Wednesday evening at 7:00pm. For Zoom link details, or any questions on Alateen, please email Mike at [mfm2u2@gmail.com](mailto:mfm2u2@gmail.com) or call (703) 362-3534.

***Free Helpline: (970) 898-2670***

Separate from the Calix and other 12 Step program meetings, a Helpline has been established that is manned by a group with extensive experience in recovery from addiction and/or incarceration and for those affected by someone's addiction. Please don't hesitate to call: (970) 898-2670.



**Constant Prayer Requests**

- Our brothers and sisters living in the confines of jail or prison.
- Prison guards, medical professionals, or others who work with the addicted and incarcerated.
- Those suffering from drug or alcohol addictions.
- Those experiencing success with recovery.
- Our returning citizens who have recently been released from prison.
- The families of those who are struggling with addiction or are incarcerated.

## Monthly Prayer Requests ~ Submitted by our Readers

- Please pray for Claire, she is an addict.
- Please pray for my daughter Stephanie that God will heal her of any addictions or mental health issues.
- Please say a prayer for the women and men recovering from alcohol and drug addiction at Oxford Houses around the nation. We give many thanks to a loving God that blesses us with his love and care on our recovery journey. We ask that you pray for the gift of another 24 hours clean and sober.
- Please pray for my dear friend Victor who is an alcoholic.
- Please pray for Mirella's daughter D as she struggles with addiction.
- Please pray for Theresa's adult brother and sister in their efforts to remain clean & sober.
- Would you please continue to pray for Charlotte S. and her daughter, Nina.
- Please pray for Damianus A. and myself.
- Prayers for Mary Ann's son, Michael, who is struggling with many issues.
- Prayers for Larry that he remains sober.
- Pray for Theresa's brother-in-law Allen. Pray that he realizes he needs help.
- Pray for Billy and all other young people who have died of an accidental overdose.
- Pray for Dan.
- Please pray for Nick that he will get help for himself.
- Please pray for Travis, Nicholas, Jon, Dan, and Adekola.
- Please keep in your prayers the volunteer mentors who are working in the Re-Entry Program.
- Pray for our clients who have relapsed and are on the road to rebuilding their sobriety and recovery, especially during this Pandemic.
- Pray for our priests who must bear the emotional and spiritual burden of burying their parishioners to this horrible disease.
- Please pray for a friend who has just started recovery after relapse.
- Pray for Thom and Don who are incarcerated. May they find peace in jail.
- Pray for Nate.
- Please pray for Pauline's son, Andrew who is struggling.
- Please pray for the men of the Oxford Houses that God will give them strength during this pandemic.
- Please pray a special intention for a young man who is struggling with heroin.
- Pray for Mahad's recovery from alcohol and drugs.
- Pray for Amanda and her recovery from alcoholism.
- Pray for Ricky's serenity in prison, staying faithful to the Lord.
- Pray for Skyler W.



## Thoughts for the Month

***"There are many saints to whom God has given the power to assist us in the necessities of life, but the power given to St. Joseph is unlimited: It extends to all our needs and all those who invoke him with confidence, are sure to be his heart." ~St. Thomas Aquinas***

As I was reflecting on the many ordeals of this past year, I had an ah-ha moment! 2021 does not have to be defined by trials and tribulations! It can be defined by God's blessings, hope, and positivity in our ever-changing world. Let me share some ideas that may bring you feelings of confidence, positive well-being, and serenity. Often these feelings just get lost or overlooked because of the messiness of everyday living. If any of these ideas speak to you, use them to give yourself peace of mind.

Take time out of your busy day to pray to St. Joseph. It can be as simple as sitting quietly and listening. Ask him to give you courage as he sits beside you in your jail cell. Ask him to help you find the words to write a letter to someone whom, you have grievously offended. Tonight, as you seek your "Happy Hour " drink, ask him to fortify you to pass on this one...this could be the start of passing on many more. Instead of seeking your drug of choice, ask him to seek for you an AA Sponsor who will give you support when you desperately need it. You may wish to listen to various podcasts on the life of St. Joseph to give you food for thought. Pope Francis often tucks a note under the statue of St. Joseph asking for a special intention; you might consider following his example. I sometimes write an intention to St. Joseph on a piece of paper and place it under my pillow before I go to bed. I ask him to frighten away demons, anxieties, and fears that I am carrying around with me in my life. I ask him to give me rest, both spiritually and emotionally. All these suggestions might bring a bit of order and hope to your messy world.

Through this pandemic, addiction is up 40%. I am aware many of you are struggling in various ways. Many of us grieve for our family member, child, husband, wife, or friend, all of whom are in the grasp of addiction. Standing by, we watch helplessly as the person we love deteriorates right before our eyes, and we feel hopeless. But hope is not lost as long as we believe in the power of prayer. St. Joseph can be a comfort to all of us because he knows God really sees and hears us. Even when you doubt yourself, don't doubt God! God will give us the grace we need to preserve--all we have to do is ask! Prayer can move mountains!

***"Amen, I say to you, if you have faith the size of the mustard seed, you will say to the mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." ~ Mathew 17:20***

Entwined with the Sacred Heart,  
*Judy Wetzel*  
Volunteer for the Monthly Newsletters

***St. Jude Thaddeus, patron saint of the hopeless, Pray for Us!***

[Donate or Volunteer](#)