

Family Support, Books & Prayers

Al-Anon

Al-Anon Family Groups

Support for families and friends of Addicts. Although created to support those concerned about someone struggling with Alcohol, this group setting has been effective in supporting other addictions, Pornography, Drugs



Scan Me

Al-Anon local meetings

Al-Anon Meeting Search



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12 Step Stations of the Cross



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Surrender Novena



Scan Me

Mary Undoer of Knots Novena



Scan Me

Rosary of Abandonment

by Fr. Dolindo Ruotolo



Scan Me

Prayer for Freedom from Destructive Habits

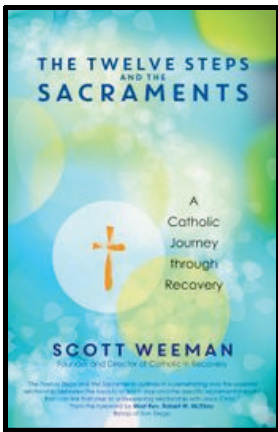
Heavenly Father,
I surrender myself
into Your loving hands,
knowing that Your grace
is more than sufficient for me.
Strengthen me, O Lord,
in my moments of weakness,
and empower me to overcome the
struggles that hold me captive.
Transform me from within,
renewing my mind and spirit.
In Jesus' name, Amen.

“Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

Isaiah 41:10

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

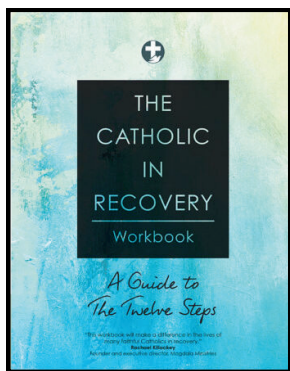


The Twelve Steps and the Sacraments: A Catholic Journey through Recovery

by Scott Weeman (Author), Most Rev. Robert W. McElroy (Foreword) 2017

In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments.

Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs.

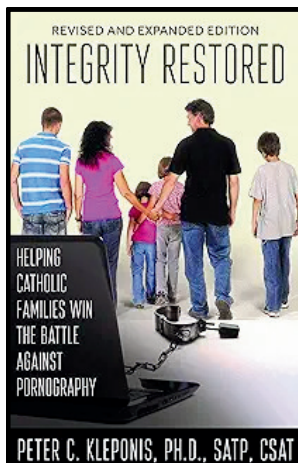


The Catholic in Recovery Workbook: A Guide to the Twelve Steps

by Catholic in Recovery (Author), Scott Weeman (Author)

The Catholic in Recovery Workbook is the first step-by-step guide for working through the Twelve Steps of recovery from a Catholic perspective. If you struggle with addiction, dependency, or unhealthy attachments—or love someone who does—this book will help you discover the life-changing mercy of Jesus Christ through Church tradition and the grace of the sacraments.

The Twelve Steps and the sacraments have the power to set you free, no matter what your addiction or unhealthy attachment, and this workbook offers the steps, insights, and practices that can lead you to healing and recovery.



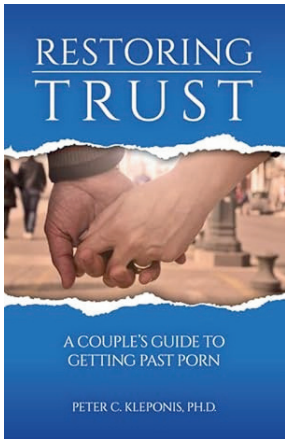
Integrity Restored: Helping Catholic Families Win the Battle Against Pornography

by Peter Kleponis, PhD, SATP, CSAT

Alarming numbers of men, women, and teens struggle with frequent or habitual pornography use today. Among them are many faithful Catholics desperate for hope and healing. In *Integrity Restored: Helping Catholic Families Win the Battle Against Pornography*, clinical therapist Dr. Peter Kleponis equips readers to embark on a path of recovery.

Drawing heavily from Catholic teaching on human sexuality, Kleponis provides resources and insight for parents, educators, pastors, and all struggling to overcome an addiction to pornography.

In this newly updated edition, Kleponis looks at new technologies, apps, and services that pose the biggest threat to Catholics today.



Restoring Trust: A Couple's Guide to Getting Past Porn

by Peter Kleponis, PhD, SATP, CSAT

This book is for Catholic couples whose marriages have been damaged by pornography addiction. Discovering a pornography addiction is traumatic - but knowing about it is necessary for true healing and recovery to begin.

Drawing on real-life case studies, teachings of the Church, and Scripture, this book will show you how healing, recovery, and restoration are possible for each of you personally and for your marriage. Past mistakes and hurts, no matter how deep, do not have to rule your future. With the right tools, and relying on God's grace, you can restore trust in your relationship and achieve lasting freedom.

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

Isaiah 41:10



When she finally laid it all at the Lord's feet she realized He'd been waiting there the whole time.



Prayer to Break the Chains of Addiction

Jesus,
I humbly come before you,
seeking Your divine
intervention
to break the chains of
addiction that bind me.

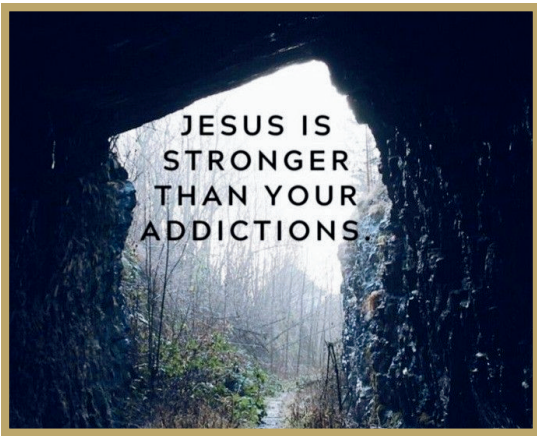
Grant me
strength, courage, and the
willpower to overcome
this struggle.

Fill my heart with
Your love and guide me
towards a life of
freedom and healing.

Amen

"O Jesus, I surrender myself to You, take care of everything!"

Fr. Dolindo



You can rise up from anything.
You can completely recreate yourself.
Nothing is permanent.
You're not stuck, you have choices.
You can think new thoughts.
You can learn something new.
You can create new habits.
All that matters is that you decide
today to begin again and never look back.



Prayer for Freedom from Destructive Habits

"Heavenly Father, I surrender
myself into your loving hands,
knowing that your grace is more
than sufficient for me.
Strengthen me, O Lord, in my
moments of weakness, and
empower me to overcome the
struggles that hold me captive.
Transform me from within,
renewing my mind and spirit.
In Jesus' name, Amen".

Sometimes I feel like Mary Magdalene.

(Ruth 1:16)

Known more for who I used to be than
who I'm becoming. Healing quietly while
people still remember the old version of me.

But the same Jesus who called Mary by
name, calls me by name. He doesn't define
me by my past — He sends me with
purpose.

-reightzhyl Leera

Prayer to Our Lady, Undoer of Knots

Virgin Mary, Mother of fair love, Mother who never refuses to come to the aid of a child in need, Mother whose hands never cease to serve your beloved children because they are moved by the divine love and immense mercy that exists in your heart, cast your compassionate eyes upon me and see the snarl of knots that exist in my life.

You know very well how desperate I am, my pain and how I am bound by these knots.

*Mary, Mother to whom God entrusted the undoing of the knots in the lives of His children, I entrust into your hands the ribbon of my life. No one, not even the evil one himself, can take it away from your precious care. In your hands there is no knot that cannot be undone. Powerful Mother, by your grace and intercessory power with Your Son and My Liberator, Jesus, take into your hands today this knot: **(insert your prayer request here)***

I beg you to undo it for the glory of God, once for all, You are my hope.

O my Lady, you are the only consolation God gives me, the fortification of my feeble strength, the enrichment of my destitution and with Christ the freedom from my chains. Hear my plea. Keep me, guide me, protect me, o safe refuge!

Mary, Undoer of Knots, pray for me. Amen.