

WE THIRST: LESSONS IN MERCY

A COURSE ON ADDICTION AWARENESS WITHIN OUR SOCIETY

Monday Evenings from 7:00 pm to 9:00 pm

St. Thomas of Villanova Parish 1229 E Lancaster Ave ~ Rosemont, PA 19010

RSVP to 610.525.4801 ext. 202 or bizmgr@stvparish.org

ABOUT THE COURSE: These evenings of reflection are designed for all members of our community including the afflicted and their families and friends, counselors, nurses, ministers, deacons, those in the criminal justice system, educators, and anyone who would like to learn more to become part of a solution.

SEPTEMBER 26TH EVENING ONE: BIOLOGY

This four-week series begins with a focus on the biology of addiction. We will take a fairly in depth look at the latest scientific theories of how exactly substances affect the body and the mind. Dependence, tolerance, relapse and denial are just some of the many topics that will be explored. The second half of the evening will include the numerous options available for those seeking recovery including medications, therapies, various support groups and more. Each week introduces a particular virtue that can be practiced, especially during times of crisis.

This week's virtue: prudence.

OCTOBER 10TH EVENING THREE: SOCIOLOGY

This third week's topic is on the impact of substance abuse on society, with a special focus on the small society of the family. We will learn why exactly addiction is referred to as a "family disease" and how exactly others in the family can become affected when they are not ingesting a substance. Themes such as blame, shame, anger, guilt, grief, caring, codependence, and much more will be explored. As always, the second half of the evening focuses on various solutions as well as some positive changes that are happening in society.

This week's virtue: courage.

ABOUT THE PRESENTER: Presenter Nina Marie Corona, MA, CRS, is a Pennsylvania Board Certified Recovery Specialist who received her education certification in Alcohol & Drug Counseling from Villanova University and is currently a teacher for Villanova's College of Professional Studies in their Drug and Alcohol counseling program .

OCTOBER 3RD EVENING TWO: PSYCHOLOGY

Week two's focus is on some of the psychological theories that perhaps best explain the use of substances. We will journey through our human growth and development to consider our core wounds and the layers and layers of traits that we wear for protection which ultimately cause more harm than good. We will see that the common denominator in all our misguided attempts (whether using substances or not) is the desire to avoid more pain. The second half of the evening will include what is necessary to make the journey back to our true selves buried deep within.

This week's virtue: empathy.

OCTOBER 17TH EVENING FOUR: SPIRITUALITY

The series concludes with an examination of our spiritual nature and how and why spirituality is an important part of the recovery process. Oftentimes the use of a substance is a misguided attempt to quench a spiritual thirst or craving. We will explore the missing piece to the puzzle of our lives, the God-shaped hole within each of us, and the only real way that this void can be filled. **This week we will discuss three**

virtues: faith, hope, and love.