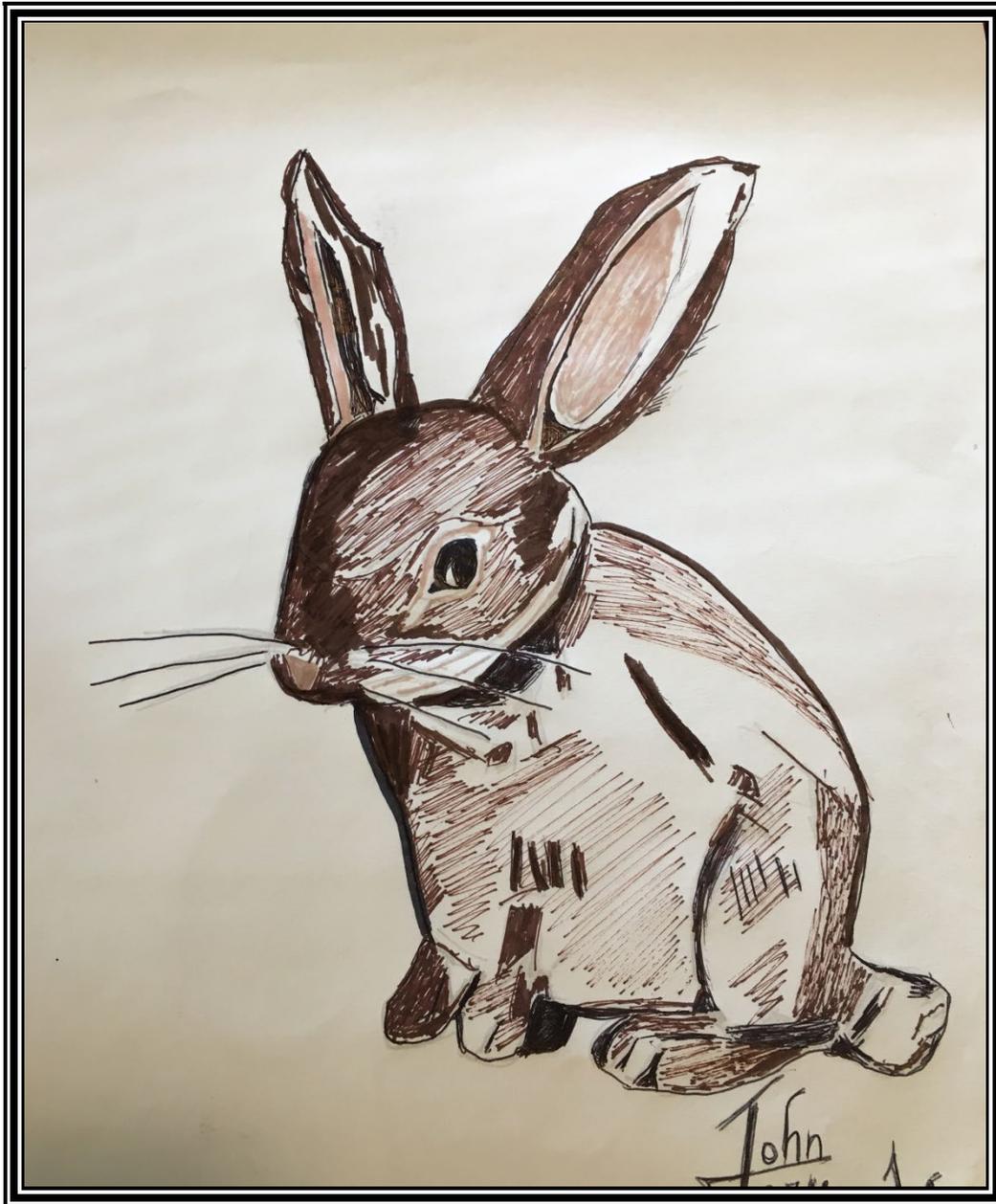


Journal of Healing 2020



Journal of Healing is a publication of The Catholic Charities, Diocese of Metuchen PACT (Program of Assertive Community Treatment) Program. All entries are created by consumers and are designed to empower individuals with serious and persistent mental illness by reinforcing and highlighting wellness and recovery goals.

PACT's mission is to ensure that people with serious and persistent mental illness receive services that provide the greatest degree of personal freedom and dignity, self-determination, and the highest realization of individual achievement and contribution to community and family life.



**CATHOLIC
CHARITIES**
Diocese of Metuchen

FOR MORE INFORMATION ABOUT THE PACT PROGRAM, VISIT WWW.CCDOM.ORG

Journal of Healing

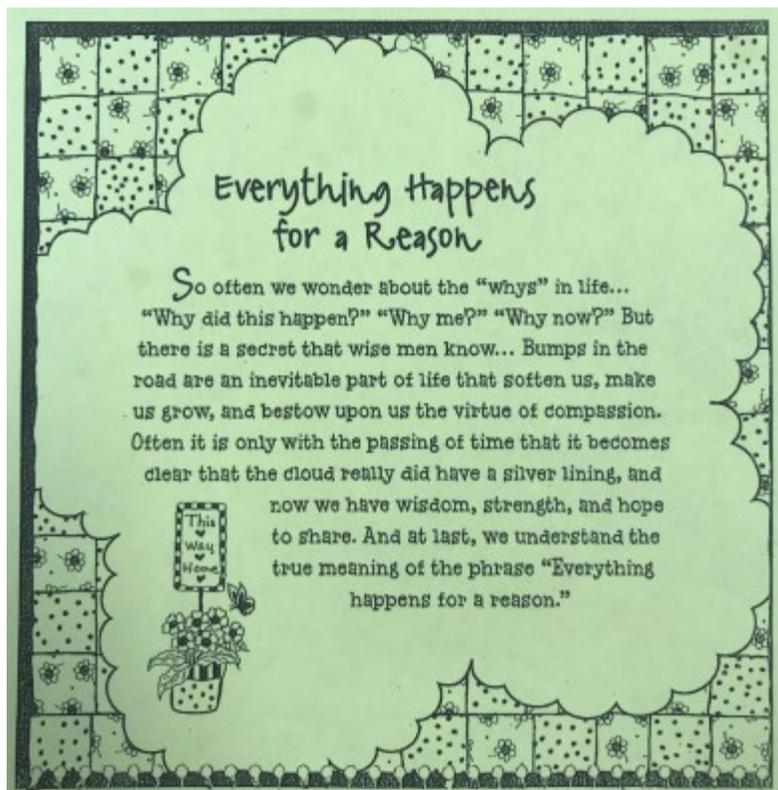
Letter from the Editor

INSIDE THIS ISSUE:

Letter from the Editor	2
Everything Happens for a Reason	2
Education	3
Learning to Work	4
Vocational Word Search	4
Being a Client	5
Valentine's Day	5
Growth with the Gardening Group	6
PACT Olympics	7
Halloween Party	8
Choices	9
Addiction	9
My Commendations	10
Knowing Your Limits	10
Free & W.O.W	11
Recipes, Resources Reads & Recreation	12 – 16
Art Corner	17-20
Art Corner & Photos	21
The Lord's Prayer	22
Acknowledgements	23
Closing Prayer	24

Happy 2020! We've just welcomed in a new decade and a chance to begin a new chapter in our lives. Enjoy flipping through this issue and please remember to submit any work you have to the PACT Newsletter Group. Your words could inspire others and we are always looking for fresh ideas. I would like to personally thank all of the individuals who participated in the Newsletter Group. Your hard work and creative pieces make this newsletter great! From the artwork to the layout, everyone's effort really paid off and you should all be very proud of what we have created together!

Here is to a Happy and Healthy 2020 to All!
Rose B. East Brunswick PACT Team Leader



UPCOMING...

Easter Buffet

04/09/2020

PACT Olympics

To Be
Announced

EDUCATION

By John O.

WILLFULLY, we could advance forward...going towards a triumphant victory against ignorance! Education is an experience. It starts when we are young. It ends when we are older and wiser. Culture teaches many. At great expense, we invest our life in *years, books and learning materials*. Devotion costs plenty. Reading and writing, or arithmetic takes practice and study. As a conscientious *citizen*, I mention other topics, to be considered for perusal. While on my way to becoming physically fit; I recall topics such as, science; physics, biology, chemistry, botany, anatomy, astrology, geology, and psychology. Music, art, English, other languages, history, social studies, and geography are other classes that I recall as well. A good school builds a well-rounded group of individuals, or a single *sage*. Eventually, the students become mature, and lead civilization. Effective communication has advanced military operations, economic development, political policy, religious followings and even medical technology etc. Society has improved by educating the multitudes. If for some reason, you as a Student cannot make the grade, there are private lessons.



Learning To Work

By John M. Sz.

You can learn to work by doing something different. Excuses are many, but there is satisfaction in learning to do some work that is rewarding. Working breaks up the day and gives you a chance to accomplish something. Also, you get paid, so it turns out to be a win-win situation.

Vocational Word Search

by Team Leader Rose B. and words selected by the Newsletter Group

Words to find:

- | | | |
|-------------|-----------|----------|
| Boss | Check | Coworker |
| Independent | Insurance | Job |
| Policy | Salary | Work |

D	B	K	S	A	L	A	R	Y	P	D	B	K	S	A
C	P	C	H	E	C	K	C	E	O	C	P	C	H	E
O	N	U	W	X	L	U	A	X	L	O	N	U	W	X
W	X	O	K	P	R	N	D	C	I	W	X	O	K	P
O	P	I	N	D	N	E	S	S	C	O	P	I	J	D
R	H	B	O	S	S	M	E	I	Y	R	H	N	O	I
K	E	D	N	A	R	U	S	N	I	K	E	D	B	A
E	A	E	L	E	E	Z	F	S	N	X	A	E	L	E
R	L	P	E	R	C	S	N	U	G	B	L	P	E	R
R	I	E	G	S	T	L	C	R	I	R	I	E	G	S
I	N	N	E	I	A	O	P	A	D	I	N	N	E	I
P	G	D	N	T	S	V	L	N	J	P	G	D	N	T
S	A	E	M	Y	K	E	O	C	L	S	A	E	M	Y
N	H	N	P	J	I	N	E	E	S	N	H	N	P	J
I	R	T	W	W	Z	R	K	U	V	I	R	T	W	W

Being a Client

By John M. Sz.

Belonging to the group of clients at Catholic Charities is a way to survive the demanding world of mental illness. We attend groups and go on outings. Some people come in and want a quick remedy to their problems. Being friendly can help you find an answer to everyday problems. The counselors are helpful and the clients come from all walks of life.

Valentine's Day by John M. Sz.

Observing Valentine's Day is a tradition. Guys get their girls a bouquet of flowers, or chocolates. Sometimes they get them a nice piece of jewelry. It's known to be romantic. I don't know how far Valentine's Day dates back, but something tells me it's a long time. Sometimes guys get their girl a kitten or puppy.

John Sw.'s Lithograph



Growth with the Gardening Group...

It's a known proven fact that gardening is / can be very relaxing and therapeutic. It can reduce stress and anxiety and it may also help lessen depression. Some say they enjoy the feeling of the dirt between their fingers. I myself find it helps to improve my memory having to remember to water them every day. It also helps to have and keep a daily routine. The best payoff is watching your seeds start to grow and watching your plant begin to bud, and then eventually you get to see the flowers bloom. All along, knowing you gave the plant life and you took the time to care for and nurture it. You get a feeling of accomplishment when your plant is full grown and all the flowers have bloomed. This gives a feeling of happiness and excitement. Be sure to take plenty of pictures of your plants too, so you can show others your accomplishment, and so that you are able to keep the memory of your hard work. The pictures serve as a reminder of what you were and are able to do with your bare hands if you are ever feeling sad and depressed. *When you garden you are not just growing plants but you are also growing yourself personally inside, some people even grow along spiritual lines as well. They say putting their hands in the Earth's soil makes them feel closer and more connected with God.* So pat yourself on the back for a job well done.

Written and submitted by: Vanessa B.



PACT Olympics Summer of 2019 - By Vanessa B.

The PACT Teams of Catholic Charities Diocese of Metuchen hosted its Annual PACT Olympics on Friday, June 7, 2019. They offered face painting, healthy beverages and snacks, such as baked potato chips, fruit, and ice pops. They served multiple sandwich options for lunch and had many games to play for a little fun and friendly competition between the three PACT Teams from Middlesex County. These games were all played to earn points for the different teams, and allowed the clients and staff to all have fun and play along side by side with one another. The games played (in order) were the following: soccer relay race, raw egg relay, and water balloon toss. The soccer relay race, involved weaving a soccer ball down the field and back through cones, and then passing the ball off to the next player on your team until everyone went. This game was followed by a raw egg relay where you balanced the egg on a spoon, while weaving through the same cones as the first game. The third game was the water balloon toss which was played exactly like the egg toss. And for anyone who didn't feel up to playing these games there was a table that offered Bingo for prizes! But for me, the best parts were the music that was being played in the background by the DJ and the water balloon fight finale. The PACT Olympics is not only a whole lot of fun, but it also teaches us just as much as any other group. *We learn to trust each other and teamwork skills, as well as how to lessen our anxiety by focusing our minds on the games we are playing.* It is also a chance to just get out of ourselves and forget our problems for the time being. The PACT Olympics is a really fun group outing for anyone of any age! So, if you missed the Olympics this year please try to make it out for the next one because I can assure you that you won't regret it, and I also promise you will absolutely enjoy every minute of the festivities.

With that I'd like to thank everyone on all the PACT Teams that put the entire event together for all of us to enjoy. Everyone that attended this year had a great time and if you do join us next year I know you won't be disappointed. Thanks again to everyone who made this event possible!

I hope to see you there next year!

P.-Patient

A.-And

C.-Caring

T.-Therapists



PACT 3 Team Halloween Party!

By Vanessa B.

Boo! The 3 PACT Teams; New Brunswick, East Brunswick and Perth Amboy, together threw a spooktacular Halloween bash for the 2019 Halloween Holiday. There was creepy music and spooky decorations, along with an arts and crafts table with some really awesome crafts projects to be made. We played a couple of different games such as Pictionary, hangman, and bingo for some really cool prizes. Clients along with staff dressed up in some really scary and even creative costumes. Everyone who attended had a wonderful time and upon leaving everyone was given a goody bag as a parting gift. All in all it was a really nice event and the staff did a spectacular job putting it together. On behalf of the clients we couldn't be more grateful.

Halloween artwork by David S.



Journal of Healing

Choices

by John O.

Despite the tremors of torment, I experience an echo of Hope. Near my predilections is a continuance that keeps me alive. Fondly, I circulate within a realm of timeless gratification.

Basically, I transcend my monumental anxiety, replacing my previous woes with an adjacent pleasure. Writing is that parallel where I am composed in any given composition.

You may find an alternative method to bypass your own misery. A hobby such as altruism, or patriotism are both good choices, as a suggestion. It is to be more descriptive, not a hobby per se. A gallant pursuit of an ideal is to pass time with genuine reality.

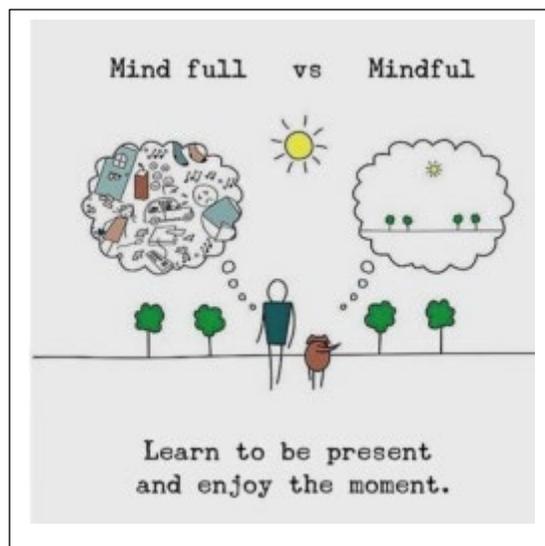
To be perfectly clear, *I suggest, that hope be promoted a different priority, one that is kept alive at all costs.* Without hope you are walking within ruins. In other words, *be a romantic hopeful.*

Addiction

Most of us didn't pick up that first drink or drug thinking that we were going to become addicted. The only thing we knew was we liked it, we could talk easier to the opposite sex and basically become the life of the party, but as we addicts come to realize is that before long it's not fun anymore, and our lives become unmanageable. Most of us don't realize there's a problem until it's too late. That means Jails, institutions, and even possibly death. Luckily there is help for us who realize in time there is NA or AA.

There is work to be done, but it is worth it, no one is hopeless. In these programs there are no dues or fees, the only requirement is they ask that you keep coming. *Meeting makers make it.*

By: Patrick M.



My Commendations by John O.

Thanks for the visit! My commendations for your sense of caring. It is a lofty humanitarian extension and a valid effort of empathy. I see it as a friendly gesture at its best. I would hope optimistically hope that you receive self-satisfaction. Altruism should be rewarded. I am of poverty, financially speaking, however, I am luxuriantly wealthy in praise.

If I were an administrator or of good fortune, then I would always compensate generously. Karma is a certain philosophic notion and I would say that you qualify, as you are worthy to receive goodness. For now, I merely count my Blessings. You proved I can count on you, as you are reliable, good natured and nice. All of the above does apply, in custom made recognition. Good deeds contribute to the well-being of mankind, a favorable favor. Sometimes, ceremony is customarily applied. Even a drum role would suffice. Here is my standing ovation. Cue applause.

Knowing Your Limits by John M. Sz.

Learning to fend for yourself while staying within limits is a multifaceted
Situation.

Interacting with others is difficult because people tend to look at things
Differently.

Learning to be in conformance of the rules means different things to different
People.

Guidance is always helpful, and change is usually
Necessary.

Learning to be a team player is usually just is what is
Needed.

Learning to respect authority is
Helpful.

Being helpful is good for
Everyone.

Free by John O.

Rescue me, if the need becomes urgent. Thank goodness, I am not a prisoner. My advice is free. So too am I. Liberty rings within my stubborn *heart*. Self-awareness maximizes my free speech. I exercise my right to vote too.

Join me in the sincere notes, I have undertaken. I swear this is no propaganda. We live side by side under the *banner of red, white and blue*. Proudly, I claim the U.S.A. as the greatest nation of them all.

A majority of good people call this country, as their own. I, amongst many, love this land. I would be destitute without hope, if I couldn't reside to abide, in the land of the free. It is truly a home of the brave. Believe me I have met some of the patriots. Honorable!

W.O.W.

By John O.

Encrypted in the word "Wow" are Words Of Wisdom. No secret. I am a *sage*. I am *magnetic* in my files of vocabulary. I am notable, quotable and serene. I press ink upon the history of my own. I try to convey universality. Hopefully, I keep civil understanding within my reach. Furthermore, I keep you in mind, wherever and whenever. I speak in a docile tone, and I place emphasis on not disappointing you. Twenty years from now, I would say the same. I owe you that much.



Recipes, Resources, Reads & Recreation

Old Fashioned Cabbage Rolls

8 ounces ground beef
8 ounces ground veal
8 ounces ground pork
1 small onion
2 eggs, lightly beaten
½ cup dry bread crumbs
1 teaspoon salt
1 teaspoon molasses
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg
¼ teaspoon ground allspice
1 large head cabbage, separated into leaves
3 cups water
¼ cup (1/2 stick) butter
½ cup milk, plus additional if necessary
1 tablespoon cornstarch

1. Combine beef, veal, pork and onion in large bowl : Add eggs, bread crumbs, salt, molasses, ginger, nutmeg and allspice; mix well. Add to meat mixture; stir well blended
2. Boil water in large saucepan; add cabbage leaves boil 3 minutes. Remove with slotted spoon; reserve ½ cup of boiling liquid.
3. Preheat oven to 375 degrees F. Place about 2 tablespoons meat mixture about 1 inch from stem end of each cabbage leaf. Fold sides in and roll up, fastening with toothpicks, if necessary.
4. Heat butter in large ovenproof skillet over medium-high heat. Brown cabbage rolls, 3 or 4 at a time, on all sides. Arrange rolls, seam side down, in single layer in casserole. Combine reserved boiling liquid with butter remaining in skillet; pour over cabbage rolls.
5. Bake 1 hour. Carefully drain accumulated juices from skillet into measuring cup. Add enough milk to equal 1 cup. Pour milk mixture into small saucepan. Stir in cornstarch; bring to a boil, stirring constantly until sauce is thickened. Pour over cabbage rolls.
6. Bake 15 minutes or until cabbage rolls are tender and sauce is bubbly.

Makes 8 servings.

Found in recipe book Best-Loved Depression Era Recipes, provided by Cynthia J. Recipe selected by David S.

Recipes, Resources, Reads & Recreation

List of Public Libraries

Selected by the Newsletter Group
(Near the PACT Office, In Order from Nearest to Farthest)

East Brunswick Public Library
2 Jean Walling Civic Ctr, East Brunswick
(732) 390-6767

Spotswood Public Library
548 Main St., Spotswood, NJ 08884
(732)251-1515

South River Public Library
55 Appleby Ave, South River, NJ 08882
(732)254-2488

Milltown Public Library
20 W Church St, Milltown, NJ 08850
(732)247-2270

North Brunswick Public Library
880 Hermann Rd, North Brunswick, NJ
(732) 246-3545

Highland Park Public Library
31 N 5th Ave, Highland Park, NJ 08904
(732) 572-2750

New Brunswick Free Public Library
60 Livingston Ave, New Brunswick, NJ
(732)745-5108

Jamesburg Public Library
229 Gatzmer Ave, Jamesburg, NJ 08831
(732)521-0440

Sayreville Public Library
1050 Washington Rd, Parlin, NJ 08859
(732)727-0212

South Brunswick Public Library
110 Kingston Lane, Monmouth Junction
(732) 329-4000

Old Bridge Public Library
One Old Bridge Plz, Old Bridge, NJ 08857
(732) 721-5600

Plainsboro Public Library
9 Van Doren St, Plainsboro Township, NJ
08536
(609) 275-2897

Resource Phone numbers:

NJ Quit Line 1(866) 657-8677

Wellness Respite House (732)354-4403

Music recommendations

Selected by the Newsletter Group

Dave Matthews Band

Simon & Garfunkel

Garth Brooks

Movie Recommendations

Selected by the Newsletter Group

E. T.

Close Encounter

Life of Pi

The Intern

A Star Is Born

Rocket Man

Recipes, Resources, Reads & Recreation

Book Review

By Matthew C.

Living Buddha, Living Christ

By National Best-selling author

Thich Nhat Hanh

This book is recommended by the Dali Lama.

Realizing no truth can be expressed only directly experienced. A great book about mindfulness and the steps we can take to incorporate the Buddha and Jesus Christ's teachings. It is about being aware of the other shore and our own private island of Enlightenment, where we can take mindful steps to be our own living Buddha and living Christ, with the understanding of no – birth, no – death. It is also about being able to reconnect with the Kingdom of God, and have our own paradise here now on earth.

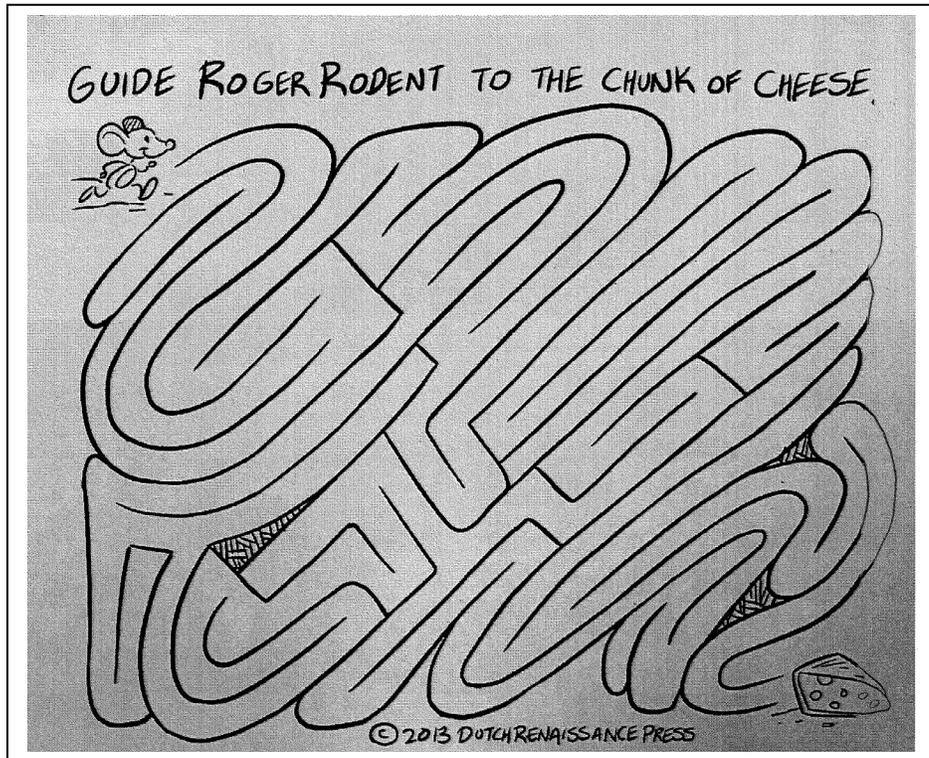
Book recommendation

by John O.

The Prophet by Kahlil Gibran



Recipes, Resources, Reads & Recreation



Picnic Word Search

g	r	a	p	e	s	p	t	b	y
l	i	s	q	i	a	n	e	c	d
l	n	s	q	c	u	e	g	h	r
c	a	j	f	a	s	n	g	e	i
o	p	u	c	k	a	g	s	e	n
o	k	i	m	e	g	q	j	s	k
k	i	c	g	v	e	g	d	e	s
i	n	e	b	a	s	k	e	t	p
e	s	b	l	a	n	k	e	t	u
s	a	n	d	w	i	c	h	e	s

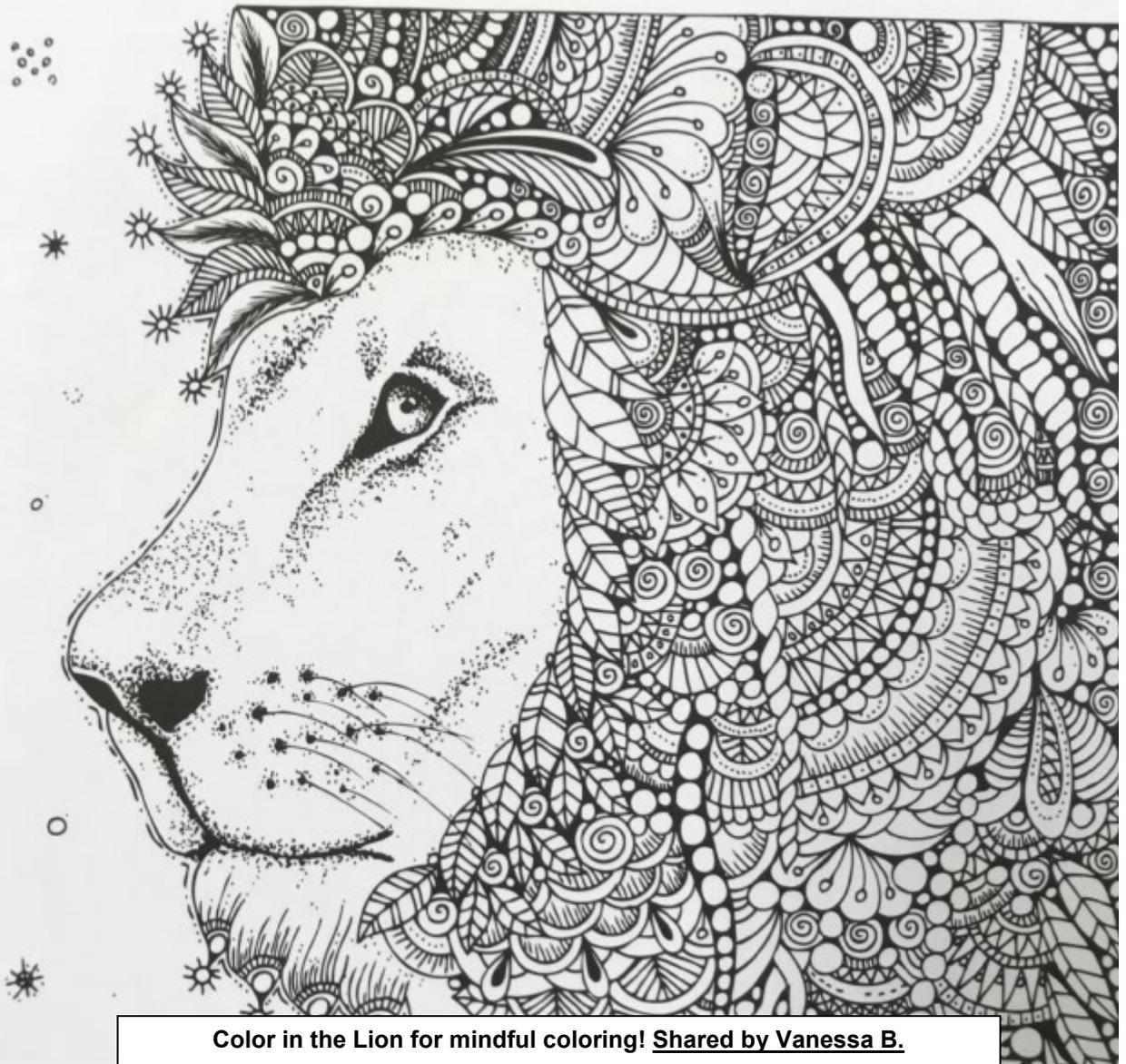
basket blanket cake
 cheese cookies drinks
 eggs grapes juice
 napkins sandwiches sausages

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Sudoku Answers by Vanessa B.

6			8		9	7		5
		5		7	4	1		
7	2		5				8	3
						6	3	7
	4						9	
1	6	8						
4	3				7		6	9
		2	9	4		3		
9		6	1		5			4

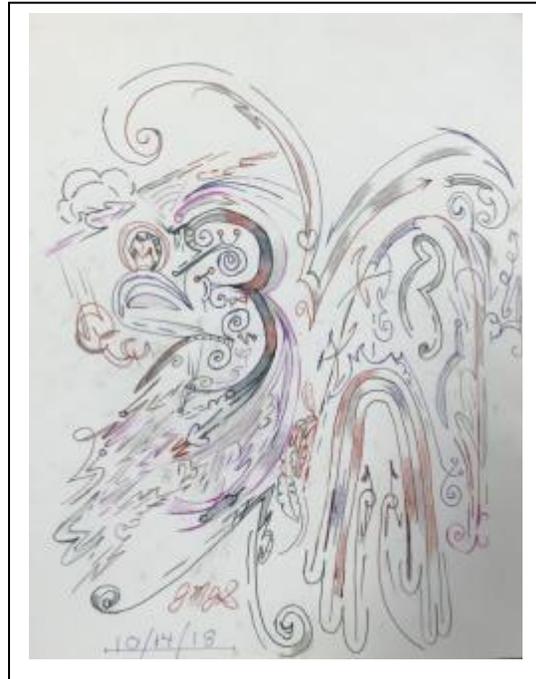
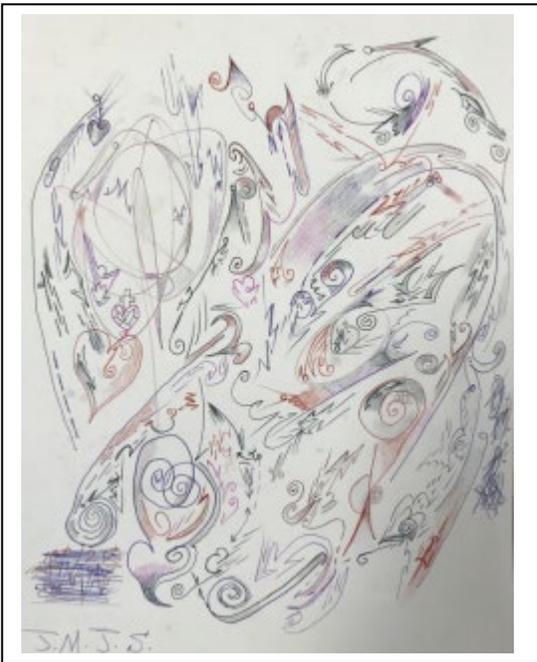
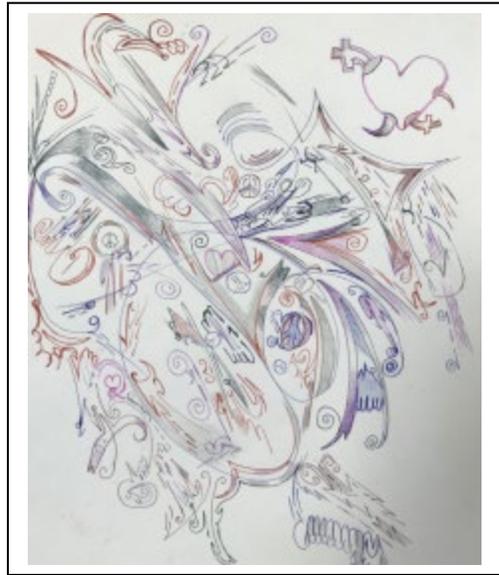
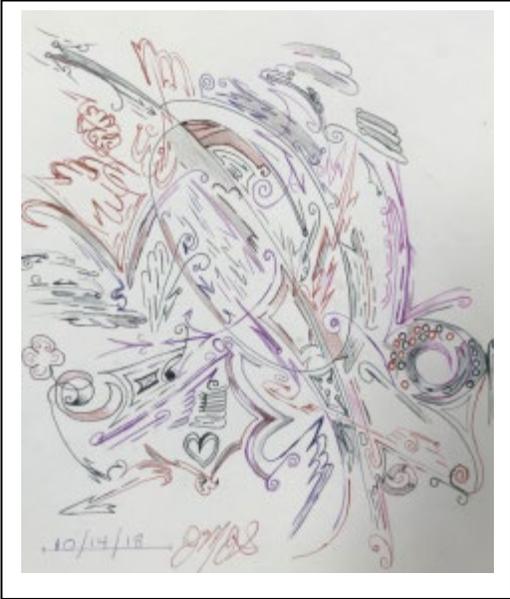
Answers on the next page



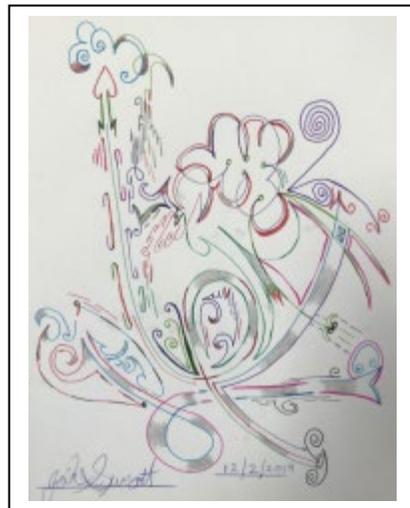
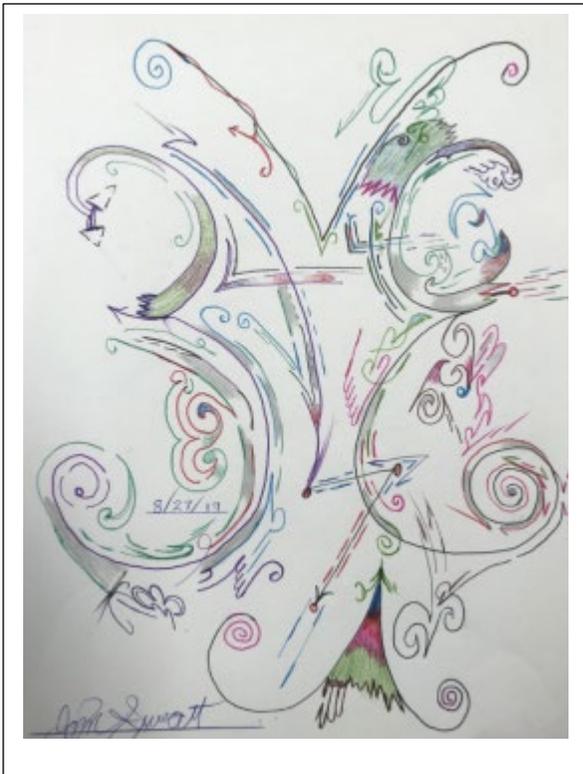
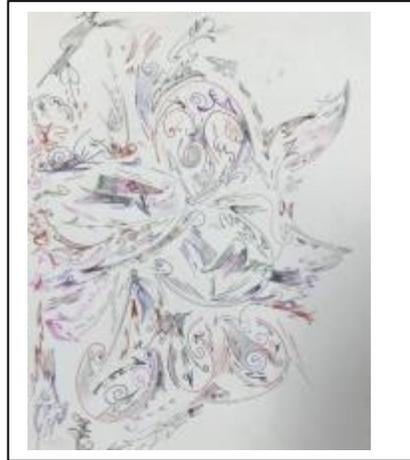
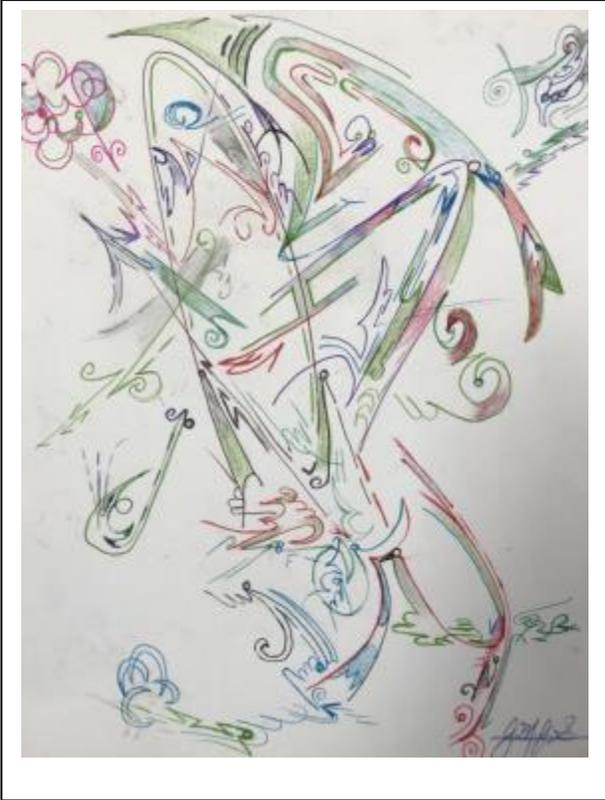
Color in the Lion for mindful coloring! Shared by Vanessa B.

6	1	3	8	2	9	7	4	5
8	9	5	3	7	4	1	2	6
7	2	4	5	6	1	9	8	3
2	5	9	4	1	8	6	3	7
3	4	7	6	5	2	8	9	1
1	6	8	7	9	3	4	5	2
4	3	1	2	8	7	5	6	9
5	7	2	9	4	6	3	1	8
9	8	6	1	3	5	2	7	4

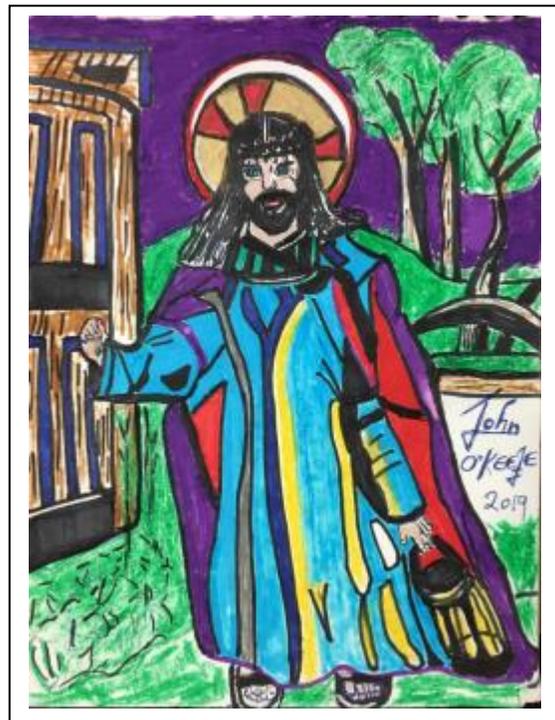
Art Corner: John Sw.'s Lithographs



Art Corner: John Sw.'s Lithographs



Art Corner by John O.

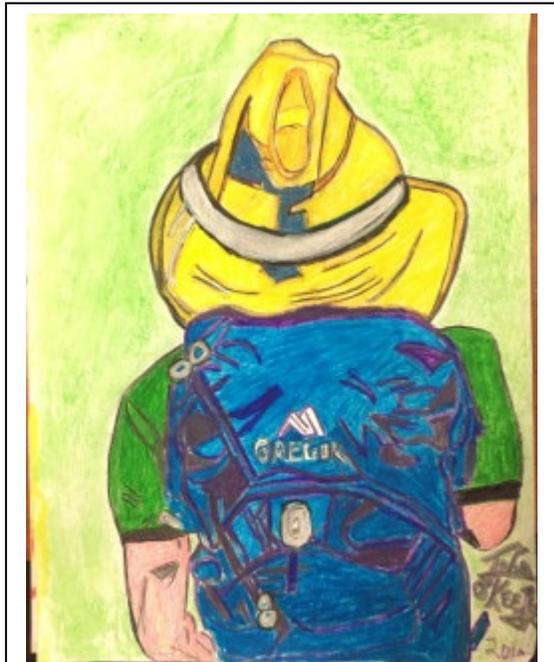


Art Corner by John O.





A day at the beach!
The Wellness Group takes a trip
to Keansburg beach
(September 2019)



Artwork by John O.



12 Steps Group at the
Newark Animal Shelter
(January 2020)



Artwork by Peter N.

Selected by the Newsletter Group

THE LORD'S PRAYER

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.

FOR THE KINGDOM AND THE POWER AND THE GLORY

ARE YOURS NOW AND FOREVER.

AMEN.

Acknowledgements

Team Leader Rose B.	Editor in Chief
Clinician Laura K.	Chief Layout & Design, Editor
John O.	Senior Illustrator & Senior Writer
John Sz.	Senior Writer
John Sw.	Senior Illustrator
Vanessa B.	Senior Writer & Special Contributor
Kathy K.	Senior Writer
Wei W.	Senior Research
David S.	Senior Illustrator & Research
Cynthia J.	Special Contributor
Patrick M.	Associate Writer
Matthew C.	Associate Writer
Peter N.	Associate Illustrator

Closing Prayer By *Kathy K.*

Heavenly Parent, shine your light upon us! Illuminate earth with its magnificent glow. A rainbow of color fills the sky—a rainbow of beauty, hope and love. Gorgeous gifts gleam all around us—a sparkling lake, a golden sunrise, an opulent sunset. Riches abound, too numerous to imagine. Indeed, we are surrounded by reminders of your glory, oh Holy One! Let us taste the succulent flavor of the grape, feel the delicate petals of a rose, hear the amazing song of the nightingale. Our minds are invigorated, our souls purified and our hope renewed.

Each day blossoms, unique and challenging; each night luxuriates in perfect sleep. You are, oh Lord, our guardian and sustainer, our King and our comrade. Stay with us, oh Creator; let us worship and honor you as dedicated and faithful children of an amazing God!

Amen.

