



Mental and substance use disorders affect all communities nationwide, but with commitment and support, people with these disorders can achieve healthy lifestyles and lead rewarding lives in recovery. By seeking help, people who experience mental and/or substance use disorders can embark on a new path toward improved health and overall wellness. The focus of **National Recovery Month (Recovery Month)** this September is to celebrate their journey with the theme *“Join the Voices for Recovery: Strengthen Families and Communities.”* **Recovery Month** spreads the message that behavioral health is essential to health and one’s overall wellness, and that prevention works, treatment is effective, and people recover.

The impact of mental and substance use disorders is apparent in our local community, and an estimated **thousands upon thousands** of people in **New York State** are affected by these conditions. Through **Recovery Month**, people become more aware and able to recognize the signs of mental and substance use disorders, which can lead more people into needed treatment. Managing the effects of these conditions can help people achieve healthy lifestyles, both physically and emotionally.

The **Recovery Month** observance continues to work to improve the lives of those affected by mental and/ or substance use disorders by raising awareness of these diseases and educating communities about the prevention, treatment, and recovery resources that are available. For the above reasons, we are asking the parishioners of **Our Lady of the Assumption Church** to join in celebrating this September as **National Recovery Month**.

Through our prayers and our actions, we can have a powerful effect on positive outcomes for those currently dealing with addictions, those in recovery, and those who maintain sobriety after a hard-won battle — as well as help support their families and friends who suffer along with them.

**May our God always keep them in His
healing arms and give them His Peace.**

Amen.

Our Lady of the Assumption Church

Bloomington, New York

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