Starting A New Life

One man’s story of recovery

William knew his long-term addiction to opioids had to end. He dreaded the edginess that crept in when the high wore off. He was fed up with the lies and addictive behavior that destroyed relationships with the people he loves.

“I was just more than sick of it,” he said.

William knew he couldn’t make the walk to recovery on his own. Thanks to donors like you, he didn’t have to go it alone. He reached out to Catholic Charities’ Counseling Services and a skilled addiction counselor worked with him.

“He was the most effective counselor I’ve seen in my life – and I’ve seen quite a few of them,” he explained. William learned that he turned to narcotics so life “wouldn’t hurt so much.”

“Nobody wakes up wanting to be an opioid addict,” he explained. “There are...things that happened in your life that made you that way.”

For William, opioids numbed the “emptiness” that came from growing up in a broken, unstable home.

Today, he has not used opioids for five years. A whole new life opened to him. He’s married, went back to school and works at his dream job as a barber.

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The best part of healing, though, is how it affects those he loves.

“I’ve got my family back,” William said, beaming. “Spending holidays with them, going for barbecues, getting a phone call on my birthday – those are all nice things. Being able to watch my nieces grow up – it’s all very nice.”

Because of you, William and others who struggle with drug and alcohol use receive the help they need through Catholic Charities’ Counseling Services and its new Substance Use Services division. See cc-nh.org/counseling for more information.

Lace Up with the ‘Running Nuns’
The 21st annual St. Charles 5K is Sept. 4

Looking for a charity worth running for? We’ve got the 5K for you. Join us at our 21st annual St. Charles 5K on Labor Day, Sept. 4.

The annual road race is flat, fast and fun for all ages and abilities. It starts at 9 a.m. at Martin’s Point at the Pease International Tradeport in Portsmouth.

The race is the brainchild of the Daughters of Mary Mother of Healing Love, better known as the “Running Nuns.” The nuns knew running is an effective tool to channel anger, frustration and build self-esteem in children from troubled backgrounds. The Running Nuns held the first race in 1997 with some of the children and nuns – in full habit – running in it.

All proceeds from the race benefit St. Charles Children’s Home, which provides education for children with behavioral, emotional and social needs so they can successfully integrate back into their school systems.

Please join us for a great race suitable for skilled runners as well as children, families and walkers. Pre-registration closes Aug. 31. First 600 registered runners receive a free T-shirt. The course is USATF certified and professionally timed. Cash awards.

A free Children’s Fun Run, raffle, food and other activities follow the race.

For more information or to register, see runningnuns.com.

‘Helping Someone is Always a Good Feeling’
Donors explain why they support Catholic Charities

Frank and Judy Lembree of Henniker long embraced the spirit of service that comes with being part of the Catholic community. Through 54 years of marriage and raising four children, they remain active in their church and committed to Catholic Charities New Hampshire.

When it came time to decide on their long-term gift planning, they turned to their church for guidance. The answer came after hearing a representative of Catholic Charities speak during an annual Parish Appeal nearly 20 years ago.

“I heard about the different ways Catholic Charities was helping people and that was important to me,” Frank said. “The more I heard, the more I became interested.”

Two programs particularly inspired the Lembrees. One is the assistance Catholic Charities provides young mothers through OUR PLACE, the pregnancy and parenting education program. The other is Catholic Charities’ Counseling Services.

“That basically is what gave me the desire to help,” Frank said. “We need more of that.”

For the Lembrees, the annual Parish Appeal is a chance for Catholic Charities to share stories of how your gifts serve the most vulnerable among us.

“Helping someone is always a good feeling,” Frank explained.

The Lembrees and donors like you move lives forward. Thank you.

Build a Legacy that Impacts Lives

Consider leaving a gift in your will or insurance to move lives forward.

For more information, contact Lisa Merrill-Burzak at (603) 669-3030.