

# AFIRE™

## TIP #7



### **Mother Teresa said:**

*"We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love."*

Has your AFIRE considered ways to "cure loneliness, despair, and hopelessness" in the addiction epidemic? How about starting a peer text support system?

### **Here are some suggestions:**

- Recruit a network of peer supporters by announcing your AFIRE group's plans for a peer text (and/or phone) support service in your church bulletin, diocesan newspaper, social media, word-of-mouth, etc.
- All you will need are people who would like to be available for one another via text (or phone) to offer words of encouragement, support,

and to strengthen each other's faith, hope, and love.

They only need to send simple texts such as:

- How is your son (daughter, husband, etc.)?
- How are you feeling?
- Do you need someone to listen?
- I am here.
- I understand.
- You are not alone.

There are tens of thousands of people struggling, and their hearts are heavy; their hope is fading.

A simple text message (or phone call) can help ease the pain and strengthen their faith, hope, and love.