

Going Further: Working Step Ten

- ❖ Each evening, review your day and connect with the Spirit of God that dwells within you
- ❖ Pray to be free from self-pity and morbid reflection as you ask yourself:
 - Was I resentful, selfish, dishonest or afraid?
 - Do I owe an apology?
 - Have I kept something to myself which should be discussed with another person at once?
 - Did I get myself involved in any situation today I had not business being in?
 - What can help me to accept myself as I make mistakes again and again?
 - Did fear or faith rule my actions today?
 - What positive traits did I exhibit today?
 - What negative traits did I exhibit today?
 - How did I try to fix anyone today?

Reflection Questions

- ❖ What sources of nourishment give you strength to remain in the grace you've received from the Lord?
- ❖ What opportunities do you have to be vulnerable with another person this week that may strengthen your relationship with them and the Lord?

Corpus Christi



The twelve steps of addiction recovery and the sacraments of the Catholic Church are rooted in the reality of God's presence with us. While some of the steps and each of the sacraments have great ritual and reverence around them regarding initiation, each are to be continually practiced. Practicing these principles in all of our affairs comes in the name of our Lord and Savior Jesus Christ.

This week the Church celebrates the Solemnity of the Blood and Body of Christ. Our Gospel reading is taken from the 14th Chapter of Mark's Gospel:

*While they were eating,
he took bread, said the blessing,
broke it, gave it to them, and said,
"Take it; this is my body."
Then he took a cup, gave thanks, and gave it to
them,
and they all drank from it.
He said to them,
"This is my blood of the covenant,
which will be shed for many.*

The source of our eternal life is found in Christ. We are given a tangible way to physically remain in His flesh and have the opportunity to participate in this grace-filled sacrament every week—actually every day—through receiving the Eucharist at mass. The powerful nature of the Eucharist is our best ally as we approach our powerlessness over addiction.

Step Ten gives us the tools to stay active in the grace we receive through the Eucharist by “continuing to take personal inventory and when we were wrong promptly admitted it.” There is a spiritual principle of perseverance woven within this step that can be found when we continue to seek union with God. We remain humble, admit our powerlessness over addiction, take an honest inventory, share it with God and another human being, ask Him to remove our shortcomings, and make amends when it will bring healing and justice to situations we’ve harmed. Instead of reacting to the addict or alcoholic in our lives, we act on our own behalf and take care of our own needs.

This may sound like a lifestyle that is unreachable. Perseverance does not come on our own self-will. Remember, you are not alone and will find the necessary support from the strength of God, the fellowship of the Holy Spirit, and the group of individuals you will find walking a similar journey. Even if this is a stage of the twelve steps you have not worked through, there is still a lot of spiritual wisdom found in discussing these principles.

Diving further into the mystery of the Eucharist in his book *Our One Great Act of Fidelity*, Ronald Rolheiser explains:

"We participate in Jesus' sacrifice for us when we, like him, let ourselves be broken down, when we, like him, become selfless. The Eucharist, as sacrifice, invites us to become like the kernels of wheat that make up the bread and the clusters of grapes that make up the wine, broken down and crushed so that we can become part of communal loaf and single cup...

What is supposed to happen at the Eucharist is that we, the congregation, by sacrificing the things that divide us, should become the body and blood of Christ. More so than the bread and wine, we, the people, are meant to be changed, to be transubstantiated. The Eucharist, as sacrifice, asks us to become the bread of brokenness and the chalice of vulnerability."

Let us come together in the name of Jesus Christ and find unity in His Body and Blood, praying for the willingness to overcome fear and doubt. As we journey together, we recognize the great sacrifice of our Lord as we partake in the Eucharist with each other and share a common solution to our spiritual obstacles, one day at a time.