

A Note about Finding a Sponsor

Sponsorship is one of several overlaps between the way we work through the twelve steps of recovery and experience the sacraments of the Church. Both are processes that we do not go through alone, and a relationship with a sponsor is a great gift.

Your sponsor should be able to relate to some of your life experiences, be willing to share their own, and maintain confidentiality regarding the things you discuss together. Having a similar faith can be beneficial when it comes to discussing spiritual practices, devotions, and prayer types.

Sometimes having a sponsor who has a contrasting personality can be beneficial. Accountability and encouragement can both be gained by working closely with a sponsor. If you have a tendency to be hands off with some of the work associated with going through the steps, finding someone with a direct approach to mentorship may work well. If you are often too hard on yourself, having another voice to show mercy and compassion can help offset your destructive thinking.

You can begin by asking someone to be your *temporary sponsor*. This can be any group member willing to help you get acquainted with the group, familiar with the principles of recovery, or oriented to the Catholic Church. You should genuinely "want what they have", that is, a commitment to their recovery and a spiritual way of life.

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Solemnity of the Most Holy Trinity



Last week we reflected upon the apostles' experience with the strong driving wind of the Holy Spirit at Pentecost, remembering our own spiritual awakening and the lasting impression it can have. We may be grateful for moments when we are seized by the will of God and given clear direction to the path we ought to take. Inevitably, the storm will calm but our identity is forever changed.

This week we turn our rejoice toward the Holy Trinity, recognizing the beautiful relationship we maintain with God the Father, Christ the Son, and the Holy Spirit. This is a central aspect of our faith as Christians and something we acknowledge every time we make the sign of the cross. To be loved by God is to be a part of the Three-in-One (Triune) relationship that is the Holy Trinity.

Saint Paul summarizes this notion in the 8th chapter of his letter to the Romans, the second reading of this Sunday's mass:

Brothers and sisters:

For those who are led by the Spirit of God are sons of God.

For you did not receive a spirit of slavery to fall back into fear,

but you received a Spirit of adoption,

through whom we cry, "Abba, Father!"

The Spirit himself bears witness with our spirit that we are children of God,

and if children, then heirs,

heirs of God and joint heirs with Christ,

if only we suffer with him

so that we may also be glorified with him.

In our recovery from addiction and other unhealthy attachments, we are given a chance to transform from a spirit of slavery to a spirit of freedom through our adoption in the Holy Trinity. In this relationship we can shed the shame of our past and re-frame our attitude alongside our brothers and sisters seeking spiritual progress.

It is often said that recovery is a *we* program, not an *I* program. We need each other. As baptized Christians, this also implies that our relationship with the Father, Son, and Holy Spirit is an essential part of the experience. It cements our identity as children of God, co-heirs to His kingdom with Christ, and channels of the Holy Spirit. By replacing *I* with *we*, we replace illness with wellness.

Paul concludes this passage by noting that we are to suffer with Christ so that we may also be glorified with him. Our experience in recovery tells us that as we get better, the circumstances around us may still be troubling. Alone, we may not be able to withstand this suffering—certainly not in a redemptive way. We find courage through our union with the Holy Trinity and the loving support of others.

We are not always moved by a rushing breeze of the Holy Spirit. Sometimes the voice of God can only be heard when we empty our minds and quiet our hearts. Affirmation that we are on the right path comes when we experience the fruits of the Holy Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (Galatians 5:22-23).