

Reflection Questions

- What kinds of addictive impulses and urges have you overcome as part of your recovery journey?
- How have you relied on an encounter with Christ in order to deal with moments of temptation and suffering?
- What opportunities do you have to face the Truth and accept the path of recovery ahead of you?
 - Are there challenges that you struggle to get through on your own?

Catholic in Recovery Blog Relaunching!

Find helpful articles that will strengthen your faith and recovery journey by visiting www.catholicinrecovery.com.

At least once per week, we will be sharing on a variety of topics, including personal stories and reflections on topics related to the 12 steps and the sacramental life of the Catholic Church.

Sunday Mass Readings This Week

1st Reading: Acts 5:27-32, 40b-41

Responsorial Psalm: Psalm 30:2, 4, 5-6, 11-12, 13

2nd Reading: Revelation 5:11-14

Gospel: John 21:1-19

3rd Sunday of Easter



Easter is not simply a day to celebrate our Lord's resurrection, but a season that lasts 50 days and invites us to enter into the fullness of God's mystery. We put our faith in a Higher Power that has been raised from the dead, glorified, and resurrected. This has nothing to do with ghosts, fantasies, mythology, wish-fulfillment, or disembodied spirits. It is much more than an abstraction of good will, kindness, and respect.

Our efforts to seek recovery from addiction and other unhealthy attachments require engagement with more than a ghost. Like the disciples encountering Jesus after the resurrection, we get support from God who dwells among us today. We get a personal encounter with Christ by relying on others, the body of Christ living and breathing in the world. We get direct contact with our Lord through the sacraments that heal and nourish us along the way.

We have an Advocate above, continually knitting the fabric of heaven and earth together. In recovery, we rely on the body of Christ in order to turn away from our sinfulness and devote ourselves to spiritual progress. Somewhere along the way, we begin to truly love God with all our heart, mind and soul.

Authentic Christianity challenges anything that puts Christ on the cross. As an Easter people, we rejoice in our risen Lord but shall not forget the pain and sacrifice experienced by Jesus for the sake of our own resurrection and freedom from death. By rebelling against our unclean desires, one day or moment at a time, we may acknowledge the suffering that it brings—oftentimes in the form of mental, emotional, and spiritual anguish.

In many cases, we have conditioned ourselves to avoid small moments of suffering by acting out or reaching for our “drug” of choice. Addiction forms when that conditioning trumps the personal choices that we have, making our lives unmanageable and diminishing our ability to love God, ourselves, or our neighbor. Acting against the grain of our addictive impulses is a difficult but necessary part in trusting that God will restore us to sanity.

We can see this transformation take place in the lives of the disciples, particularly noting the new life within them after the resurrection of our Lord. Peter wanted a Christ without the cross and denied Him three times before His death. When Jesus returned, Peter had an amends to make:

When they had finished breakfast, Jesus said to Simon Peter,

"Simon, son of John, do you love me more than these?"

Simon Peter answered him, "Yes, Lord, you know that I love you."

Jesus said to him, "Feed my lambs."

He then said to Simon Peter a second time,

"Simon, son of John, do you love me?"

Simon Peter answered him, "Yes, Lord, you know that I love you."

Jesus said to him, "Tend my sheep."

Jesus said to him the third time,

"Simon, son of John, do you love me?"

Peter was distressed that Jesus had said to him a third time,

"Do you love me?" and he said to him,

"Lord, you know everything; you know that I love you."

Jesus said to him, "Feed my sheep."

We see the fruit of Peter’s recovery when he is face-to-face with the same authorities who had previously frightened him to betray Jesus. Emboldened by a second chance to love and serve his Lord, Peter accepts his mission and shares the Good News with others, regardless of the cost. “We must obey God rather than men,” Peter proclaims in this week’s first reading. By choosing to face the Truth and accepting the path ahead of us, we are given a similar opportunity to tend the flock of Jesus and align ourselves with God’s will.