

## Reflection Questions

- In the Gospel of John (15:5), Jesus says to His disciples at the Last Supper: "I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing."
  - What nourishes you to remain in Christ?
  
- In what ways have you or others recognized selflessness in your actions since starting recovery?

### 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?
- Was I kind and loving toward all?
- What could I have done better?
- Was I thinking of myself most of the time?
- Was I thinking of what I could do for others?

### Sunday Mass Readings This Week

**1st Reading:** Genesis 14:18-20

**Responsorial Psalm:** Psalm 110:1, 2, 3, 4 **2nd**

**Reading:** 1 Corinthians 11:23-26

**Gospel:** Luke 9:11b-17

## Corpus Christi



The 12 steps of recovery and the sacraments of the Catholic Church reveal the reality of God's presence with us. While some steps and each sacrament have 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, we celebrate the Solemnity of the Blood and Body of Jesus Christ. Saint Paul writes in this week's second reading:

*I received from the Lord what I also handed on to you,  
that the Lord Jesus, on the night he was handed over,  
took bread, and, after he had given thanks,  
broke it and said, "This is my body that is for you.  
Do this in remembrance of me."  
In the same way also the cup, after supper,  
saying,  
"This cup is the new covenant in my blood.  
Do this, as often as you drink it, in remembrance  
of me."*

The source of our eternal life is found in Christ. He offers Himself in abundance, even when what we have in return falls short. We are given a tangible way to physically remain in His flesh and have the opportunity to participate in this grace-filled sacrament every day or every week through receiving the Eucharist at mass.

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 relationships and situations we've harmed.

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.

It is wise for us to remember Saint Paul's words to the Romans from last week's second reading: "we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us.

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 loving service sacrificed by our Lord. We partake in the Eucharist with each other and share a common solution to our spiritual obstacles, one day at a time.