

4th Sunday of Lent



Fear and uncertainty are a familiar combination for those of us impacted by a loved one's addiction, and they can threaten progress made in our own recovery if left unchecked. When events take place around us that seem beyond our control, we have the choice to isolate in our own thoughts or seek connection with others close to us. Fear, secrecy, and denial tend to bubble up when we stay in isolation, while personal connection yields peace, hope, and direction.

It is fitting that this week's Responsorial Psalm offers an encouraging word through challenging times:

*The Lord is my shepherd; I shall not want. beside
restful waters he leads me;
he refreshes my soul.
He guides me in right paths for his name's sake.
Even though I walk in the dark valley
I fear no evil; for you are at my side
With your rod and your staff
that give me courage.*

It is good for us to remember the darkness from which our family has been set free. Those that do not yet know such freedom can find hope in those who have personally supported by God. For many of us, heightened control and anxious behavior were the only tools we had in order to cope with the powerlessness around us. We learn that we must turn our attention inward and find God who dwells within us if we are to have a chance at lasting change.

This begins by recognizing the things we can control, the things we can't control, and the difference between the two. It is easier to put on slippers than to carpet the whole world. A profound change takes place when we focus our attention on changing ourselves rather than taking inventory on how the world around us is not suitable. God supports our transition from victim to victory with the support of the 12 steps, the sacramental life of the Church, and the hope shared by our brothers and sisters in Christ.

Pay attention to how God is calling you through the words of Saint Paul in this week's Second Reading:

*You were once darkness,
but now you are light in the Lord.
Live as children of light,
for light produces every kind of goodness
and righteousness and truth.
Try to learn what is pleasing to the Lord.*

*Therefore, it says:
"Awake, O sleeper,
and arise from the dead,
and Christ will give you light."*

While grieving our lack of power of alcohol and addiction, we relished in the tragedies of the world around us. Perhaps distracted by (and in denial of) our own family crisis, we would simply redirect our anxiety onto the intangible forces of societal discontentment. This does not change the fact that valuable relationships, personal esteem, and self-dignity have been challenged by our family's addiction. Change begins with us.

We were blind, now we see. Jesus restores sight to a blind man in this week's Gospel Reading and allows us to understand the true miracle of recovery. At first, many are unwilling to believe the miracle that has taken place as some of the man's neighbors claim he isn't even the same person (we might experience the same when those from our past meet us in recovery). The Pharisees provide a nice contrast to a life rooted in personal honesty:

Some of the Pharisees who were with him heard this and said to him, "Surely we are not also blind, are we?"

*Jesus said to them,
"If you were blind, you would have no sin;
but now you are saying, 'We see,' so your sin
remains.*

The man with recovered sight *comes to believe* as he continuously shares the miracle. Our transformation rests on the care and support of God and others—something we must maintain through this season of social distancing. We are in the midst of a pandemic which reminds us just how powerless we really are. Therefore, let us turn to our Shepherd who has all power and refreshes our soul.

Reflection Questions

- How have you reacted to changes in the world around you given the powerless nature of these uncertain times?
 - What tools have helped you remain in the solution guided by Jesus Christ?
- How has God personally restored sight to your life?
- How will you remain connected in fellowship while navigating the waters of social distancing?

Virtual Meetings Starting this Week

General Recovery Meetings

- Tuesdays & Thursdays: 8:00 PM ET/5:00 PM PT
- Wednesdays: 12:00 PM ET/9:00 AM PT

Family & Friends Recovery Meetings

- Wednesdays: 7:00 PM ET/4:00 PM PT
- Fridays: 3:00 PM ET/12:00 PM PT

Men's Lust Addiction Recovery Meeting

- Wednesdays: 3:00 PM ET/12:00 PM PT

**visit catholicinrecovery.com/virtual-meeting-schedule for detail*

Sunday Mass Readings This Week

1st Reading: 1 Samuel 16:1b, 6-7, 10-13a

Responsorial Psalm: Psalm 23:1-3a, 3b-4, 5, 6

2nd Reading: Ephesians 5:8-14

Gospel: John 9:1-41