

Reflection Questions

- How has recovery helped you experience fellowship and be open to new relationships?
- How do you share a message of hope with other family members in need of help?
- What joy, meaning, and purpose have sprung from healthy relationships formed in recovery?

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Sunday Mass Readings this Week

1st Reading: Amos 7:12-15

Responsorial Psalm: Psalm 85:9-10, 11-12, 13-14

2nd Reading: Ephesians 1:3-14

Gospel: Mark 6:7-13

Fifteenth Sunday in Ordinary Time



Many of us enter recovery hoping to find a quick fix to our loved one's addiction that can be completed in isolation so as to not let anyone find out. However, just like the consequences of addiction extend beyond an individual to their families, friends, and communities, recovery demands that we connect with others in order to find freedom from the unhealthy patterns and compulsive practices we've formed in order to cope.

The healing process inevitably involves relationships. This begins by welcoming those who show up to offer help. Support can be difficult to receive as many of us feel more comfortable helping others than we do letting others help us. Christian accompaniment was initiated by Jesus and provides us the opportunity to be adopted into the mission of our Lord. We'll find that modern recovery takes after the model of discipleship handed down by Christ.

This week's Sunday Gospel Reading tells of Jesus sending off his disciples and asking them to be his hands and feet:

*Jesus summoned the Twelve
and began to send them out two by two
and gave them authority over unclean spirits.
He instructed them to take nothing for the journey
but a walking stick—
no food, no sack, no money in their belts.
They were, however, to wear sandals
but not a second tunic.*

Notice that the request begins by implying that they have all they need in order to build Christian bonds. Their own experience, strength, and hope is enough. We are asked to go into the world with each other in the same way, but how often do we feel inadequate to approach another with the love of God in our hearts? The Gospel continues:

*Jesus said to them,
"Wherever you enter a house,
stay there until you leave.
Whatever place does not welcome you or listen to
you,
leave there and shake the dust off your feet
in testimony against them."
So they went off and preached repentance.
The Twelve drove out many demons,
and they anointed with oil many who were sick and
cured them.*

Some of the people we encounter may not be ready, willing, or open to hear the message. Perhaps we have been there ourselves. However, when done with the guidance of God and the accompaniment of a brother or sister in Christ, new relationships can be an avenue to freedom for all involved. This adds joy, meaning, and purpose to a life in recovery!

Healthy relationships take time to form and can be a model for healing broken relationships that still haunt us. In addition, they will often do the following:

- reflect the image of God
- repair unhealthy attachment styles (which may have begun in childhood)
- root individuals in truth
- literally re-wire our brain structure
- provide a powerful sense of belonging and support
- give hope for a better life.

We can only be of help to those who want it and can benefit from our experience—namely, others who know the pain of family addiction. We may not be the catalyst for our addicted loved ones to change, but we can brighten the day of another in our shoes. We are not alone, and a new life offered by Jesus Christ through recovery is a beautiful contrast to the dark and isolated death we once knew.