

Reflection Questions

- How has your understanding of God changed while in recovery?
- How do you relate to patterns of black-and-white thinking?
 - How is God helping change this in you?
- Have you found yourself tempted to substitute your old addictive ways with new addictions or unhealthy compulsions? Explain.

A Note About Sponsorship

Sponsorship is a vital part of our recovery journey and is built on the model of Christian discipleship

- A sponsor exhibits the qualities we'd like to improve in ourselves. He/she guides us through the Twelve Steps and is a regular source of support and accountability.
- People often find a sponsor at meetings, asking someone who has been through the steps to be their sponsor.
- When we sponsor others, it helps us stay clean, sober, abstinent, and free.

Sunday Mass Readings this Week

1st Reading: Isaiah 53:10-11

Responsorial Psalm: Psalm 33:4-5, 18-19, 20, 22

2nd Reading: Hebrews 4:14-16

Gospel: Mark 10:35-45

29th Sunday in Ordinary Time



Some of us enter recovery with a distorted understanding of who God is. After admitting powerlessness over addiction and acknowledging the unmanageable nature of our lives, we are asked to come to believe that God can restore us to sanity in Step Two. For those of us who see God as punitive and authoritarian, this can be troublesome.

This week's Second Reading, taken again from the Letter to the Hebrews, re-frames our understanding of Jesus Christ as someone who knows our path and our pain:

*Since we have a great high priest who has passed through the heavens,
Jesus, the Son of God,
let us hold fast to our confession.
For we do not have a high priest
who is unable to sympathize with our weaknesses,
but one who has similarly been tested in every way,
yet without sin.
So let us confidently approach the throne of grace to
receive mercy and to find grace for timely help.*

We get the benefit of encountering others in our fellowship who know what we're going through and have been tested in similar ways. We can share openly and honestly about our spiritual journey through family recovery. Our time together produces unity, companionship, and guidance. Together, we look to Christ for direction and confidently approach the throne of grace to receive mercy and find grace for timely help.

Feelings of shame and unworthiness can be a barrier to this step and the spiritual progress we make in recovery. Stuck in our black-and-white thinking, we may expect that if we put in the time and energy, that we will get a certain result: healed relationships, financial stability, esteem, or the sobriety of our loved ones. These results will come in God's time, but only if we look beyond them and keep our gaze fixed on Christ.

We hear from the tenth chapter of the Gospel of Mark this week as the disciples are getting a little bit ahead of themselves:

*James and John, the sons of Zebedee,
came to Jesus and said to him,
"Teacher, we want you to do for us whatever we ask
of you."
He replied, "What do you wish me to do for you?"
They answered him,
"Grant that in your glory we may sit
one at your right and the other at your left."*

We have heard a similar tone from the disciples over the past several weeks while reading through Mark's gospel. Previously, the disciples asked who among them would be the greatest after Christ's death. Again, they are asking for power and honor, which, along with pleasure and wealth, are the four things Saint Thomas Aquinas claims we substitute for God.

There can be a temptation to give up a pleasure-providing addiction while substituting it with the pursuit of wealth, honor, or power. Not having an addiction or unhealthy compulsion holding us down, we are capable of doing more. The act of getting back some of what we lost can be confused for spiritual development. Therefore, it is critical that we engage in the practice of regularly evaluating our spiritual condition. This requires some time and effort and should include a balanced assessment of our strengths and opportunities for growth.

Upon forming a personal relationship with Jesus through the first few steps, we take action through the spiritual inventory of step four. This is vital to our development and creates a new framework for seeing the world. When we put our strengths, sins, resentments, and fears into our fourth step inventory, we are tangibly expressing our faith in God, knowing that our Lord is able to sympathize with our weaknesses and restore us to new life in Him.