

Reflection Questions

- How do you practice patience and perseverance when life feels uncertain or unstable?
- What helps you focus on your own spiritual and emotional work instead of falling into old family roles?
- How has God helped you see endings or transitions as opportunities for growth and renewal?

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- Join live on **Monday, November 17 at 8p ET/5p PT**
- This and all webinar recordings archived on CIR+
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Sunday Mass Readings this Week

First Reading: Malachi 3:19-20a

Responsorial Psalm: Psalm 98:5-6, 7-8, 9

Second Reading: 2 Thessalonians 3:7-12

Gospel: Luke 21:5-19

Thirty-third Sunday in Ordinary Time



As the liturgical year nears its end, the Church's readings invite us to patience and trust in God's providence. Apocalyptic imagery reminds us that even when everything feels uncertain or falling apart, God's hand is at work bringing about redemption. For those of us who grew up in dysfunction or chaos, this message is deeply personal.

Many of us know what it feels like to live in a world that seemed unstable—where relationships or circumstances shifted without warning. Even now, uncertainty can trigger anxiety or a sense of dread. Yet Scripture teaches that the end of one thing often marks the beginning of something greater. In recovery, we've seen this truth unfold in our own lives: God brings peace out of confusion and light out of darkness.

Like medicine, these passages are meant to heal, not harm. They remind us to turn our attention away from fear and toward grace. The more we focus on what's broken, the more overwhelmed we feel. But when we focus on God's love and faithfulness, hope takes root and grows.

Saint Paul's advice to the Thessalonians grounds this truth in simple daily discipline (2 Thessalonians 3:7–12):

*You know how one must imitate us.
For we did not act in a disorderly way among you...
Rather, we wanted to present ourselves as a model for you,
so that you might imitate us.
In fact, when we were with you,
we instructed you that if anyone was unwilling to work,
neither should that one eat.
We hear that some are conducting themselves among you in a disorderly way,
by not keeping busy but minding the business of others.
Such people we instruct and urge in the Lord Jesus Christ to work quietly and to eat their own food.*

Paul's words invite us to mind our own work—spiritually and emotionally. As adult children, we sometimes slip into old family roles: trying to fix others, control situations, or lose ourselves in busyness. Recovery calls us to pause, take stock, and focus on our own growth.

Patience and perseverance become acts of trust. As we do our part—through honesty, prayer, and service—God does the deeper work of healing our past and reshaping our hearts.

The close of the liturgical year mirrors the spiritual seasons of our own lives. Old ways pass away, new growth begins. God is faithful through every change, building a foundation of peace within us. When we stay grounded in His grace and connected to community, we no longer need to fear what's ahead.