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CIR Website

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Venmo

CIR ANNOUNCEMENTS

JOIN THE CIR LENTEN CHALLENGE

This Lent, grow closer to Christ and renew your recovery by joining Catholic in Recovery's first-ever Lenten Challenge Recovery Journey — a guided, day-by-day path toward God's freedom and healing on CIR+. You will receive access to daily Lenten modules that include:

- Inspiration from the CIR community
- Daily Mass and Saint of the day reflections
- Encouragement to attend a recovery meeting each day
- Opportunity to share and connect with others

Join CIR+ today for the Lenten Challenge Recovery Journey:
catholicinrecovery.com/cirplus



LENTEN CHALLENGE

MASS READINGS

FIRST READING 1 Samuel 16:1b, 6-7, 10-13a

RESP. PS. Psalm 23: 1-3a, 3b-4, 5, 6

SECOND READING Ephesians 5:8-14

GOSPEL John 9:1-41



CIR WEEKLY MEETING REFLECTION
GENERAL RECOVERY

FOURTH SUNDAY OF LENT

There are moments in recovery when we realize how blind we once were. Not blind in the sense of ignorance alone, but blind in heart, spirit, and self-awareness. Many of us truly believed our addictive behaviors were helping us survive. We convinced ourselves we could manage on our own. It often took pain, exposure, or complete exhaustion before we could admit the truth. Lent gives us space to remember both the darkness and the light that followed.

This Sunday's gospel tells the story of Jesus restoring sight to a man born blind (John 9:1, 6-9):

As Jesus passed by he saw a man blind from birth. When he had said this, he spat on the ground and made clay with the saliva, and smeared the clay on his eyes, and said to him, "Go wash in the Pool of Siloam" —which means Sent—. So he went and washed, and came back able to see. His neighbors and those who had seen him earlier as a beggar said, "Isn't this the one who used to sit and beg?" Some said, "It is," but others said, "No, he just looks like him." He said, "I am."

Recovery can feel like that. We return to familiar places changed. Some people struggle to believe it. Others question our transformation. Sometimes we

even question it ourselves. Yet something real has happened. We were living in denial, and now we are learning to live in truth.

The miracle began with obedience. The man followed simple instructions: go and wash. In recovery, the path is often just as concrete. Go to the meeting. Call the sponsor. Pray. Make the amends. Admit the fear. None of these actions are dramatic, but together they open our eyes. Step One invites us to admit we are powerless. That humility becomes the beginning of sight.

The Pharisees in the story offer a caution. Confident in their own understanding, they resist what is plainly before them. Spiritual blindness can persist when we cling to pride. When we insist that we already see clearly, we close ourselves to grace. Recovery invites us into daily surrender. It asks us to remain teachable.

Saint Paul writes in the second reading (Ephesians 5:8-10):

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.

Notice that Paul does not say we once walked in darkness. He says we were darkness. Addiction can become so entwined with identity that we forget who we truly are. In Christ, that identity is restored. We are not defined by our past behaviors. We are beloved sons and daughters learning to walk in the light.

Walking in the light does not mean life becomes easy. Temptations remain. Fear still whispers. But we are no longer alone in the valley. The Shepherd leads us beside restful waters. The Steps give us structure. The sacraments nourish us. Community keeps us honest. We begin to see patterns we once ignored. We recognize resentment before it festers. We notice when pride creeps in. Sight becomes an ongoing gift.

Lent calls us to continue washing in the waters of honesty and repentance. We allow Christ to place clay on our eyes again and again, healing the places we still cannot see clearly. Recovery is not a one-time miracle but a daily awakening.

Today we can say, with humility and gratitude, “I was blind, and now I see.” And tomorrow, we will ask God for the grace to keep seeing clearly.

REFLECTION QUESTIONS

- When have you experienced a moment in recovery that felt like sight being restored?

- Where do you notice lingering blindness that God may be inviting you to confront?

- What daily actions help you continue walking as a child of light rather than returning to darkness?
