

Solemnity of the Most Holy Trinity



Last Sunday, we reflected upon the apostles' experience with the strong driving wind of the Holy Spirit at Pentecost, remembering our own spiritual awakening and the lasting impression it can have. We can look with gratitude at moments when we were seized by the will of God and given clear direction as to the the past we ought to take. Inevitably, the storm calms but our identity is forever changed.

This Sunday we turn our rejoice toward the Holy Trinity, recognizing the beautiful relationship we maintain with God the Father, Jesus Christ the Son, and the Holy Spirit. This is a central aspect of our faith as Christians and something we acknowledge every time we make the sign of the cross. To be loved by God is to be a part of the Triune (Three-in-One) relationship that is the Holy Trinity.

This idea can be theologically difficult but does not need to be something we over-complicate. As we declare in the Nicene Creed:

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.

The Creed continues:

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and
glorified,
who has spoken through the prophets.

Our belief in the Trinity does not mean that we believe in three gods. Rather, it is one God that reveals Himself as Father, Son, and Holy Spirit. What does that mean for us recovering from addiction, compulsions, and unhealthy attachments? Think of the Holy Trinity as God's multi-faceted pursuit of us to know, love, and serve Him.

In recovery, we are given a chance to transform from a spirit of slavery to a spirit of freedom through our adoption in the Holy Trinity. In this relationship, we can shed the shame of our past and re-frame our attitude alongside our brothers and sisters seeking spiritual progress.

It is often said that recovery is a *we* program, not an *I* program. We need each other. As baptized Christians, this also implies that our relationship with the Father, Son, and Holy Spirit is an essential part of the experience. It cements our identity as children of God, co-heirs to His kingdom with Christ, and channels of the Holy Spirit. By replacing *I* with *we*, we begin to replace *illness* with *wellness*.

Saint Paul repeatedly notes that we are to suffer with Christ so that we may also be glorified with him. Our experience in recovery tells us that as we get better, the circumstances around us may still be troubling. Alone, we may not be able to withstand this suffering—certainly not in a redemptive way. We find courage through our union with the Holy Trinity and the loving support of others on our journey.

We are not always moved by a rushing breeze of the Holy Spirit. Sometimes the voice of God can only be heard when we empty our minds and quiet our hearts. Affirmation that we are on the right path comes when we experience the fruits of the Holy Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (Galatians 5:22-23).

Reflection Questions

- What does a *we* program of recovery look like for you?
- Have you had an experience where the initial rush or euphoria of recovery wore off? Explain what happened and/or how you adapted to maintain a daily commitment to recovery.
- How do you understand redemptive suffering through the lens of your recovery?

A Note About Sponsorship

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

- A sponsor is someone who guides us through working the Twelve Steps and can be a regular source of support
- You are invited to reach out to someone before/after the meeting to inquire about them being your sponsor or mention in your share that you are looking for a sponsor
- If you are willing to sponsor another group member, indicate that in the chat window or mention it after the meeting
- More resources related to sponsorship are coming soon

Sunday Mass Readings this Week

First Reading: Exodus 34:4b-6, 8-9

Responsorial Psalm: Daniel 3:52, 53, 54, 55, 56

Second Reading: 2 Corinthians 13:11-13

Gospel: John 3:16-18