

This Easter season has gradually revealed the heart of recovery in Christ. We have reflected on how the risen Lord meets us in fear, walks with us in confusion, leads us as our Good Shepherd, reveals Himself as the way forward, places His Spirit within us, and sends us forth with purpose. Pentecost brings that journey to its fulfillment, as the promised Holy Spirit descends upon the apostles and transforms a fearful, uncertain group of disciples into a bold and Spirit-filled Church.

The first reading from Acts of the Apostles describes the moment vividly (Acts 2:1-11): *“And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.”* The same disciples who had once hidden behind locked doors now step forward with courage, clarity, and conviction. Something profound has changed within them—not by their own power, but by the power of God alive within them.

This is a meaningful image for those impacted by a loved one’s addiction, compulsion, or unhealthy attachment. Many of us entered recovery emotionally drained, spiritually weary, and uncertain that peace was possible. We may have arrived carrying fear, resentment, confusion, grief, or a deep sense of helplessness. Like the disciples, we knew something needed to change, but we did not know how to bring that change about on our own.

Recovery often begins with surrender—with admitting that we are powerless over another person’s choices and that our own attempts to manage life have left us exhausted. Yet over time, something new begins to take root. We become more honest, more willing, and more open to grace. We begin to experience moments of peace where there was once turmoil, clarity where there was once confusion, and hope where there

was once despair. This is more than learning healthier coping skills. It is spiritual transformation.

The Twelve Steps call this a spiritual awakening. The Church calls it life in the Spirit. While the language may differ, the experience is very familiar: God doing within us what we could not do for ourselves.

One of the most beautiful signs of Pentecost is that people from many nations hear the apostles speaking in their own language. Diversity remains, yet understanding becomes possible. This also reflects the grace found in family recovery meetings. We come carrying different stories, wounds, and burdens. Yet when someone speaks honestly about surrender, boundaries, fear, grace, and healing, something in us recognizes the truth. We understand one another at a deeper level because pain, humility, and hope speak a common language.

This kind of fellowship is sacred. When we gather honestly, pray together, and make room for truth, the Holy Spirit is active among us. One of the quiet miracles of recovery is watching fear lose its grip, unhealthy patterns begin to change, and wounded hearts grow in freedom, wisdom, and peace.

Pentecost reminds us that the Holy Spirit is not merely an idea or symbol. He is alive and active. He comforts, convicts, strengthens, and guides. He gives us courage to let go of control, humility to receive help, and love to care for others in healthier ways.

As we celebrate Pentecost, we are invited to remember that healing is not fueled by willpower alone. The Spirit of God is alive within us and at work among us. What once felt impossible becomes possible through grace. We are no longer alone, and we are no longer powerless before fear, resentment,

or unhealthy attachment. The Holy Spirit is leading us into freedom, one faithful day at a time.

REFLECTION QUESTIONS

- When have you recognized spiritual transformation taking place in your recovery, even in subtle ways?

- How has fellowship helped you experience greater clarity, peace, or freedom in relationships?

- What is the Holy Spirit inviting you to surrender or trust more deeply in this season of recovery?

MASS READINGS

FIRST READING Acts 2:1-11

RESP. PS. Psalm 104:1, 24, 29-30, 31, 34

SECOND READING 1 Corinthians 12:3b-7, 12-13

GOSPEL John 20:19-23