

Reflection Questions

- What was the turning point that prompted you to seek a recovery community and invite God's help?
- How have others directed your way and revealed the Sacred Heart of Jesus to you?
- How has your image and understanding of God been shaped through your experience in recovery?

Attend a CIR Retreat in 2024

There are several retreat opportunities around the U.S. this year to strengthen your recovery and faith

- Hear inspiring testimonies, attend meetings, engage the sacraments, participate in workshops, and more!
- Dedicated time for quiet meditation and fellowship
- Remaining 2024 retreats include Wichita, KS (Aug 2-4); Huntington, IN (Aug 23-25); Oceanside, CA (Sept 27-29); and Subiaco, AR (Nov 1-3)
- For more information and to register for a retreat visit catholicinrecovery.com/events

Sunday Mass Readings this Week

First Reading: Jeremiah 23:1-6

Responsorial Psalm: Psalm 23:1-3, 3-4, 5, 6

Second Reading: Ephesians 2:13-18

Gospel: Mark 6:30-34

Sixteenth Sunday in Ordinary Time



In Christ Jesus you who once were far off have become near by the blood of Christ.

This verse from Saint Paul's Letter to the Ephesians introduces this Sunday's Second Reading and summarizes our journey through family addiction recovery with Jesus. We were like sheep without a shepherd, directing life as we saw fit. Entrapped by the family disease of addiction, we experienced lost relationships, mistrust, a life ran by fear, resentment toward others, and a faint loneliness that stemmed from a lack of guidance. As we gazed around, it became increasingly apparent that our flock was scattered.

Cultural norms suggest that if we are to do great things, it will have to come on our own accord. If we succeed, the glory is short-lived and we thirst for more. When we come up short, we either exert ourselves more or find unhealthy ways to cope. Self-will drives us toward isolation.

As God's children, we have always thirsted for communion with our Lord. Our restless hearts seek God in many things, often missing the mark and creating compulsive patterns that we cannot escape on our own. We often experience great pain before inviting God and others to be a part of our healing.

This Sunday's Gospel Reading picks up from last Sunday's after the twelve disciples return from sharing the good news as they were sent out two-by-two. People were compelled by the message of new life and repentance that Jesus and his disciples had to offer. We hear about Jesus' response to the large following that began surrounded them:

*When he disembarked and saw the vast crowd,
his heart was moved with pity for them,
for they were like sheep without a shepherd;
and he began to teach them many things.*

The Sacred Heart of Jesus radiates in this story, which expresses God's desire for our good. We can begin to accept and understand this when we approach Step Two—came to believe that a Power greater than ourselves could restore us to sanity. With a clear awareness that we are powerless over addiction and that our lives had become unmanageable (Step 1), we turn to God as the source of our recovery.

This is the nature of redemption and the path toward salvation that God has made available to us. We hear God proclaim this clearly through the prophet Jeremiah in this Sunday's First Reading:

*I myself will gather the remnant of my flock
from all the lands to which I have driven them and
bring them back to their meadow;
there they shall increase and multiply.
I will appoint shepherds for them who will
shepherd them
so that they need no longer fear and tremble;
and none shall be missing, says the Lord.*

We put our faith in God as we move forward, believing that He will guide us in right paths, lead us to restful waters, and refresh our soul. Even as we walk through dark valleys, He will be by our side to give us courage.