

Reflection Questions

- What factors keep you separated from your brothers and sisters in Christ? What part do you play in this separation?
- What spiritual gifts have you been given that allow you to share in the mission of Jesus?
- How have you encountered new and surprising gifts since being active in recovery?

Heavenly Helpers: Drawing Strength from the Lives of Saints in Recovery

Webinar on Wednesday, January 29 at 8p ET/5p PT

- Build or deepen your relationship with Catholic Saints related to addiction recovery
- Explore the concepts of patronage, veneration, intercession, and how to grow in virtue
- Free for CIR+ members otherwise \$10 to register
- This and all webinar recordings available on CIR+
- For more info and to register for the webinar visit catholicinrecovery.com/event/webinar250129

Sunday Mass Readings This Week

First Reading: Nehemiah 8:2-4a, 5-6, 8-10

Responsorial Psalm: Psalm 19:8, 9, 10, 15

Second Reading: 1 Corinthians 12:12-30

Gospel: Luke 1:1-4; 4:14-21

Third Sunday in Ordinary Time



The stage has been set for Jesus to initiate His mission on earth. Over the last three weeks, we have journeyed together as the Sunday Gospel readings have revealed Christ's presence through the magi's encounter with the Lord, Christ's baptism in the Jordan River, and the first miracle at Cana. This Sunday, we bear witness to His inaugural address in a synagogue in Nazareth. Having been handed a scroll, He found a passage from Isaiah:

*'The Spirit of the Lord is upon me,
because he has anointed me
to bring glad tidings to the poor.
He has sent me to proclaim liberty to captives and
recovery of sight to the blind,
to let the oppressed go free,
and to proclaim a year acceptable to the Lord.'
Rolling up the scroll, he handed it back to the
attendant and sat down,
and the eyes of all in the synagogue looked intently
at him.
He said to them, "Today this Scripture passage is
fulfilled in your hearing."*

Christ's mission includes bringing glad tidings to the poor, liberty to captives, sight to the spiritually blind, and freedom to the oppressed. We are grateful to be among His beneficiaries and have been grafted onto His mission by way of our baptism. We identify as beloved sons and daughters of God. Unfortunately, some sibling rivalry exists that can distract us from our mission.

Each of us is unique. It is not uncommon, at times, to believe that we are terminally unique and that the spiritual solution which has worked for countless others is ineffective for us. We might tell ourselves that our situation is so unique that no one else will understand.

In other instances, we may separate ourselves from others by making unfair comparisons. We tend to compare our insides to other people's outsides and, when shame is activated, we question our own value and dignity. This is far from the attitude of Christian love and service which is found at the heart of the gospel. The work of recovery frees us from pride and unites us with the body of Christ.

Early Christians struggled with similar interpersonal difficulties as they became followers of Christ. We have heard several examples of the disciples' concerns for honor and status among their peers. This Sunday's second reading is from Paul's first letter to the Corinthians. He warns them of pride and division:

*As a body is one though it has many parts,
and all the parts of the body, though many,
are one body, so also Christ.*

*God has so constructed the body
as to give greater honor to a part that is without it,
so that there may be no division in the body,
but that the parts may have
the same concern for one another.
If one part suffers, all the parts suffer with it;
if one part is honored, all the parts share its joy.*

*Now you are Christ's body,
and individually parts of it.
Some people God has designated in the church to be,
first, apostles; second, prophets; third, teachers;
then, mighty deeds;
then gifts of healing, assistance, administration,
and varieties of tongues.
Are all apostles? Are all prophets? Are all teachers?
Do all work mighty deeds? Do all have gifts of
healing?
Do all speak in tongues? Do all interpret?*

The history of dysfunction in our families coupled with our unguided response was repressing our contribution to the body of Christ. Instead of comparing what we know about being brought up in an alcoholic or dysfunctional household with what we don't know about others' experiences, we are given knew tools and principles to help us properly order our lives.

With God's grace and the support of others in adult child recovery, we become our own loving parent. ACDH recovery gives us the opportunity to re-engage the gifts that God has given us. As we remain open to our role in Christ's mission through recovery, more is revealed about the great plans that God has for us.