

Reflection Questions

- How have you experienced Christian service and Christ's love "to the end" in your own recovery journey?
- In what ways are you being called to "wash the feet" of others in recovery right now? What might that look like in practical, humble service?
- What holds you back from fully embracing the role of servant-leader in your recovery and faith life—and how can you invite God into those fears or hesitations?

Holy Week Blessings

On behalf of the Catholic in Recovery team and community, we wish you and your family a blessed Holy Week.

We are grateful to walk through Christ's life, death, and resurrection together. We recognize our recovery is a gift that can only be bestowed by God, who sacrificed everything for us out of love.

Holy Thursday Evening Mass Readings

First Reading: Exodus 12:1-8, 11-14

Responsorial Psalm: Ps 116:12-13, 15-16bc, 17-18

Second Reading: 1 Corinthians 11:23-26

Gospel: John 13:1-15

Holy Week



This week we enter into the summit of the liturgical year – Holy Triduum – which spans from the evening of Holy Thursday to Easter Sunday. We celebrate the Evening Mass of the Lord's Supper on Thursday, venerate the cross on Good Friday, and rejoice in the Resurrection during the Easter Vigil and on Easter Sunday. Before we revel in the empty tomb, it would be prudent to prayerfully reflect upon the last days of Jesus.

The closer Jesus gets to the cross, the more his expression of love for the people He calls "his own" grows. The Holy Thursday Gospel Reading begins:

*Before the feast of Passover,
Jesus knew that his hour had come
to pass from this world to the Father.
He loved his own in the world and he loved them to
the end.*

Fully aware of what would be coming next, including betrayal from His own friends, Jesus rises from the table and shows what love looks like:

*He took a towel and tied it around his waist.
Then he poured water into a basin
and began to wash the disciples' feet
and dry them with the towel around his waist.*

At the center of Christian faith stands the belief that Jesus Christ sacrificed His own life to atone for the sinful and self-centered behavior that has plagued humanity since our inception. His model of perfect love includes not only sacrificing His life for us but washing the feet of His disciples so that we may know we are loved and capable of loving.

Jesus asks us to do the same for our fellow brothers and sisters. Recovery fellowships maintain this kind of outward-looking love that seeks self-sacrifice to care for those who are still struggling. Jesus loved his disciples as friends by getting to know them, praying with them, seeing goodness and beauty within them, and drawing it out by pouring more love and service into them.

Prior to this, Jesus repeatedly said that He had not come to be served but to serve. He washes the feet of the disciples with the cloth of divinity, backing His words with action. The same cloth will dry the water of new life poured out upon the newly baptized this Easter. We welcome them into the Church, eager to serve as Christ calls us to.

*So when he had washed their feet
and put his garments back on and reclined at table
again, he said to them,
"Do you realize what I have done for you?
You call me 'teacher' and 'master,' and rightly so, for
indeed I am.
If I, therefore, the master and teacher,
have washed your feet,
you ought to wash one another's feet.
I have given you a model to follow,
so that as I have done for you, you should also do."*

The best way for an adult child from a dysfunctional or alcoholic home to continue growing in emotional sobriety is by extending a hand to others who share a similar past. As we support one another in breaking generational patterns of shame, fear, and abandonment, we align ourselves with the healing mission of Christ. God, in His mercy, can use even the wounds from our childhood to bring us into deeper connection with Him and guide us along the path of love, truth, and transformation.