

## Reflection Questions

- How have you relied on God's help to face moments of fear, resentment, or helplessness in your loved one's addiction journey?
- In what ways have you been healed of unhealthy attachments – such as control, enabling, or resentment – through your recovery and surrender to Jesus?
- What second chances has Jesus given you to experience peace, freedom, and renewed relationships?

### **Healing the Mind & Soul: A Catholic Approach to Psychiatry and Addiction**

*Webinar on Monday, May 5 at 7p ET/4p PT*

- Featuring Catholic Psychiatrist Dr. Michael Ferri
- Gain insight into the overlap of psychiatry and addiction
- Learn how the Church's spiritual tools can complement mental health care in a truly integrated approach
- 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/webinars](http://catholicinrecovery.com/webinars)

## Sunday Mass Readings This Week

**First Reading:** Acts 5:27-32, 40b-41

**Responsorial Psalm:** Psalm 30:2, 4, 5-6, 11-12, 13

**Second Reading:** Revelation 5:11-14

**Gospel:** John 21:1-19

## Third Sunday of Easter



Easter is not just a single day of celebration but a season – 50 days inviting us to step into the mystery of God's love more deeply. We put our faith in a Higher Power who has conquered death and offers resurrection and new life, not as some abstract hope or distant idea, but as a living, breathing reality.

Our healing as family members impacted by addiction requires more than vague encouragement or self-reliance. Like the disciples encountering the risen Christ, we are invited into a personal relationship with Jesus, who meets us through the people and sacraments that nourish us along the way. Healing happens as we lean on God and others, acknowledging that we were never meant to carry the burden of addiction's impact alone.

We have an Advocate above – Jesus Christ – who intercedes for us, knitting together heaven and earth with mercy. As we move through our own recovery journey, we are called to let go of controlling, fixing, or rescuing others, and instead, entrust our lives and our loved ones to God's care. We begin to love God more fully with our whole heart, mind, and soul, rather than being consumed by fear or misplaced responsibility.

As Easter people, we celebrate the victory of the Resurrection, but we do not ignore the reality of suffering – both Christ's and our own. Many of us have endured emotional, mental, and spiritual anguish for years as we tried to survive the chaos of addiction in our families.

Often, we learned unhealthy ways of coping: denying our feelings, taking on responsibilities that were never ours, or striving for control in situations beyond our power. These patterns can make life unmanageable and distance us from God, ourselves, and others. Learning to respond differently – to trust God instead of reacting in fear – is challenging but essential for our healing.

We see a powerful example of this transformation in the life of Peter after the Resurrection. Peter, who once denied Jesus three times out of fear, is offered a chance to reaffirm his love:

*When they had finished breakfast, Jesus said to Simon Peter,  
“Simon, son of John, do you love me more than these?”  
Simon Peter answered him, “Yes, Lord, you know that I love you.”  
Jesus said to him, “Feed my lambs.”*

*He then said to Simon Peter a second time,  
“Simon, son of John, do you love me?”  
Simon Peter answered him, “Yes, Lord, you know that I love you.”  
Jesus said to him, “Tend my sheep.”  
Jesus said to him the third time,  
“Simon, son of John, do you love me?”  
Peter was distressed that Jesus had said to him a third time,  
“Do you love me?” and he said to him,  
“Lord, you know everything; you know that I love you.”  
Jesus said to him, “Feed my sheep.”*

Peter's healing comes not by proving himself, but by being restored in love and accepting his mission. In the same way, we are not asked to be perfect or to fix the brokenness in others – we are asked to stay faithful to our own healing and to serve God by living with honesty, compassion, and humility.

Later, when Peter boldly proclaims, “We must obey God rather than men,” he shows us what it means to live with new courage and trust. In our lives, this might mean releasing our loved ones to God's mercy, setting healthy boundaries, and choosing to live in serenity rather than fear.

By facing the truth, trusting God, and staying on the path of spiritual growth, we too are invited to feed His sheep – to extend the love and mercy we have received to others who are searching for hope.