

Reflection Questions

- What part of your story or identity is God gently making new through your healing process?
- How have you experienced growth by facing uncomfortable truths from your past with honesty and grace?
- What does loving others like Jesus look like in your life today—especially when it means honoring your boundaries and your healing?

May is the Month of Mary

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Sunday Mass Readings this Week

First Reading: Acts 14:21-27

Responsorial Psalm: Psalm 145:8-9, 10-11, 12-13

Second Reading: Revelation 21:1-5a

Gospel: John 13:31-33a, 34-35

Fifth Sunday of Easter



During the Easter season, the Church turns our attention to the beginnings of the Christian community in the Acts of the Apostles and to the hopeful vision of renewal found in the Book of Revelation. For those of us who grew up in dysfunctional homes, these readings speak directly to our longing for healing, stability, and a sense of belonging.

This Sunday's second reading offers a glimpse of the restoration God desires for us:

*I heard a loud voice from the throne saying,
“Behold, God’s dwelling is with the human race.
He will dwell with them and they will be his people
and God himself will always be with them as their
God.
He will wipe every tear from their eyes,
and there shall be no more death or mourning,
wailing or pain,
for the old order has passed away.”
The One who sat on the throne said,
“Behold, I make all things new.”*

For many of us, emotional pain became part of daily life early on. We may have learned to suppress our needs, stay small to avoid conflict, or carry responsibilities that weren’t ours. Yet this passage assures us that the “old order” does not have to define us forever. God desires to dwell with us intimately, to heal our grief, and to make all things new—starting with our hearts.

It’s easy to hide behind a mask, trying to prove we’re fine. But healing begins when we tell the truth—first to ourselves, then to God and others. It’s in safe community and through spiritual practices that we begin to feel seen, heard, and gently restored.

This Sunday’s first reading reminds us that hardship is often part of the path:

*They strengthened the spirits of the disciples
and exhorted them to persevere in the faith, saying,
“It is necessary for us to undergo many hardships
to enter the kingdom of God.”*

Facing our past and unlearning old survival patterns is not easy. But when we stop running from discomfort and allow God to guide us through it, we discover peace and connection that we never thought possible. New life is born not through perfection, but through surrender, honesty, and grace.

Jesus shows us what real love looks like in this Sunday’s Gospel: “As I have loved you, so you also should love one another” (John 13:34).

This kind of love doesn’t mean people-pleasing or fixing others. It’s about learning to love from a place of truth—first by receiving God’s love for ourselves, then by extending that same love to others, one healthy boundary and one kind word at a time.

God is making all things new in us. The past may shape our story, but it does not have to write the ending.