

## Reflection Questions

- What areas of your life or relationships is God beginning to “make new,” even if the process feels slow or uncertain?
- How have you experienced peace or spiritual growth by letting go of control and trusting God with your loved one’s recovery?
- What does it look like to love someone as Jesus loves you—especially when it means setting healthy boundaries or detaching with compassion?

### May is the Month of Mary

*Deepen your relationship with Jesus through our Blessed Mother with the aid of 'The Recovery Rosary'*

- Meditations for individuals and families affected by addictions, compulsions, and unhealthy attachments
- Personalized reflections by CIR community members with various addictions including family members in recovery
- Great for individual use or in a group setting
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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 invites us to reflect on the growth and hope of the early Christian community. The first readings from the Acts of the Apostles remind us of the perseverance of the early Church, while the second readings from the Book of Revelation offer a vision of the future filled with hope. For those of us who have been affected by a loved one’s addiction, these readings speak to our own need for healing, trust, and renewal.

This Sunday’s second reading offers a powerful image of restoration:

*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 those of us who have experienced heartache, chaos, or betrayal within our families, this promise offers deep consolation. It can be hard to believe in something new when our lives have long been defined by anxiety, resentment, or fear. But God’s promise is not just for the future – it begins now, as we surrender control and allow Him to begin healing the wounds we’ve carried for years.

There is often a temptation to appear as if we’ve got everything under control – even when we’re falling apart inside. But true healing starts when we admit we need help, and when we connect with others who understand what we’re going through. In fellowship with others who share our struggles, God becomes more visible, and new life begins to take shape.

We hear in the first reading that the early disciples “strengthened the spirits of the disciples and exhorted them to persevere in the faith,” adding “It is necessary for us to undergo many hardships to enter the kingdom of God.”

For those who love someone battling addiction, hardship is part of the journey – especially when we begin to detach with love, set healthy boundaries, or grieve what we can’t change. But in time, with God’s help, we find that peace isn’t found in fixing others – it’s found in trusting God, showing up in love, and letting go of outcomes.

The journey is not easy, but Jesus walks with us. His love makes a way where we once saw only dead ends. In this Sunday’s Gospel, He reminds us: “As I have loved you, so you also should love one another.”

This kind of love is not about enabling or rescuing – it’s about showing up with compassion, honesty, and grace, starting with ourselves. As we live this out one day at a time, we begin to see that God truly is making all things new—in our hearts, our homes, and our relationships.