

Reflection Questions

- Where have you experienced moments of real peace or healing in your recovery from family dysfunction?
- What old messages from childhood are you starting to release or replace with truth?
- How do you sense God's Spirit guiding or comforting you when your emotional wounds are triggered?

Attend a CIR Retreat this Year

Renew & Strengthen your recovery, enliven your faith, and connect with fellow CIR community members

- June 7: Oconomowoc, WI - Redemptorist Retreat Center
- June 21-22: Hanceille, AL - Shrine of the Most Blessed Sacrament
- October 17-19: Menlo Park, CA - Vallombrosa Center
- Experience healing through the sacraments, personal testimonies, CIR meetings, workshops, and fellowship
- **Find more information and register at www.catholicinrecovery.com/events**

Sunday Mass Readings this Week

First Reading: Acts 15:1-2, 22-29

Responsorial Psalm: Psalm 67:2-3, 5, 6, 8

Second Reading: Revelation 21:10-14, 22-23

Gospel: John 14:23-29

Sixth Sunday of Easter



Healing as an adult child of a dysfunctional home often unfolds in layers. We may notice personal growth in setting boundaries, naming emotions, or finding our voice. But there are also moments when old patterns—people-pleasing, withdrawal, or self-doubt—resurface. Progress doesn't always feel linear, and serenity can seem distant when childhood wounds are triggered.

That's why we need safe fellowship and spiritual community—others who understand what it's like to grow up in chaos, fear, or silence. Recovery invites us to break free from survival roles and coping mechanisms that once protected us but no longer serve us. It takes great courage to face the past and uncover our true identity beneath the fear and shame.

At first, we borrow strength from others in recovery. We hear stories like ours and realize we're not alone. Many of us believed we were too broken, too needy, or too invisible to ever feel whole. But as we walk the Twelve Steps and seek God's healing, we begin to shed these false identities and embrace our belovedness.

Through inner child work, inventory, and spiritual connection, we begin to unlearn the family rules of "don't talk, don't feel, don't trust." Slowly, we gain emotional clarity. We stop repeating the past in our present relationships. We learn to parent ourselves with compassion. We discover that peace and joy are possible—even if our families never change.

As we approach Pentecost, Jesus speaks directly to our wounded hearts. He offers reassurance, not judgment. In this Sunday's Gospel reading (John 14:26–27), we hear:

*The Advocate, the Holy Spirit,
whom the Father will send in my name,
will teach you everything
and remind you of all that I told you.
Peace I leave with you; my peace I give to you.
Not as the world gives do I give it to you.
Do not let your hearts be troubled or afraid.*

Christ offers a kind of peace that no dysfunctional family could give. It's not rooted in perfectionism or performance, but in grace. "Peace be with you," He says *shalom*, meaning wholeness and restoration. It is the peace of being known, loved, and safe with God.

We are not doomed to repeat what we grew up with. As children of God, we are being made new. With the help of the Holy Spirit, we can recover our voice, our dignity, and our trust in love. We may still carry wounds, but we no longer have to live from them.