

## Reflection Questions

- When have you felt peace or clarity even when your circumstances didn't change? What helped?
- What old beliefs about yourself or your role are you beginning to let go of?
- How do you notice the Holy Spirit guiding you in moments of fear or uncertainty?

### 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](http://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



The path of healing for those impacted by a loved one's addiction is often marked by highs and lows. At times, we may feel confident and grounded, experiencing moments of clarity, acceptance, and spiritual growth. Other times, we may be filled with confusion, fear, or resentment, struggling to detach with love or let go of control. Progress does not always come in a straight line, and serenity can feel out of reach when emotions surge and relationships remain strained.

It's in these moments that we are invited to turn to a fellowship of others who understand what it's like to love someone caught in addiction. Their shared experience gives us strength and reminds us that we are not alone. It takes courage to step away from the patterns of fear, enabling, and self-blame, and to begin seeking a deeper spiritual solution.

In the early stages of recovery, we often lean on the hope of others. Their stories reassure us that healing is possible. We may carry long-held beliefs that need gentle replacement: “It’s all my fault,” “If I just try harder, I can fix them,” “No one understands,” or “I’m not allowed to take care of myself.” These falsehoods begin to lose their grip when we invite God into our hearts and our relationships.

As we walk a spiritual path, we begin to release the illusion that we can control someone else's choices. With time, we learn to trust that our healing is not dependent on their sobriety. We discover unexpected peace and new ways of living with compassion, boundaries, and grace. We are loved until we can begin to love ourselves.

As we prepare for Pentecost and the coming of the Holy Spirit, we hear a promise from Jesus meant to comfort our weary hearts. In this Sunday’s Gospel reading (John 14:26-27), He assures us:

*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.*

Jesus offers His peace not as the world gives—through control, distraction, or quick fixes—but through the quiet strength of the Spirit. He offers the same greeting to us that He did to His disciples after the resurrection: “Peace be with you.” This *shalom* invites us into a deeper sense of harmony, wholeness, and rest, even amid family chaos and uncertainty.

We are each made in the image and likeness of God, and our worth is not defined by another’s behavior or choices. When we begin to surrender our need to manage it all, we open ourselves to grace. Even in the messiness of our relationships, God is at work—doing for us what we could never do alone.