

Reflection Questions

- What does it mean for you to let go of control and trust God with your loved one?
- How has focusing on your own recovery brought more peace into your relationships?
- In what ways have you experienced spiritual growth or unexpected joy, even amid 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**

Sunday Mass Readings this Week

First Reading: Acts 1:1-11

Responsorial Psalm: Psalm 47:2-3, 6-7, 8-9

Second Reading: Ephesians 1:17-23

Gospel: Luke 24:46-53

Solemnity of the Ascension of the Lord



Jesus spent significant time journeying with his disciples before approaching his fateful death. Over the course of three years, twelve ordinary individuals were called by name, taught by Christ, shared meals together, and witnessed our Lord offer tender healing to those who sought him. They knew him because they spent time with him—not because they had all the answers or could control their circumstances, but because they trusted him. As family members affected by addiction, we are invited into a similar relationship of trust and surrender.

Throughout the Easter season, we read from the Acts of the Apostles and watch a group of flawed but willing individuals become transformed through the Holy Spirit. Peter, who denied Jesus out of fear, later became a powerful witness to God's mercy. Many of us can relate to such a transformation. We, too, have been shaped by fear, denial, or the desperate attempts to manage another person's life. But through spiritual fellowship and the Steps, we are slowly becoming people of peace and freedom.

It's tempting to believe that if we love someone enough—or do all the right things—we can fix their addiction. But recovery invites us to let go of those illusions. We are not responsible for another person's choices, and our serenity doesn't depend on their behavior. Like the apostles, we are called to live in faith, not fear, and to place our trust in God's care.

We celebrate the Solemnity of the Ascension of the Lord this Sunday. The Gospel reading reveals the last moment of Jesus' resurrected life with His disciples, giving us a vision of what we can expect when we, too, reach the end of our earthly life if we keep the faith (Luke 24:50-53):

*Then he led them out as far as Bethany,
raised his hands, and blessed them.
As he blessed them he parted from them
and was taken up to heaven.
They did him homage
and then returned to Jerusalem with great joy,
and they were continually in the temple praising
God.*

Even as Jesus left their physical presence, the disciples were not lost. They were filled with peace and joy, anchored in the blessing he left behind. This reminds us that even in times of separation—whether emotional, physical, or spiritual—we are not alone. God remains with us, guiding our hearts and helping us to let go with love.

Our recovery allows us to step out of isolation and into shared healing. By keeping the focus on ourselves, we grow in emotional clarity, learn to set healthy boundaries, and experience joy again. In our family relationships, we may still face pain, but we are no longer defined by chaos. We turn to God, who is doing for us what we could never do alone. With courage, we place our loved ones in His hands—and keep walking in faith.