

## Solemnity of the Ascension of the Lord



Jesus spent significant time journeying with his disciples before his death and resurrection. He didn't simply teach them doctrines—he shared life with them. He listened to their fears, answered their questions, and welcomed their brokenness. For those of us raised in homes marked by dysfunction, fear, or emotional abandonment, this kind of steady, loving presence may be unfamiliar. Yet through recovery and faith, we are being reparented by God who never leaves.

The Acts of the Apostles show how imperfect people were transformed by the Spirit. Peter, who once acted out of fear and self-protection, became a leader filled with courage. We, too, are learning to move beyond survival mode. Childhood wounds may have taught us to suppress emotions, distrust others, or become invisible. But we are not destined to stay stuck. Through the Steps, fellowship, and God's love, we are recovering our voices and learning to live with freedom.

Many of us took on roles growing up that shaped our identity—the hero, the scapegoat, the peacemaker, the lost child. But these were masks we wore to survive. Recovery invites us to let go of these roles and discover who we truly are. As we heal, we begin to feel safe enough to be seen, known, and loved—not for what we do, but for who we are.

This Sunday, we celebrate the Ascension of the Lord. The Gospel passage offers a glimpse of Jesus' final moments with his friends (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.*

Jesus leaves them, but not in sorrow. His blessing brings joy and direction. As adult children, we may fear being abandoned, overlooked, or left behind. But Jesus blesses us and assures us that we are never alone. He does not ask us to carry our pain in isolation—he sends the Holy Spirit to guide and comfort us.

Whether just beginning to name our wounds or years into emotional sobriety, we are reclaiming the wholeness that dysfunction tried to take. As we walk this journey, we find that God's love is constant. We are children of a faithful Father who is restoring what was broken. The journey is not easy, but the promise is joy.

**FYZW]cb Ei Yg]cbg**

- What survival roles from childhood are you learning to release in your recovery?
- How has your relationship with God changed as you've begun healing from past wounds?
- What does it mean for you to receive Christ's blessing and live with joy today?

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and connect with fellow CIR community members*

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- 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)**

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**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