

Reflection Questions

- How has receiving the Eucharist helped you experience God's grace and stay connected to your recovery?
- What does it mean for you to be "broken and poured out" in service to others, as Christ is in the Eucharist?
- Where are you being invited to let go of pride, fear, or division in order to live more fully as part of the Body of Christ?

Consider Supporting the CIR Community

Our mission of serving individuals and families relies upon the generous support of our members

- CIR relies on contributions from community members to sustain meetings, host retreats, and create new resources
- Just as you've been supported, your generosity helps pay it forward to others in need of freedom and healing
- CIR is a 501(c)(3) nonprofit and every dollar brings faith-filled recovery to individuals and families seeking freedom
- For more information and to make a contribution visit catholicinrecovery.com/give

Sunday Mass Readings this Week

First Reading: Genesis 14:18-20

Responsorial Psalm: Psalm 110:1, 2, 3, 4

Second Reading: 1 Corinthians 11:23-26

Gospel: Luke 9:11b-17

The Solemnity of the Most Holy Body and Blood of Christ



The Twelve Steps of addiction recovery and the sacraments of the Catholic Church are rooted in the reality of God's presence with us. While some of the Steps and each of the sacraments have great ritual and reverence around them regarding initiation, each is to be continually practiced. Practicing these principles in all our affairs comes in the name of our Lord and Savior, Jesus Christ.

This Sunday, we celebrate the Solemnity of the Most Holy Body and Blood of Jesus Christ. Saint Paul tells of his experience in the second reading (1 Corinthians 11:23-25):

*I received from the Lord what I also handed on to you,
that the Lord Jesus, on the night he was handed over,
took bread, and, after he had given thanks,
broke it and said, "This is my body that is for you.
Do this in remembrance of me."
In the same way also the cup, after supper, saying,
"This cup is the new covenant in my blood.
Do this, as often as you drink it, in remembrance of me."*

The source of our eternal life is found in Jesus Christ. We are given a tangible way to physically remain in His flesh and can participate in this grace-filled sacrament every week—actually, every day—through receiving the Eucharist at Mass.

Step 10 gives us the tools to stay active in the grace we receive through the Eucharist by “continuing to take personal inventory and when we were wrong promptly admitted it.” There is a spiritual principle of perseverance woven within this Step that can be found when we continue to seek union with God. We remain humble, admit our powerlessness over addiction, take an honest inventory, share it with God and another human being, ask Him to remove our shortcomings, and make amends when it will bring healing and justice to situations we’ve harmed.

This may sound like a lifestyle that is unreachable. Perseverance does not come on our own self-will. Remember, you are not alone and will find the necessary support from the strength of God, the fellowship of the Holy Spirit, and the group of individuals you find walking a similar journey. Even if you have not yet approached this stage of the Twelve Steps, there is still a lot of spiritual wisdom found in discussing these principles.

This ongoing process of inventory and communion draws us closer to Christ’s sacrificial love. When we receive the Eucharist, we are invited not only to accept the gift of Jesus’ body and blood but also to become His living body in the world. Just as the bread is broken and the wine is poured out, we are called to be poured out in service, humility, and compassion for others.

The Eucharist nourishes our willingness to surrender pride, let go of what divides us, and participate in God’s healing work. We become part of something greater than ourselves—a communion of grace, mercy, and transformation. Through this shared participation, the Church—and each of us—is made whole.

Let us come together in the name of Jesus Christ and find unity in His Body and Blood, praying for the willingness to overcome fear and doubt. When we unite at the Eucharistic banquet, we recognize the great sacrifice of our Lord and share a common solution to our spiritual obstacles, one day at a time.