

**The Solemnity of the Most Holy
Body and Blood of Christ**



The Twelve Steps and the sacraments of the Church offer a life of gradual healing, where we learn to release our past, embrace our true identity, and trust in God's ongoing work. As adult children of dysfunctional families, we may have carried deep confusion about love, safety, and self-worth. But in the sacramental life—especially in the Eucharist—we begin to see ourselves differently. We are not defined by the homes we grew up in. We are defined by the One who gives Himself for us.

This Sunday, we celebrate the Solemnity of the Most Holy Body and Blood of Jesus Christ. The Eucharist is more than a symbol—it is the real presence of Christ, given freely to all who seek healing and belonging. In this Sunday's second reading, Saint Paul reminds us of the central words of Jesus (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."*

For those of us who grew up in homes where love was conditional, chaotic, or absent, these words offer profound reassurance. Christ's Body is not held back. His love is not manipulative. His presence is not unpredictable. Instead, He offers Himself fully—every time we come to Him.

Step 10 helps us stay present to this love by encouraging us to take daily inventory—not out of fear or shame, but out of a desire to grow. We are no longer children navigating unsafe emotional landscapes. We are becoming adults who can live with integrity, honesty, and grace. The Eucharist strengthens us in that effort, rooting us in who we really are: beloved children of a good and faithful Father.

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.

Many of us spent years adapting ourselves to survive—playing roles, hiding emotions, or trying to fix others. In the Eucharist, we are invited to just be. To receive. To be nourished. There is no performance at the altar—only grace. We are being gently reparented by God, and the Eucharist is His way of reminding us, again and again, that we belong.

As we receive the Body and Blood of Christ, we are healed—not all at once, but slowly and deeply. Our spiritual hunger is met. Our longing for connection is honored. And our broken identities are restored. Together, we form a body of people learning to live in freedom, one step, one prayer, and one Eucharist at a time.

- How has the Eucharist helped you heal from emotional or relational wounds from your past?
- What false beliefs about yourself are being replaced by your growing identity as a beloved child of God?
- In what ways does daily inventory help you move from survival mode to emotional and spiritual wholeness?

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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