

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



The Twelve Steps of family recovery and the sacraments of the Catholic Church invite us into a relationship with a loving and present God. While the initial steps and sacraments can mark powerful turning points, the real transformation happens as we continue to practice these spiritual principles daily. We grow not by fixing others, but by living honestly, humbly, and prayerfully in the presence of God—especially when we come to Him with our pain, our uncertainty, and our hope.

This Sunday, we celebrate the Solemnity of the Most Holy Body and Blood of Jesus Christ. This feast reminds us that God doesn't just love us from a distance—He draws near to nourish us in the Eucharist. In the second reading, Saint Paul recounts the words of Jesus at the Last Supper (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.”*

As family members impacted by addiction, we may know what it's like to feel empty or disconnected. The chaos around us—or within us—can leave us longing for peace and clarity. But in the Eucharist, Jesus gives us Himself as a constant source of grace and strength. We are reminded that we are not responsible for saving others; instead, we are invited to be nourished by God's love and to remain spiritually grounded.

Step 10, which calls us to “continue to take personal inventory and when we were wrong promptly admitted it,” gives us a way to stay spiritually clear and emotionally balanced. This daily examination helps us avoid slipping into old roles of enabling, controlling, or withdrawing. As we stay rooted in our relationship with God and honestly assess our motives and behavior, we become more available to love freely without trying to fix others.

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.

At the altar, Jesus becomes our food and our peace. His Body, broken for us, reminds us that even in suffering, God brings healing and hope. We are not alone. Christ is with us in the tension of recovery, in our ongoing surrender, and in the small, daily acts of letting go. The Eucharist teaches us that love involves sacrifice—but not self-destruction. We are called to be part of a body where everyone matters, and no one carries the burden alone.

Let us come to the Eucharist with hearts open to the grace of surrender. In receiving Christ's Body and Blood, we are reminded that we are loved beyond measure and strengthened for the journey ahead. God sees your suffering. He also sees your courage. And through His Church, His sacraments, and this fellowship, He gives us exactly what we need, one day at a time.

- How has receiving the Eucharist helped you feel less alone or more spiritually grounded in your recovery journey?
- In what ways do you practice letting go of control and focusing on your own spiritual growth?
- What role does daily inventory play in keeping your peace and perspective when a loved one is struggling?

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- 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](http://catholicinrecovery.com/give)**

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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