

Reflection Questions

- How have you experienced the Spirit helping you move beyond old roles or coping strategies from childhood?
- What “new language” are you learning to speak in recovery—about your identity, emotions, or needs?
- Where is the Holy Spirit inviting you to embrace more freedom or truth in your life today?

June Webinar: Hope for Families

*Navigating the Struggles of Addiction
with Faith & Love*

- Participate live on **Tuesday, June 10 at 7p ET/4p PT**
- Gain a deeper understanding of how addiction affects families, tools to love while maintaining boundaries, encouragement, and a renewed sense of hope
- Free for CIR+ members otherwise \$10 to register
- This and all webinar recordings available on CIR+
- For more info and to register for the webinar visit catholicinrecovery.com/webinars

Sunday Mass Readings this Week

First Reading: Acts 2:1-11

Responsorial Psalm: Psalm 104:1, 24, 29-30, 31, 34

Second Reading: 1 Corinthians 12:3b-7, 12-13

Gospel: John 20:19-23

Pentecost Sunday



The day of Pentecost transformed a scared and scattered group of disciples into a Spirit-filled community of mission and unity. It was the beginning of a new chapter in God’s plan—a chapter marked by courage, clarity, and purpose. For those of us who grew up in homes marked by chaos, fear, or emotional neglect, this story offers deep hope. It reminds us that what once felt disordered can be made whole.

We often entered recovery unaware of how much our past was still shaping us—through shame, control, distrust, or the need to be invisible. But God has always known our story. The same Spirit who breathed life into the Church breathes new life into us, showing us who we truly are as beloved sons and daughters of the Father. In this Sunday’s first reading, we witness the powerful descent of the Spirit (Acts 2:1-4):

*When the time for Pentecost was fulfilled,
they were all in one place together.
And suddenly there came from the sky
a noise like a strong driving wind,
and it filled the entire house in which they were.
Then there appeared to them tongues as of fire,
which parted and came to rest on each one of them.
And they were all filled with the Holy Spirit
and began to speak in different tongues,
as the Spirit enabled them to proclaim.*

This is how transformation begins—in safe, honest spaces where the Spirit is free to move. Our recovery gatherings often feel like an upper room: a place where fear meets faith, and silence gives way to sharing. We begin to speak the truth, not to accuse or blame, but to heal. And through that honesty, we find that we are not alone.

The early disciples spoke different languages, yet the Spirit allowed them to understand each other. Likewise, in recovery, though our family histories may differ, we recognize the same wounds: fear of abandonment, mistrust of authority, inability to connect. And yet we also begin to hear a new voice—the voice of truth. The first reading continues (Acts 2:5-11):

*Now there were devout Jews from every nation
under heaven staying in Jerusalem.
At this sound, they gathered in a large crowd,
but they were confused
because each one heard them speaking in his own
language.
They were astounded, and in amazement they
asked,
“Are not all these people who are speaking
Galileans?
Then how does each of us hear them in his native
language?”*

In recovery, we learn a new language—one of self-compassion, boundaries, and spiritual dignity. We stop performing. We let go of roles we once played to survive. And as we learn to parent ourselves with love, we allow the Spirit to rewrite our story—not by erasing the past, but by redeeming it.

Pentecost reminds us that we are not beyond renewal. The Spirit is alive and active, calling us into fuller life. We can leave behind the confusion of our childhood and enter into clarity, identity, and purpose. Let us welcome the Spirit today and celebrate the community we have found—where we speak truth, receive grace, and learn to live with joy.