

## Reflection Questions

- How has the Holy Spirit helped you move from secrecy to greater honesty and freedom?
- What new "language" are you learning to speak in recovery—about relationships, love, or identity?
- Where might the Spirit be inviting you to live with greater boldness or transparency 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](http://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 was a turning point in salvation history. In a moment, the followers of Jesus went from confusion and hiding to bold proclamation. The Holy Spirit descended and empowered them to become living witnesses of God's mercy. This marks not just the birth of the Church but the ongoing possibility of inner transformation. As people recovering from lust addiction, we, too, are invited into this new life—away from secrecy and isolation, toward truth and communion.

Many of us came into recovery with shame, self-reliance, or spiritual numbness. Lust had become our false refuge. But as we take action—working the Steps, sharing honestly, and receiving the sacraments—we begin to see that God wants not just abstinence, but deep, lasting freedom. The Spirit does what we cannot do on our own. This Sunday's reading captures that power beautifully (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 same Spirit meets us in our places of weakness and reorders our desires. Lust may have once promised connection, but it left us empty and alone. In recovery, we learn to speak a new language—one of chastity, transparency, and dignity. We are given a vision of what it means to love and be loved rightly, as God intended.

The fellowship of recovery mirrors the unity found in the early Church. We come from different backgrounds and yet understand each other with remarkable clarity. We don't need to explain everything. Our stories resonate. Our wounds are shared. Sunday's 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 speak honestly, and others truly hear us—sometimes for the first time in our lives. We find that in naming our struggle, we are met not with rejection, but with empathy and encouragement. The Spirit unites us in our vulnerability and our hope.

Let us be open to the Spirit's work today. God is not done forming us. Each act of surrender, each moment of integrity, is part of our Pentecost story. We celebrate the gift of the Holy Spirit and pray for continued transformation of mind, body, and soul—so that we may love well, live freely, and reflect the glory of God in a world desperate for truth.