

Pentecost Sunday



The day of Pentecost marked the beginning of something entirely new—the birth of the Church and the outpouring of the Holy Spirit on those gathered in hope and expectation. The apostles, who had walked with Jesus and witnessed his ascension, now received the promised Advocate. Their fear was transformed into boldness. The same Holy Spirit is offered to us today as we seek peace, clarity, and spiritual strength while loving someone in active addiction or recovery.

So often in our experience, we have felt powerless—unsure of how to help, afraid of the future, and tempted to take on burdens that were never ours to carry. But through the gift of spiritual fellowship and the recovery process, we are reminded that we are never alone. The same Spirit that emboldened the early Church is present in our lives today, helping us to let go with love and live with serenity. As we read in this Sunday's first reading (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.*

Gathered together in one place, the apostles received the strength they could never have found on their own. This is also our story. When we come together in recovery—listening, sharing honestly, and praying for one another—we allow God to transform our pain into purpose. We realize we are not alone in our grief or our hope.

We may come from different families and stories, but we share a spiritual language—a language of letting go, of acceptance, of taking things one day at a time. The beauty of recovery is found in our shared experiences, where we no longer have to pretend or perform. Instead, we speak the truth in love, and the Spirit meets us in that honesty.

Just as God used ordinary people to bring about extraordinary change in the early Church, He is using our lives, too. By placing our trust in Him, we allow ourselves to be renewed—freed from the anxiety that comes from trying to fix others and filled with the peace that comes from knowing we are loved. 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?"

Recovery allows us to hear each other in new ways. God's grace helps us to understand—not with judgment or fear, but with compassion. As we surrender our loved ones to His care, we allow the Holy Spirit to heal us from within. We ask Him to guide our words, our boundaries, and our relationships, so that we can live in freedom—regardless of another's choices.

Let us join the Church in celebrating Pentecost and the Spirit who dwells in us today. We pray for wisdom, courage, and the joy that comes from trusting God with what we cannot control.

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- When have you experienced a sense of peace or clarity that felt like a gift from the Holy Spirit?
- What shared experience or truth from others in recovery has helped you feel understood or less alone?
- How is the Spirit inviting you to let go of fear and live with greater freedom?

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**

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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