

Reflection Questions

- How are you learning to share your story in a way that brings peace to others and honors your journey?
- What helps you recognize the difference between helpful service and people-pleasing?
- In what ways does God affirm your identity apart from what you do for others?

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Sunday Mass Readings this Week

First Reading: Isaiah 66:10-14c

Responsorial Psalm: Psalm 66:1-3, 4-5, 6-7, 16, 20

Second Reading: Galatians 6:14-18

Gospel: Luke 10:1-12, 17-20

Fourteenth Sunday in Ordinary Time



Those of us who grew up in dysfunctional, alcoholic, or chaotic homes often internalized the belief that we were responsible for everyone's happiness and that we had to earn love through perfection or people-pleasing. In recovery, we begin to unlearn those roles and discover that our value is not based on what we do for others, but who we are in God's eyes. And still, as we heal, we are called to share our experience in a way that honors our dignity and empowers others.

It may feel risky to speak openly about the wounds of our past. But we are no longer defined by them. What once brought shame can now bring light. We carry the message of healing not as heroes, but as humble witnesses of grace.

This Sunday's Gospel reading tells the story of Jesus commissioning a large group of disciples who are to go out "like lambs among the wolves" and share the good news. Jesus tells the crowd, "The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest" (Luke 10:2). Jesus then directs the group (Luke 10:4-11):

*Carry no money bag, no sack, no sandals;
and greet no one along the way.
Into whatever house you enter, first say, "Peace to this household."
If a peaceful person lives there,
your peace will rest on him;
but if not, it will return to you.
Stay in the same house and eat and drink what is offered to you,
for the laborer deserves his payment.
Do not move about from one house to another.
Whatever town you enter and they welcome you,
eat what is set before you,
cure the sick in it and say to them,
"The kingdom of God is at hand for you."*

We no longer need to perform or pretend. Recovery gives us permission to speak honestly and to bring peace, not pressure, into our relationships. When others are ready to hear it, our stories can serve as a bridge to their healing. When they're not, we return to the safety of our program and our Lord.

We also stay aware of our tendency to overfunction. Jesus calls us to serve, but not to rescue. True recovery means serving from a place of freedom, not codependence. We go out in pairs, with support, remembering that we are never alone.

Jesus closes with a beautiful reminder of our worth (Luke 10:17–20):

*"Lord, even the demons are subject to us because of your name."
Jesus said, "I have observed Satan fall like lightning from the sky.
Behold, I have given you the power to 'tread upon serpents' and scorpions
and upon the full force of the enemy and nothing will harm you.
Nevertheless, do not rejoice because the spirits are subject to you,
but rejoice because your names are written in heaven."*

Even if no one ever acknowledges our pain or praises our service, we are deeply known and loved.