

Reflection Questions

- How has your experience of letting go and trusting God helped you bring peace to others?
- In what ways do you struggle with trying to “fix” your loved one, and what helps you surrender that urge?
- How can you be a source of light and peace in your family without needing to change anyone else?

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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



The pain of watching a loved one suffer from addiction often leads us into darkness. Confusion, resentment, and fear cloud our path. And yet, as we find support and healing, our experience becomes a wellspring of hope for others. In Al-Anon-style recovery, we learn that healing is not just about fixing someone else but discovering serenity in the midst of chaos. Sharing our journey with others walking a similar path offers meaning and purpose. This gift of recovery grows when we offer it freely.

Many families wonder how to bring their loved ones back to Church or encourage them to seek help. But rather than forcing change, we grow in peace by letting go, trusting God's timing, and practicing spiritual principles like detachment with love. We remember that we are not the savior—God is. Our role is to be present and open, not perfect or persuasive.

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 may not be curing physical sickness, but our gentle witness and compassionate listening offer spiritual healing. We bring peace by sharing how we've grown through powerlessness and surrender. We trust that when the time is right, our example will carry weight. And when it's not, we rest in the peace that returns to us.

As we grow in this recovery journey, we stop pushing and start praying. Instead of worrying about our loved one's path, we deepen our own faith and service to others. This is how we evangelize—not by coercion, but by embodying peace.

Jesus reminds us not to focus on power or outcomes but on relationship with Him (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."*