

Reflection Questions

- How do you experience the presence of the Father, Son, and Holy Spirit in your recovery journey?
- What does “we replace illness with wellness” mean in your experience with others in recovery?
- In what ways have you seen hope grow stronger through your afflictions or challenges?

Consider Supporting the CIR Community

Our mission of serving individuals and families relies upon the generous support of our members

- CIR relies on contributions from community members to sustain meetings, host retreats, and create new resources
- Just as you've been supported, your generosity helps pay it forward to others in need of freedom and healing
- CIR is a 501(c)(3) nonprofit and every dollar brings faith-filled recovery to individuals and families seeking freedom
- For more information and to make a contribution visit catholicinrecovery.com/give

Sunday Mass Readings this Week

First Reading: Deuteronomy 26:4-10

Responsorial Psalm: Ps 91:1-2, 10-11, 12-13, 14-15

Second Reading: Romans 10:8-13

Gospel: Luke 4:1-13

Solemnity of the Most Holy Trinity



Last Sunday, we recalled the rushing wind of Pentecost, when the Holy Spirit descended upon the apostles. Just as their lives were forever changed, so too are ours when we experience a spiritual awakening in our journey of recovery. At times, we may feel clearly led by God—moments of surrender, clarity, or grace when we let go of control and trust that He’s working in our lives and the lives of those we love. While the storm of anxiety may calm, our identity and direction are never the same.

This Sunday, we celebrate the mystery and unity of the Holy Trinity. We reflect on the unique relationship we are invited into with God the Father who cares for us, Jesus the Son who redeems us, and the Holy Spirit who consoles and guides us. Even when we feel uncertain, this triune relationship anchors us. Every time we make the sign of the cross, we reconnect with this divine love—a love strong enough to hold us when we feel helpless and weary.

Saint Paul captures this beautifully in his letter to the Romans, reminding us that our spiritual identity gives us hope even in hardship. This Sunday's second reading (Romans 5:1–5) reads:

Brothers and sisters:

*Therefore, since we have been justified by faith,
we have peace with God through our Lord Jesus
Christ,
through whom we have gained access by faith
to this grace in which we stand,
and we boast in hope of the glory of God.
Not only that, but we even boast of our afflictions,
knowing that affliction produces endurance,
and endurance, proven character,
and proven character, hope,
and hope does not disappoint,
because the love of God has been poured out into our
hearts
through the Holy Spirit that has been given to us."*

So much of our recovery hinges on surrendering control. We are learning to shift from fear to trust, from fixing to allowing God to work. The Holy Trinity reminds us that we don't have to walk this path alone. God the Father loves our loved ones even more than we do. Jesus enters into our suffering with compassion. The Spirit gently nudges us toward serenity, helping us take the next right step.

Recovery is not a solo journey—it is a “we” experience. We gain strength in fellowship and in our spiritual relationship with the Trinity. The more we lean into community and prayer, the more illness turns to wellness. Together, we learn to live in the present and release the burden of outcomes.

Even though circumstances around us may not change, our perspective does. As Paul says, hope does not disappoint. When we feel discouraged, we look to the quiet signs of the Spirit: peace, gentleness, self-control, and a growing ability to love without fear. These are fruits of spiritual progress that remind us we're not walking alone—we're walking with the Trinity, and with others on this same path of healing.