

Solemnity of the Most Holy Trinity



Last Sunday, we celebrated Pentecost and the descent of the Holy Spirit—a moment when the apostles were filled with divine courage and identity. It was a powerful turning point. As adult children of dysfunctional homes, we may recall our own moments of awakening, when we began to realize we were more than our coping mechanisms, our trauma, or our inherited roles. The chaos may not have vanished, but something inside us changed. We began to see ourselves—and God—differently.

This Sunday, the Church turns its attention to the Holy Trinity: Father, Son, and Holy Spirit. For many of us, words like “Father” or even “relationship” may carry deep pain. But as we grow in recovery, we’re invited to experience the Trinity as a model of wholeness—a relationship of unity, safety, and love that welcomes us in. This divine relationship helps rewrite the stories we’ve long believed about ourselves: that we’re too much, not enough, or alone.

Saint Paul offers us an image of hope in this Sunday’s second reading (Romans 5:1–5), reminding us of the lasting love poured into our hearts:

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.”

As we heal from our past, we learn to stop hiding our afflictions. We no longer carry them in shame but offer them to God for redemption. The suffering that once silenced us now produces character. Our endurance is hard-earned, but it leads to hope—real hope that does not disappoint.

We may have spent years performing or protecting ourselves in order to survive. Recovery and spiritual growth invite us to move from fear to relationship. The Holy Trinity models what healthy connection looks like: mutual love, harmony, and unity. This is what we are growing into, one small act of trust at a time.

As we deepen our faith, we learn that we don't have to prove ourselves to be loved. We already are. The more we let go of the roles we adopted to earn safety—caretaker, rescuer, rebel—the more we discover our identity as children of God. In the Trinity, we are invited into a healing relationship that can hold all of us—wounded and whole, broken and beloved.

Even if we don't always feel the wind of the Spirit or the comfort of God's voice, we can look to the quiet fruits of healing: patience, kindness, self-control, and joy. These remind us that we are indeed on the right path, and that the Spirit is with us, forming us in truth and love.

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- How has your understanding of “Father” or “relationship” changed in recovery?
- What old roles or beliefs are you learning to release as you grow spiritually?
- Where are you beginning to experience deeper connection, peace, or hope?

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- 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

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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