

Reflection Questions

- How do the lives of Saints Monica and Augustine encourage you to remain patient in your own growth process?
- What daily acts of humility help you step out of old family patterns?
- How can you share the healing you've received with others who still struggle?

A Day of Hope and Healing

*A virtual recovery summit co-hosted by
Catholic in Recovery and iTHIRST Initiative*

- Special one-day event on **Friday, September 26**
- Join fellow CIR community members from around the world for a day of faith, fellowship, and renewal
- Keynote speakers include Dr. Matthew Breuninger, Dawn Eden Goldstein, and Fr. Sean Kilcawley
- Catholic in Recovery meetings and interactive workshops
- Praise & worship music, prayer, and testimonies of hope
- Register at catholicinrecovery.com/2025-summit

Sunday Mass Readings this Week

First Reading: Sirach 3:17-18, 20, 28-29

Responsorial Psalm: Psalm 68:4-5, 6-7, 10-11

Second Reading: Hebrews 12:18-19, 22-24a

Gospel: Luke 14:1, 7-14

Twenty-second Sunday in Ordinary Time



Three essential ingredients for recovery as adult children of dysfunctional homes are honesty, open-mindedness, and willingness. These qualities help create the space for humility to grow—a humility that is not about diminishing ourselves, but about stepping out of self-protection, hypervigilance, and people-pleasing, and learning to live from our true identity as beloved children of God. In recovery, humility is both a seed we plant early and a fruit we harvest as we allow God to reorder our lives.

For many of us, humility has not come all at once through a single crisis moment, though moments of brokenness have cracked open our hearts. More often, it has come in steady, everyday acts of conversion: telling the truth when we'd rather hide, letting ourselves rest when we feel driven to overperform, admitting our mistakes instead of deflecting, and allowing ourselves to receive care instead of always giving.

The *Catechism of the Catholic Church* (paragraph 1435) describes conversion as:

“Conversion is accomplished in daily life by gestures of reconciliation, concern for the poor, exercise and defense of justice and right, by the admission of faults to one’s brethren, fraternal correction, revision of life, examination of conscience, spiritual direction, acceptance of suffering, endurance of persecution for the sake of righteousness.”

On August 27, the Church honors Saint Monica, who lived with humility and steadfast prayer despite years of turmoil in her family life. She prayed unceasingly for the conversion of her son, Augustine, who wandered far from God in his early years. Her faith and patience bore fruit eighteen years later in his dramatic conversion, which we celebrate on August 28, the Feast of Saint Augustine. Their story is one of patient endurance, deep faith, and God’s perfect timing.

This Sunday’s first reading points to the beauty and strength found in humility (Sirach 3:17–18, 20, 28–29):

*My child, conduct your affairs with humility,
and you will be loved more than a giver of gifts.
Humble yourself the more, the greater you are,
and you will find favor with God.
What is too sublime for you, seek not,
into things beyond your strength search not.
The mind of a sage appreciates proverbs,
and an attentive ear is the joy of the wise.
Water quenches a flaming fire,
and alms atone for sins.*

In recovery, it’s not those who can control the most who find healing, but those who remain faithful, available, and teachable. If we think we already have all the answers, we close ourselves off to the transformation God wants to work in us. Humility keeps us open, curious, and willing to grow.

The blessings of recovery—peace, healthier relationships, freedom from old patterns—are not meant to be hoarded. They are gifts to be shared. The Seventh Step Prayer reminds us to offer all we are to God for His purposes:

My Creator, I am now willing that you shall have all
of me, good and bad.
I pray that you now remove from me every single
defect of character
that stands in the way of my usefulness to you and
my fellows.
Grant me strength as I go out from here to do your
bidding. Amen.

Like Saints Monica and Augustine, we are invited to trust that God’s timing is perfect, that humility is the way forward, and that our own transformation can be a beacon of hope for others still searching for healing.