

Reflection Questions

- How has prudence helped you see yourself or your family history more clearly?
- What does justice look like for you as you set boundaries and take responsibility for your own healing?
- How do you choose to serve God, rather than old patterns of dysfunction, in your daily life?

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: Amos 8:4-7

Responsorial Psalm: Psalm 113:1-2, 4-6, 7-8

Second Reading: 1 Timothy 2:1-8

Gospel: Luke 16:1-13

Twenty-fifth Sunday in Ordinary Time



As adult children of dysfunctional homes, we recognize the need for wholesale change if we are to move from survival into freedom. The coping patterns we learned as children—people-pleasing, perfectionism, withdrawal, or control—no longer serve us. Recovery invites us to replace them with virtues that help us live in peace. The Church names four such virtues: prudence, justice, fortitude, and temperance.

Prudence helps us see clearly and make wise decisions. Growing up, we often doubted our own perceptions. In recovery, prudence is strengthened by leaning on others who understand our struggles, listening to their wisdom, and letting God reframe our perspective. As we seek His will, our judgment becomes more reliable and grounded in truth.

Justice calls us to honesty in relationships. Many of us carried resentments or hid behind masks. Recovery invites us to pray for the good of those around us, even when they have hurt us, and to take responsibility for our own actions. Justice also means setting healthy boundaries and no longer sacrificing our well-being to preserve dysfunctional patterns.

Fortitude gives us courage to confront the fears we often avoid. For children of dysfunction, the temptation is to withdraw or stay silent. Fortitude helps us speak honestly, risk vulnerability, and persevere through the discomfort of healing. It strengthens us to step out of old roles and into the freedom of living authentically.

Temperance teaches us balance, something often absent in our upbringing. We may have lived in extremes—too much responsibility, too little care, too much chaos, too little stability. Recovery helps us practice moderation, patience, and restraint. By delaying gratification and choosing not to overreact, we discover a steadiness we never knew as children.

These virtues provide a foundation for a new way of life, one shaped by honesty, accountability, and trust in God. They allow us to leave behind the distortions of the past and embrace a present rooted in grace.

This Sunday's Gospel highlights the importance of integrity and trust (Luke 16:10–13):

*The person who is trustworthy in very small matters
is also trustworthy in great ones;
and the person who is dishonest in very small
matters
is also dishonest in great ones.
If, therefore, you are not trustworthy with dishonest
wealth,
who will trust you with true wealth?
If you are not trustworthy with what belongs to
another,
who will give you what is yours?
No servant can serve two masters.
He will either hate one and love the other,
or be devoted to one and despise the other.
You cannot serve both God and mammon.*

For us, the choice may be between clinging to old family roles or stepping into the new life God offers. We cannot serve both the dysfunction of the past and the freedom of the present. Each day we are asked to choose God as our master and to walk in the virtues that lead to healing.