

Reflection Questions

- What have you learned through the journey of the first disciples that has offered hope in your recovery?
- How has an encounter with Christ or a recent relationship with a fellow brother/sister in recovery offered you a new perspective of hope?

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Sunday Mass Readings This Week

1st Reading: Acts 1:1-11

Responsorial Psalm: Psalm 47:2-3, 6-7, 8-9

2nd Reading: Ephesians 1:17-23

Gospel: Luke 24:46-53

7th Sunday of Easter/Feast of the Ascension



Jesus spent significant time journeying with his disciples before approaching his fateful death. Over the course of three years, twelve ordinary individuals were called by name and were taught by Christ, shared meals together, and witnessed our Lord offer tender healing to those that sought him. They knew Him because they spent time with Him, not because they were theologians or biblical scholars.

Throughout the Easter season, we journey with the apostles and first disciples, giving us an opportunity to see the Holy Spirit working through a group of men and women that have been touched by Christ. Peter, who turned his back on Jesus as He was being put to death, has a radical conversion of spirit and leads many to Christianity. We can see our own path woven through the stories of the apostles whom, after having a firsthand encounter with Jesus, are filled with joy, freedom, and hope.

It is prudent that we learn from their eagerness to serve. In doing so, we make ourselves available to our brothers and sisters looking for a morsel of hope and freedom from addiction and compulsive behavior. Spending time in scripture, we can see how the apostles' boldness brought the faith to all corners of the globe.

We celebrate the Ascension of the Lord this week, hearing Jesus tell his disciples, "Go into the whole world and proclaim the gospel to every creature" (Mark 16:15). The gospel reading for the seventh Sunday of Easter, set just prior to Christ's arrest, is also read in many parishes around the world. We reflect on uplifting themes of new life and our calling as Catholics in Recovery. Listen as our Lord beautifully invokes his prayer to the Father before giving over his earthly freedom:

Lifting up his eyes to heaven, Jesus prayed saying: "Now I am coming to you. I speak this in the world so that they may share my joy completely. I gave them your word, and the world hated them, because they do not belong to the world any more than I belong to the world. I do not ask that you take them out of the world but that you keep them from the evil one. They do not belong to the world any more than I belong to the world. Consecrate them in the truth. Your word is truth. As you sent me into the world, so I sent them into the world. And I consecrate myself for them, so that they also may be consecrated in truth."

Whether embarking upon our first month of recovery or counting decades, we get an opportunity to return to the truth that is God's word. In our recovery from alcoholism, drug addiction, compulsive overeating, gambling, porn and sex addiction, codependency, and other unhealthy attachments, we get the unique opportunity to experience a past that keeps us moving toward a brighter future. We know the depths and darkness of what the world has to offer. We also get the chance to know the grace that our King wants to give us in abundance.

God is our answer. As faithful Catholics, we get to experience Him in the sacraments of healing and forgiveness. He surrounds us in the body of Christ that makes up our fellowship. We are in the world but not of the world, and can make a home here while remaining in God and seeking to do His will. While doing so, we hope to share in Christ's joy completely.