

## Reflection Questions

- How have you experienced the strong driving wind of the Holy Spirit in your recovery?
  - Can you share about what happened when the initial rush or euphoria of recovery wore off?
- How has your recovery from various afflictions produced endurance, character, and hope?
- How do you understand redemptive suffering through the lens of your recovery?

### A note about finding a sponsor

Sponsorship is one of several overlaps between the way we work through the 12 steps of recovery and experience the sacraments of the Church. Both are processes that we do not go through alone, and a relationship with a sponsor is a great gift.

Your sponsor should be able to relate to some of your life experiences, be willing to share their own, and maintain confidentiality regarding the things you discuss together. Having a similar faith can be beneficial when it comes to discussing spiritual practices, devotions, and prayer types.

## Sunday Mass Readings This Week

**1st Reading:** Proverbs 8:22-31

**Responsorial Psalm:** Psalm 8:4-5, 6-7, 8-9

**2nd Reading:** Romans 5:1-5

**Gospel:** Luke 16:12-15

## Solemnity of the Most Holy Trinity



Last week we reflected upon the apostles' experience with the strong driving wind of the Holy Spirit at Pentecost, remembering our own spiritual awakening and the lasting impression it can have. We may be grateful for moments when we are seized by the will of God and given clear direction to the path we ought to take. Inevitably, the storm will calm but our identity is forever changed.

This week we turn our rejoice toward the Holy Trinity, recognizing the beautiful relationship we maintain with God the Father, Christ the Son, and the Holy Spirit. This is a central aspect of our faith as Christians and something we acknowledge every time we make the sign of the cross. To be loved by God is to be a part of the Three-in-One (Triune) relationship that is the Holy Trinity.

Saint Paul summarizes this notion in the 5th chapter of his letter to the Romans, this week's second reading:

*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.*

In our recovery from addiction and other unhealthy attachments, we are given a chance to transform from a spirit of slavery to a spirit of freedom through our adoption in the Holy Trinity. In this relationship, we can shed the shame of our past and re-frame our attitude alongside our brothers and sisters seeking spiritual progress.

It is often said that recovery is a we program, not an I program. We need each other. As baptized Christians, this also implies that our relationship with the Father, Son, and Holy Spirit is an essential part of the experience. It cements our identity as children of God, co-heirs to His kingdom with Christ, and channels of the Holy Spirit. By replacing I with we, we replace illness with wellness.

Paul concludes this passage by noting that we are to suffer with Christ so that we may also be glorified with him. Our experience in recovery tells us that as we get better, the circumstances around us may still be troubling. Alone, we may not be able to withstand this suffering—certainly not in a redemptive way. We find courage through our union with the Holy Trinity and the loving support of others.

We are not always moved by a rushing breeze of the Holy Spirit. Sometimes the voice of God can only be heard when we empty our minds and quiet our hearts. Affirmation that we are on the right path comes when we experience the fruits of the Holy Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (Galatians 5:22-23).