

Reflection Questions

- What kind of support do you find from the Church and your local community in order to further your spiritual quest?
- How have friendships impacted your life in recovery?
- Is there something you have been reflecting on which requires action in the new year?

Merry Christmas and Happy New Year!

May God bless you and those you love as we celebrate the coming of Jesus Christ into the world.

We give thanks to God for your life and the gift that we share as we each seek freedom, one day at a time!

"See, the LORD proclaims to the ends of the earth: say to daughter Zion, your savior comes!"

—Isaiah 62:11

Sunday Mass Readings This Week

1st Reading: Isaiah 60:1-6

Responsorial Psalm: Ps 72:1-2, 7-8, 10-11, 12-13

2nd Reading: Ephesians 3:2-3a, 5-6

Gospel: Matthew 2:1-12

The Epiphany of the Lord



God dwells in all things. He can be found by those who go seeking Him. He is the author of life. Yet, God still takes an active role in each of our lives and is more than an abstract presence here on earth.

As we celebrate the Epiphany of the Lord this Sunday, we are reminded of the spiritual quest that we have been sent out upon. Having been familiar with Jewish scripture at the time—particularly the writing of Isaiah—magi from the east arrived in Jerusalem asking about the revelation of the Lord.

Knowing there was more to this spiritual experience they were undergoing, the magi sought further direction on where to go and where the Messiah was to be born. While their own calculations and intuitions got them to Jerusalem, experts in revelation and religion gave more specific detail on where to find the savior.

From Matthew's Gospel, we hear the remainder of this story:

*Then Herod called the magi secretly
and ascertained from them the time of the star's
appearance.
He sent them to Bethlehem and said,
"Go and search diligently for the child.
When you have found him, bring me word,
that I too may go and do him homage."
After their audience with the king they set out.
And behold, the star that they had seen at its rising
preceded them,
until it came and stopped over the place where the
child was.
They were overjoyed at seeing the star,
and on entering the house
they saw the child with Mary his mother.
They prostrated themselves and did him homage.
Then they opened their treasures
and offered him gifts of gold, frankincense, and
myrrh.
And having been warned in a dream not to return to
Herod,
they departed for their country by another way.*

Our own recovery, in some order, takes similar shape. Having spent time navigating the waters of family addiction with our own compass, we are given opportunities to follow the Light that guides us. We don't always know why or how, but some set of circumstances and inspiration moves us in the direction of God.

We have reason to be thankful each day for having a choice of freedom. Our own resources can only get us so far, but others along the path will provide more detailed guidance once we start moving. Mentors and sponsors from our recovery fellowships play a vital role in sharing experience, strength, and hope while guiding us through the Twelve Steps. Therapists, psychiatrists, and spiritual directors can be a valuable resource as we dig deeper into emotional, mental, and spiritual health. Friendships centered around Christ and recovery add an abundance of joy and keep us in the middle of the herd.

God, who is active in our lives and pursues us along the way, will provide further direction. We must remain consistent and patient in our prayer lives. Like the magi, the course of our lives may change upon coming to know Christ.