



SMALL GROUP NEWSLETTER  
ST. MARY OF THE VISITATION PARISH  
CAMBRIDGE, (H) ONT.

**SECOND SUNDAY IN ORDINARY TIME**

**January 17, 2016**

**Introduction to the Word:**

We are in the second week of our message series – “Your Move”. It is an opportunity for us to take to heart that a New Year is an opportunity to take our messes and turn them into successes. In practical humility we can admit that we make mistakes, but our failures are not final or fatal. His grace seek to transforms (in fact God wants to), but at the end of the day - it’s your move!



**Warm-Up:**

The life of Mary presents us with a challenge - from the visit of the angel Gabriel to the foot of the cross. Her 'Yes' to the angel Gabriel was repeated over and over again as she confronted further mysteries in her life - the words of her cousin Elizabeth, the birth of the Christ child and the visit of the shepherds, and later the Magi, the words of Simeon and Anna in the temple, the 'flight' into Egypt, the 'loss' of the child Jesus in the temple, this wedding feast in Cana, and many more intimately involved with His ministry, and finally His suffering, death and resurrection. Most of us like to be in control, don't like surprises, and want the freedom to say 'No'. Mary show us what it means to say 'Yes' to God, and to His will.

Reflect and share on the following questions:

- What do you admire most about Mary as mother, and as Disciple?
- What do you think we can learn from Mary as people wish to become better at making “Your Move”?

**CALL TO PRAYER (5 MINUTES)**

**Leader:** Let us turn to our faithful and loving God in prayer:  
Lord, Jesus, help us to say 'Yes' to your holy will

**Lord, have mercy**



## SMALL GROUP NEWSLETTER ST. MARY OF THE VISITATION PARISH CAMBRIDGE, (H) ONT.

Christ, Jesus, be with us as we try to fulfil your will  
Lord, Jesus, may our lives reflect our obedience and faithfulness

**Christ, have mercy**  
**Lord, have mercy**

### **Let us pray together our Heart to Home Prayer:**

*God Our Heavenly Father, we long to make our thoughts your thoughts,  
and our ways your ways. As we prepare with attentive mind and open heart  
to hear your Word Lord, we long to be empowered with your Spirit  
so that we may bring your Word to our families, our parish and our communities.  
This, our prayer, we make through the intercession of Our Lady of the Visitation and in name of  
Christ Jesus our Lord. Amen.*

### **SCRIPTURE REFLECTION TIME** (45 minutes)

(Please select one person –not including the leader – to take a turn at reading the scripture passages below.)

#### **FIRST READING** (Isaiah 62:1-5)

For Zion's sake I will not be silent, for Jerusalem's sake I will not be quiet, until her vindication shines forth like the dawn and her victory like a burning torch. Nations shall behold your vindication, and all the kings your glory; you shall be called by a new name pronounced by the mouth of the Lord. You shall be a glorious crown in the hand of the Lord, a royal diadem held by your God. No more shall people call you "Forsaken," or your land, "Desolate," but you shall be called "My Delight", and your land "Espoused." For the Lord delights in you and makes your land his spouse. As a young man marries a virgin, your Builder shall marry you; and as a bridegroom rejoices in his bride, so shall your God rejoice in you.

The Word of the Lord. **Thanks be to God.**

#### **SECOND READING** (1 Corinthians 12:4-11)

Brothers and sisters: There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit. To one is given through the Spirit the expression of wisdom; to another, the expression of knowledge according to the same Spirit; to another, faith by the same Spirit; to another, gifts of healing by the one Spirit; to another, mighty deeds; to another, prophecy ; to another, discernment of spirits' to another, varieties of tongues; to another, interpretation of tongues. But one and the same Spirit produces all of these, distributing them individually to each person as he wishes. The Word of the Lord. **Thanks be to God.**

#### **GOSPEL** (John 2:1-11)

A reading from the holy Gospel according to John. **Glory to you, O Lord.**

On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, how does your concern



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CAMBRIDGE, (H) ONT.

affect me? My hour has not yet come." His mother said to the servers, "Do whatever he tells you." Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty or thirty gallons. Jesus told them, "Fill the jars with water." So they filled them to the brim. Then he told them, "Draw some out now and take it to the headwaiter." So they took it. And when the headwaiter tasted the water that had become wine, without knowing where it came from - although the servers who had drawn the water knew - the headwaiter called the bridegroom and said to him, "Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now." Jesus did this as the beginning of his signs at Cana in Galilee and so revealed his glory, and his disciples began to believe in Him. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

*(Allow a few minutes for quiet and for a brief reflection on a meaningful word or thought)*

**COMMENTARY:**

[Your group may wish to listen again to the Audio of the Lord's Day Message](#)

[At this point please use the video Message for this series – Week #2](#)

Fear is one of the most paralyzing of emotions. A root in fear is the sense that we will not have enough – not enough talents, not enough treasures, not enough time. This is portrayed for us in the Gospel story of this Lord's Day when we see that the chief steward becomes gripped by the realization that they have run out of wine at the wedding feast in Cana. He goes to Mary to seek direction and she points the steward in the direction of Her Son with the beautiful words "*Do whatever He tells you*" (John 2:5)

As we look and listen....as we trust His voice ...even in the moments when we are grabbed by fear - we do what He tells us. This is our reference point. We trust in our Good, Good Father and we cast our cares upon Him.

[Pause here and listen to this song, it is our theme for this series](#)

The grips of life - the not enough of life ...they are moments when we are called to embrace our Reference Point - Jesus Christ - and do what He tells you ....and when we trust His voice, listen and look - He transforms.....set back into success...failure into firm foundation...fear into faith.

For this to happen, we must develop within our character three important attributes which should make up part of who we are – they certainly were part of who Mary, the Mother of Jesus was:



## SMALL GROUP NEWSLETTER ST. MARY OF THE VISITATION PARISH CAMBRIDGE, (H) ONT.

**Signs.** We must be people who discern and look for the signs of the Lord. We must ask ourselves in those moments of fear, doubt, dismay - what is gripping me? Is it from the Lord? If it is from God then we proceed, if it is not from God then we put aside.

**Search.** We must be a people of constant prayer. Not prayer as a task or duty. Not prayer and obligation, but prayer as a constant conversation with a trusted friend. Find what His words says, find what silence with Him says. This is where Eucharistic Adoration is such a powerful point of contact.

**Seek.** At the end of the day seek only one thing - His peace! Don't try every day for answers (they can be arbitrary)...seek serenity...put it before Him...seek peace. And how will you know – if you have it? Well there will be a Happiness of soul that says I know life grips, I know fear comes, but I know God is the one I have cast my cares upon and He will give peace for my soul and He will provide – purpose, plan and provision to get me through. For when I think there is not enough – well that means – God will provide!

**Message this week** – We all live in not enough - time, resources, abilities, courage - all these grip us. Our God can transform...in fact He wants to... but first we must make Him our reference point and desire a happy soul. - “do what ever He tells you.” - Its your move

*(Allow about 5 – 10 minutes for the participants to react to the **Commentary** to identify a newly discovered insight or idea.)*

### **Questions for Reflection and Discussion:** (15-20 minutes)

*Don't forget the three questions on our Video*

*"Do whatever he tells you" (John 2:1-11)*

Without a doubt, this is the 'gem' of the Gospel this Lord's Day. These words of Mary bring joy, and also challenge to each one of us who hear it.

1. Where do you need to see the hand of Jesus turning the ordinary things of your life into extraordinary things? Where do you need to be more obedient to doing what He tells you?

*Do whatever he tells you.* Mary had confidence, submission, and faith in God, and a deep love for Him. This is why she was chosen to be the mother of the Incarnate God! Even though she may not have understood, she trusted in Jesus. Allowing Jesus to turn your water into wine and do not whine (Gen. 32:26-30; Ex. 33:12)!

2. Where do you think Christ is calling you in your life to have confidence, to submit, to acknowledge faith in order for Him to transform you?



## SMALL GROUP NEWSLETTER ST. MARY OF THE VISITATION PARISH CAMBRIDGE, (H) ONT.

### Intercessions:

**Leader:** *Let us offer our intercession in the name of Jesus, seeking in our life to do what He tells us.* The response is: "Lord, hear our prayer".

That we may celebrate the faithfulness of Mary, and glory in the salvation that has come to us through her 'Yes' to the Father, we pray ...

That we may be more aware of the grace of God in our lives, so that we will echo the words of Mary, "may it be done to me", we pray ...

That our lives more faithfully reflect the invitation to "Do whatever He tells you" to the people in our lives, our families, and our communities, we pray ...

That the "new wine" of Jesus will help us to recognize that He has power to transform us, we pray ...

**Leader:** Let us seek the intercession of the Patroness of our Parish as we pray: [Hail Mary](#)

### **Closing Activity and Prayer** (15-20 minutes)

*(This time is reserved for quiet prayer as well as for an action-response to the communal reflections. You may wish to create and add petitions of prayer at this time. This time also intent to provide moments to connect and "outreach" to the larger community.)*

#### **GROUP PRAYER/ ACTION:**

- ✓ Reflect together on last week's group choice as you sought to **trust His voice, choosing to Listen and seeking to Look.**
- ✓ Speak together about the Year of Mercy and the upcoming Season of Lent. Begin to discuss how you may wish to make these special times for your group – how will you and your small group connect with the parish activities for the Year of Mercy (First Fridays of Mercy) and the Lenten Mission (March 5-10, 2016)?
- ✓ What are ways which as a group you can support each other as you seek more and more in your life to cast your cares on Him and do whatever He tells you?

### **Let us pray** (together)

Heavenly Father,  
you have created us in wonderful ways,  
given us new life in your Son, Jesus,  
and shared the Holy Spirit with us.  
May our time together enrich us and challenge us  
to recognize your life in us,  
and the power and influence we can have in the lives of others,



SMALL GROUP NEWSLETTER  
ST. MARY OF THE VISITATION PARISH  
CAMBRIDGE, (H) ONT.

bringing them to you and to your Church.  
Through the intercession of the Blessed Virgin Mary,  
may our lives bring others to "Do whatever he tells us".

We ask this of you, almighty God,  
in union with the Son and Holy Spirit.

Amen.

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