



Small Group Newsletter
St. Mary of the Visitation Parish
Cambridge, (H) ONT.



TRINITY SUNDAY
May 27, 2018

Introduction to the Word:

Life has some real moments of challenge and decision. Sometimes shifting your perspective during some of life's most defining moments can make the difference - those moments can be real Game Changers.

Warm-up Activity: (5-10 minutes)

How would I describe my relationship with the Father, the Son and the Holy Spirit? Which do I feel drawn more closely toward as I seek particular graces or insights in my prayer?

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.*

GOSPEL: (Matthew 26:16-20)

A reading from the holy gospel according to Matthew. **Glory to you, O Lord.**

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw Him they fell down before Him, though some hesitated. Jesus came up and spoke to them, He said, "All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptize them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always' yes, to the end of time."

The Gospel of the Lord

Praise to you, Lord Jesus Christ

[Listen to the Message](#)

Reflection:

As Jesus leaves His disciples, He leaves them with a mandate – to go out and share the Good News, and to baptize in “the name of the Father, and of the Son, and of the Holy Spirit”. As we share in the life of God, we are mandated to invite others – by our words and example – to join us in this loving relationship with the Father, Son and Holy Spirit. Is it in their name that we are baptized, and we live



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in union with them. On this Trinity Sunday we celebrate, in a special way, this life we share, and that has been shared with us.

Last week as part of our message series – Game Changer – we examined how we all have moments that do in fact change our purpose, our plans and our priorities – they may be moments which are transformational or they may be moments we see as mundane, but they all can be Game Changer moments. Pentecost Sunday, which was a Game Changer for the early Church, taught us to see the three signals of a Game Changer on the horizon ([listen to the message for them in detail](#)) but they are: Openness to The Breath of God, Being Lead by God and Speaking the Truth of God.

As we celebrate the Feast of the Trinity today we are exposed to the qualities of God - the song of Father, Son and Holy Spirit - and they pose a melody - which we can make our song! This Sunday we are led to ask what Song we sing? What qualities define the tune of your life to the degree that they have become game changers for you?

The Song of our Life helps determine our identification with God. The Song of our Life helps set the tone for how we handle life moments, and from whom we believe they come from. Our song, and how we sing it, also leaves an impression on others who walk the path with us. Matthew in the Gospel today says: **“Go and make disciples of all nations...”** That is the Church’s mission. That is **our mission. That is our song** and when we are doing it - we are a reflection of the Trinity.

As we seek to ***allow every person to have a life changing encounter with Jesus***, may our song lead us to be people who leave the impression of God in others - may our example lead others to Christ - so they too can get to know the Holy Trinity - may these moments be real Game Changers for all.

Questions for Discussion: (15-20 minutes)

- ✓ What are some of the qualities of the song of your life? How do they help you make disciples?
- ✓ Last week you identified some traits of being a Game Changer? How is that going ?
- ✓ Discuss as a group how you would work together be “make disciples?” Is there someone you could invite to join your group, or come to Mass with you, or even return to the parish? Can your song set a tone for them?

[Watch this Video by Jeff Cavins](#)

- ✓ Discuss together the video, what traits of God help you most to be game changers?

Moving Forward in 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. It is also intended to provide moments to “outreach” to the community.

- Our [Neighbourhood](#) Ministry is looking for ways to reach out to people in need in our parish – can your Small Group help? How about choosing as a group to be part of “Provide a Meal” ?
- As the month of June rolls in, discuss your summer plans for your group – how will you serve this Summer and ensure the Song of Your Life “makes disciples”.

Leader: **Let us seek the intercession of the Patroness of our Parish as we pray: Hail Mary**