



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



TWENTY-THIRD SUNDAY IN ORDINARY TIME
September 9, 2018

Introduction to the Word:

Welcome to the return of Heart to Home for the Fall Season. It will now be distributed as part of Sunday Matters.

Our new Message Series is called Made for Mondays. Our Mondays have more meaning than we may give them credit. Whether you're in the marketplace, in the school, or in the home, God has a purpose for you. Together we will discover what it looks like to go from simply working a job to

fulfilling God's unique mission for each of us.

Warm-up Activity: (5-10 minutes)

Take a moment and share what a typical Monday looks like for you. In preparation for this week's discussion, read Ephesians 4:11-12 and Romans 12:1-2 together

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: Mark 7:31-37

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

Jesus left the region around Tyre and went by way of Sidon toward Lake Galilee. He went through the land near the ten cities known as Decapolis. Some people brought to him a man who was deaf and could hardly talk. They begged Jesus just to touch him. After Jesus had taken him aside from the crowd, he stuck his fingers in the man's ears. Then he spit and put it on the man's tongue. Jesus looked up toward heaven, and with a groan he said, "Effatha!", which means "Open up!" At once the man could hear, and he had no more trouble talking clearly. Jesus told the people not to say anything about what he had done. But the more the people who told them, the more they talked about it. They were completely amazed and said, "Everything he does is good! He even heals people who cannot hear or talk".

The Gospel of the Lord. **Praise to you, Lord Jesus Christ**

[Listen to the Message](#)



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Reflection:

In the First Reading, Isaiah calls forth courage in each of us – “*Be strong and do not fear*”. These are some good words as we begin a new season, maybe in a new classroom, workplace, school or even just a new phase of our lives. Even if we are “repeating” and it seems like nothing has changed, every day, something does. In the second reading, St James calls us to walk these “new steps” of each day in the footsteps of Christ – reaching beyond barriers in order to show kindness and love to others. In the Gospel, this is what Jesus does, overcoming social barriers and the law to heal the broken and embrace the marginalized. He does not allow things to make his life mundane, in fact, when He lives His life they all say “He does everything well”...almost as if they are saying... “He was Made for this.”

In spite of the fact that many might say they don’t like Mondays, we are Made for Mondays - wired by God for Monday – we are wired to live out our “Sunday lives”... everyday. The choice is how, and will we do it? So question: Is your Monday about your Sunday? Maybe by the end of the week someone will say of us, as they did of Christ in the Gospel: He “does everything well.”

Questions for Discussion: (15-20 minutes)

- Have you ever thought about your work as your primary mission field? What are some ways you can start to live out your faith in the workplace?
- What comes to mind when you hear the word “calling?” Is it a word you are excited to hear or does it scare or frustrate you? How do you know when you are in your calling?
- Share one thing you love about your job and one thing you wish you could change.
- Could looking at your job and your coworkers, classmates, or family as your mission change the way you approach your Mondays? How?

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.

- Consider together as a group a social outreach which connects to our parish – our Haiti or Kenya Missions, doing a local Service Saturday activity together (October 27th) , bringing “Canadian Tire Dollars”, making quilts, being part of “Milk Bags for Haiti”, collecting items for the Outreach program at St Patrick Parish in Hamilton.
- Sometimes we are reluctant to share our faith – to be a prophet even in our home town. Discuss and come up with a list together on how faith can be shared without having to knock on anyone’s front door. These witnesses are quiet references to Christ as our reference point. (e.g. saying grace before a meal at a restaurant).
- Consider making a Holy Hour for the intentions of our parish community this week.

Looking for More: Have you heard about [Starting Point?](#) Check out details and consider helping someone who has wandered away from faith or our parish to come back home.

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