

### Decalogue for the Sharing Group

1. Meetings are led by the Holy Spirit through Mary.
2. Purpose of the meeting:
  - To become aware of my weaknesses and the truth of being loved by God
  - To respond to the desire to deepen my faith
  - To be open to others (brothers and sisters) in the group
  - To share different experiences of my faith and how God is present in my life
3. When I go to the meeting, I will pray to God for others and myself.
  - Prayer of empty hands or that of the tax collector is recommended.
4. I will remember that I am God's child who has the right to trust and await miracles.
5. As a participant in our meeting I will:
  - Serve others and not count my own merits
  - Create the atmosphere of calm, focus/concentration and openness
  - Not impose on others my ways of thinking, reacting and perceiving
  - Avoid giving advice or solving others' problems
  - Speak from my personal "I" rather than use such terms as "you we, us, people, we should, others do this."
  - Avoid discussion and criticism
6. By keeping what is shared in the meeting confidential, I will preserve each participant's freedom to share openly and protect their dignity as a child of God.
7. I will not be afraid of moments of silence, since I or somebody else may need time to reflect. Moments of silence provide us with unique opportunities for prayer and entrustment to God.
8. I will remember to attentively listen to what my brother or sister is saying in order to help them in the process of sharing.
9. When I give a witness talk or share my faith, God's grace is not only given to me but it is being multiplied and given to others.
10. Above all, God expects from me humility and openness. Even one person who is humble and open to God can create an appropriate climate during a given meeting that will spread to all participants. The most important and desirable goal is not the format of the meeting, but it is to be open to God's grace and presence.

*Catechism of the Catholic Church, No. 501, footnote 160:* LG 63; cf. *Jn* 19:26-27; *Rom* 8:29; *Rev* 12:17; **No. 2618, footnotes 89:** Cf. *Jn* 2:1-12; **90:** Cf. *Jn* 19:25-27; **No. 969, footnote 512:** LG 62. [www.catholicculture.org/culture/library/](http://www.catholicculture.org/culture/library/)  
*New American Bible* © USCCB. All rights reserved. <http://www.usccb.org/nab/index.shtml>  
S. C. Biela, *In the Arms of Mary*, 3rd ed. (Ft. Collins, CO: In the Arms of Mary Foundation, 2021). All rights reserved. – [www.inthearmsofmary.org](http://www.inthearmsofmary.org)  
Families of Nazareth Movement – [www.familiesofnazareth.us](http://www.familiesofnazareth.us)

### January 16, 2022 ~ Second Sunday in Ordinary Time ~ Year C Spiritual Reflection on Sunday's Readings

Prepared by:  
**Families of Nazareth Movement USA**  
**Communion of Life with Christ through Mary**

Opening Prayer  
Read Decalogue  
Read Scripture  
Read Reflection

**Reading I** Is 62:1-5

**Responsorial Psalm** Ps 96:1-2, 2-3, 7-8, 9-10

**Reading II** 1 Cor 12:4-11

**Gospel** Jn 2:1-11

#### Opening or Closing Prayer

#### **Holy Mary, full of God's presence**

during the days of your life, you accepted with full humility the Father's will,  
and the Devil was never capable to tie you around with his confusion.

**Once with your Son** you interceded for our difficulties, and,  
full of kindness and patience,

you gave us the example of how to untie the knots of our life.  
And by remaining forever Our Mother, you put in order, and make more clear  
the ties that link us to the Lord.

#### **Holy Mother, Mother of God and our Mother,**

to you, who untie with motherly heart the knots of our life,  
we pray to you to receive in your hands (name), and to free them [him/her]  
of the knots and confusion with which our enemy attacks.

#### **Through your grace, your intercession, and your example,**

deliver us from all evil, Our Lady,  
and untie the knots that prevent us from being united with God,  
so that we, free from sin and error,  
may find Him in all things,  
may have our hearts placed in Him,  
and may serve Him always in our brothers and sisters. Amen

Pope Francis' prayer to *Our Lady, Untier of Knots*  
*FNM Summer Retreat 2013*

## Spiritual Reflection

*When the wine ran short, the mother of Jesus said to him, "They have no wine". . .  
His mother said to the servers, "Do whatever he tells you." John 2:3,5*

The Second Vatican Council says that through her maternal commitment with Jesus, Mary cooperated fully with the work of Redemption for the renewal of supernatural life of the souls of men. And so by conceiving, giving birth to, and feeding Christ, and by offering Him in the temple to the Father along with participating in Jesus' suffering on the Cross – she became our Mother in the order of grace.

In the realization of her vocation as Mother of Jesus, Mary employed all her physical and spiritual forces. Totally and until the end, she binds herself in the prolongation of this vocation which is her spiritual maternity with respect to us.

She lives for us,  
takes care of us,  
and is completely at our disposal.

From the moment of our conception, Mary is present with each one of us –  
serves us through our earthly mothers  
for whom she intercedes to obtain the necessary graces.

She is closer to us more than our earthly mothers, whose possibilities are limited. The heavenly Mother is continually 'at the disposal' of each of her children; she is disposed to help every time they call upon her.

When you begin to look at your life in the light of faith, you will discover that it was she who watched over you in the night,

who fed you and took care of you,  
who watched over you in every moment of your life.

She cared for you through the doctor who treated you.  
It was she who showed you love through all the persons  
who did something good for you.

It was through her intercession that you encountered so much kindness and affection.

Mary is continually with you and takes care of your integral development. In a special way, she takes care of your spiritual growth. **She is Mother and Teacher of your interior life.**

Her deepest desire is that Christ may grow in you in a way that there is no longer any place in your heart for yourself but only for Him and His Will.

The most important element is your openness to the love of God – the attitude of abandonment, simplicity, and humility of an evangelical child. It is this openness that determines our prayer and bonding with God.

However, in periods when dryness and darkness of faith escalate, our lukewarmness may become greater. Then, contrary to everything we might experience, we should search for ways to incessantly animate our spirit of prayer. When you begin to lose the sense of God's presence, try all the more and with greater intensity to become aware of this presence through, for example, certain images that illustrate the love of God. You can, for example, try to see yourself as being carried in the arms of Mary to whom Christ gave us as Mother.

S.C. Biela, *In the Arms of Mary*, pp.168-170

## References from the *Catechism of the Catholic Church*

**501** Jesus is Mary's only son, but her spiritual motherhood extends to all men whom indeed he came to save: "The Son whom she brought forth is he whom God placed as the first-born among many brethren, that is, the faithful in whose generation and formulation she cooperates with a mother's love. <sup>160</sup>

**2618** The Gospel reveals to us how Mary prays and intercedes in faith. At Cana,<sup>89</sup> the mother of Jesus asks her son for the needs of a wedding feast; this is the sign of another feast - that of the wedding of the Lamb where he gives his body and blood at the request of the Church, his Bride. It is at the hour of the New Covenant, at the foot of the cross,<sup>90</sup> that Mary is heard as the Woman, the new Eve, the true "Mother of all the living."

**969** "This motherhood of Mary in the order of grace continues uninterruptedly from the consent which she loyally gave at the Annunciation and which she sustained without wavering beneath the cross, until the eternal fulfillment of all the elect. Taken up to heaven she did not lay aside this saving office but by her manifold intercession continues to bring us the gifts of eternal salvation . . . . Therefore the Blessed Virgin is invoked in the Church under the titles of Advocate, Helper, Benefactress, and Mediatrix."<sup>512</sup>

## Questions for Reflection

1. How has God's love been experienced by me through my earthly mother or others in my life?
2. How is my blessed Mother taking care of my spiritual life today?
3. As my relationship with Mary grows how has my relationship with Jesus changed?

## Prayer after Sharing

*Thank you, God, for allowing me to see the truth about my weaknesses and how it calls upon the abyss of your merciful Love.*