

## 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 my 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. 1019; No. 501, footnote 160: LG 63; cf. Jn 19:26-27; Rom 8:29; Rev 12:17.*

<http://www.catholicculture.org/culture/library/catechism>

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Families of Nazareth Movement – [www.familiesofnazareth.us](http://www.familiesofnazareth.us)

MARCH 31 2024 ~ EASTER SUNDAY ~ YEAR B  
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** Acts 10:34a, 37-43

**Responsorial Psalm** Ps 118:1-2, 16-17, 22-23

**Reading II** Col 3:1-4

**Gospel** Jn 20:1-9

### Opening or Closing Prayer

**Dear Father**, great is Your Mercy.

My true vocation is intimacy with You in the Kingdom of Heaven. May the new model of righteousness Your Son has given me, "as I have done, you should also do," open me more to Your mercy and transform me into Your divine likeness.

**Dear Jesus**, holy is Your Name.

May your prayer, "that they may be one as you, Father, and I are one," become my own desire. Teach me how to build up the unity of Your Mystical Body by embracing and living out my vocation to authentic holiness and happiness.

**Dear Holy Spirit**, amazing is Your Grace.

Grant me your gifts in order to "always be ready to give an explanation to anyone who asks" the reason for my hope. Thank you that, through You, I can encounter Jesus daily in the Eucharist, the source of my hope, even in the situations of my life that are most difficult to understand.

**Dear Mother Mary**, source of my joy.

"Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." As a vessel of the Holy Spirit, teach me to live the Beatitudes of your Son. Wrap me in your mantle, where I can believe in His mercy and fulfill my vocation to be salt of the earth and light of the world.

**I ask this through Jesus Christ our Lord** who lives and reigns with the Father and the Holy Spirit, one God, forever and ever. Amen.

*Families of Nazareth USA  
Summer retreat 2011*

## Spiritual Reflection

*They both ran...When Simon Peter arrived..., he went into the tomb and saw the burial cloths there,.. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the scripture that he had to rise from the dead. Jn 20:4,6, 8-9.*

In certain stages of interior life, you will indeed discover something terrifying in yourself. You will be convinced that it would be pure folly to go the way of the Cross. You will know when the experiences of the desert are intensified; as soon as you enter into an increasing degree of darkness – everything begins to rebel in you...

Do not be afraid – there is also an opportunity for the weak and for those who have not yet totally believed. The words of Christ's testament pronounced from the Cross to Mary and St. John are a sign of hope for everybody:

“Woman, behold, your son... Behold, your mother” (Jn 19:26-27).

While dying on the Cross, the Savior **confides** His mother to John, and, at the same time, **entrusts John** and everyone for whom he was dying, to her who abandoned herself totally to God.

Therefore, do not be terrified by your own weakness.

You yourself, with your own efforts, will never choose the way of the Cross.

But, in fact, the words of Christ's testament are a **special gift** for you.

You also are a child of the Mother of God –  
you have a particular right to these words.

Therefore, why are you afraid?

Why do you want to carry your cross alone?

In fact, this is the precise cause of your torment!

In your stubbornness and pride, you want to carry your cross by yourself.

But, in fact, you will not carry it alone.

Christ wants you to ask Him for help from His mother.

Jesus entrusts John, and each one of us, to His mother. What does it signify?

[St.] John Paul II writes: “Entrusting himself to Mary in a filial manner, the Christian, like the Apostle John, ‘welcomes’ the Mother of Christ ‘into his own home’ and brings her into everything that makes up his inner life, that is to say into his human and Christian ‘I’”. . .

The words he “took her into his home” (Jn 19:27) signify not only that St. John took Mary in his own house and took care of her; they also signify a completely new form of interpersonal relationship – **a communion of life** between St. John and the Mother of God. . .

The entrusting of oneself to Mary leads to a special relationship with her. Through Christ's death, God pours His unfathomable love, fatherly and motherly love, over the world. He wants it to reach the very depths of our hearts **through the heart of Mary. . .**

In entrusting himself to Mary, John introduces her into his interior life in order to share with her everything that constitutes his inner ‘I.’ As the Pope says: “Such entrusting is the response to a person's love and in particular *to the love of a mother.*”

From then on, John will resolve all important matters  
with the Mother of God,  
asking her to intervene in all of his experiences –  
even the most personal ones.  
He wants her to lead him  
like a mother leads her child.

You also begin  
To build your interior relationship with Mary –  
Just like that of a little child  
With its mother who loves it.

S.C. Biela, *In the Arms of Mary*, pp.156-160

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

**1019** Jesus, the Son of God, freely suffered death for us in complete and free submission to the will of God, his Father. By his death he has conquered death, and so opened the possibility of salvation to all men.

**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 formation she co-operates with a mother's love." <sup>160</sup>

## Questions for Reflection

1. What experience have I had, or do I fearfully anticipate could be awaiting me, when I think of following Jesus on the way of the Cross?
2. Considering that Christ includes me in His suffering, how does this dispose me to enter into my own woundedness and distress, so that, with Him I may enter the glory of the resurrection?
3. If I listen, what does my Blessed Mama whisper to me when I find myself fearful of the Cross?

## 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.*