



“The Wedding of Cana ”...

FROM THE GOSPEL ACCORDING TO - JOHN -:

“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.’” (John 2:9-10)¹

MEDITATION ON THE MYSTERY:

Thus says the Lord: “new wine must be poured into fresh wineskins” (Luke 5:38). As an eagle needs feathers if it wants to fly, so, too, consecrated religious need a religious habit (and spouses need a ring) as a visible sign of their Consecration to the Lord! (cf. CVII, *Perfectae Caritatis*, n. 17).

(cf. F-PFSGM, *Various Clarifications*, VIB; *Catechesis*, The Wedding of Cana, 4 July 2015)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the importance of wearing a religious habit, John Paul II says, “Let us not deceive ourselves that we are serving the Gospel if we try to ‘water down’ our...charism, ...f we wish to ‘secularize’ our way of living and acting, if we cancel even the external signs of our...vocation. We must keep the sense of our singular vocation, and this ‘singularity’ must be expressed, also in our exterior garb.”

(JOHN PAUL II, *Homily*, 9 November 1978)

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen) :

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...