

CGS FAMILY

XXII SUNDAY IN ORDINARY TIME

Volume II, Guide Number 40, August 28, 2022

How do we understand and
live the virtue of humility?

www.cgscs.church

Welcome



HELLO,
CHRIST THE GOOD SHEPHERD FAMILY!

Welcome to our weekly CGS Guide for the **Twenty-second Sunday in Ordinary Time**, that helps our parish families to grow in knowledge of the faith and deepen our relationship with Jesus as his disciples. As we encounter Jesus, we come to know him, love him, and serve him so that we can be reasonably happy in this life and happy with him forever in heaven.



This Week

Humility and Selfless Generosity

Hello again! This week's readings point to two very important themes or virtues in our Christian life - humility and selfless generosity. In this Sunday's Gospel we find Jesus once again, who has been invited to a banquet on the Sabbath. Banquets are something very important in the Gospel of Luke. Jesus, as He has been doing, takes the opportunity to share a couple of teachings knowing clearly that he is being watched by the Pharisees. This banquet, like each one in this Gospel, prefigures the Eucharistic meal and the Heavenly Banquet is foretold.

Once again Jesus turns to the parables to share his teaching. First he addresses **the guests** and speaks to us of **humility**, which in the words of Manuel Garrido Bonaño consist in, *the awareness of the position we occupy before God and before men, and the wise moderation of our desires for glory*. We are invited to be humble and modest, not to look for the first places, but the last. It closes by quoting the old proverb: "For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

The second parable is addressed to **the host**. Pope Francis points out how it focuses on the way to select the guests. Once again, in a reversal, Jesus presents us with the logic of God and not ours and invites us to seek the divine reward, not the human one. Jesus' invitation is to **selfless generosity**, to give without expecting anything in return, only the greatest joy, that of participating in the merciful love of God. Let's meditate through this Weekly Guide on these two virtues and put them into practice starting in our homes and then with those that are in need in our community.

Jose Juan Valdez

For questions, comments, and feedback, please contact us at

DISCIPLESHIP@CGSCC.CHURCH



The Holy Mass

The liturgy is the summit toward which the activity of the Church is directed, at the same time, it is the font from which all her power flows. (Cf. SC #10)

[Why go to Mass?](#)

[Christ the Good Shepherd Mass Schedule](#)

[Find Mass Anywhere](#)

This season, we are exploring the Big Idea
**How does Jesus Christ teach us to
live a moral life?**

[Twenty-second Sunday in Ordinary Time](#)

[Readings & Podcasts \(Year C\)](#)

[from the United States Conference of Catholic Bishop\(USCCB\)](#)

First Reading: Sirach 3:17-18, 20, 28-29

Psalm 68:4-5, 6-7, 10-11

Second Reading: Hebrews 12:18-19, 22-24a

Gospel: Luke 4: 1, 7-14

Additional options for studying and discussing the Word of God:

[Opening the Word by FORMED](#)

[Reflecting on the Sunday Readings](#)

[Sunday Connection by Loyola Press](#)

[Children's Liturgy of the Word by Catholic TV](#)

WE LEARN & BECOME DISCIPLES TOGETHER

Question of the Week

How do we understand and live the virtue of humility?

Opening Prayer

CONNECT with our GOD

- Let's start with the [The Sign of Cross](#).
- In your own words, ask the Holy Spirit to be present as we gather so share our faith ([Prayer to the Holy Spirit](#)).
- Listen to the Lord speaking to you as someone reads out loud the Gospel for this Sunday (see previous page for links to Scripture readings for this week).
- Listen to each other as everyone shares what in the Gospel caught their attention.
- Pray the "[Glory be...](#)"

[More on how to manage a group discussion.](#)

Step One

CONNECT with our daily LIVES

- When you have organized a party, who have you invited and why?

Getting
Started

[How to use
this Guide.](#)

[Why are we
doing this?](#)

Striving toward humility
enables us to

Love God
and our neighbors
more deeply

[Svellerella.com](#)

Using this Guide can be as simple or as "in depth" as you want. If you do only the opening prayer section, that's great! To go deeper, follow the steps as shown. For children, see "Resources," page 8.

Step Two

CONNECT with Scripture and Tradition

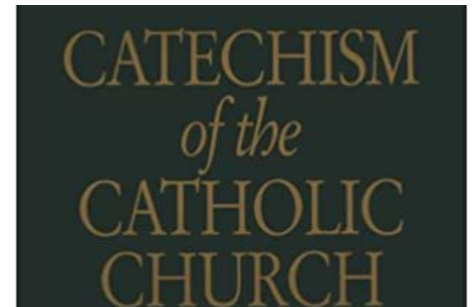
As a domestic church (your household) or Small Faith Group, pray and read through some of the following (you can select) Scriptures & Catechism of the Catholic Church (CCC) references as time permits.

In the HOLY SCRIPTURE we read:

- Blessed are the poor in spirit because theirs is the Kingdom of Heaven. **Matthew 5:3**
- Jesus gives us an example of humility and service by washing the apostle's feet. **John 13:14**
- He has brought down the mighty from their thrones and exalted the lowly. **Luke 1:52**

In the Catechism of the Catholic Church (CCC), we read:

- The Kingdom belongs to the humble of heart. **#543-546**
- Jesus challenges customary patterns. Salvation for the poor, the sinner. **#588-589**
- Call to poverty of heart. **#2544-2547**



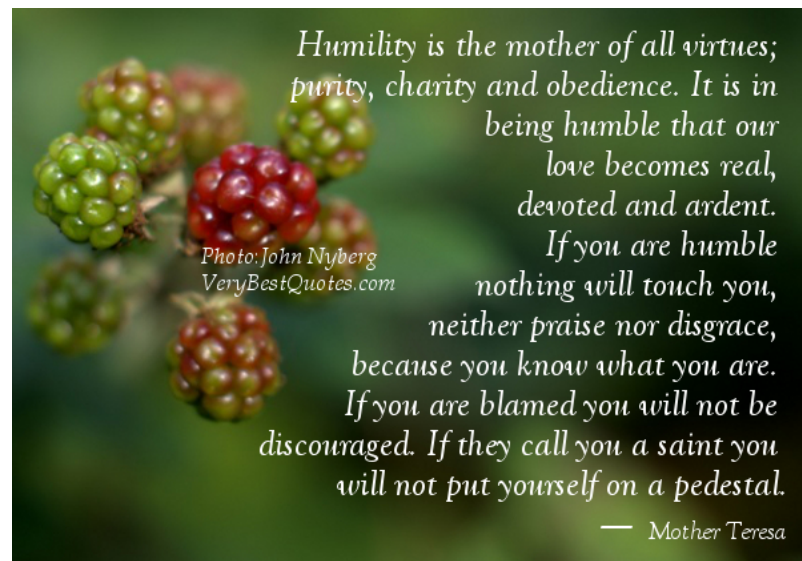
Discussion Questions

- With whom do I compare myself more: with the guest who ran for the place of honor or with the one who assumed the last place?
- Who are the "Uninvited" to parties or even church in our society/community today and how does today's gospel challenge us in this regard?

Want more? Go Deeper!

Reflection Question

- Do you consider yourself a humble and modest person, yes or no? Why or why not?



RESOURCES FOR ALL AGES

For related information, activities, and age-appropriate resources, turn to the *Resources for All Ages* section of this Guide. You may use as many or as few as you want to. Adapt to your situation and your household. You can even spread these activities over the span of the entire week. There is no wrong way to do this!

Step Three

CONNECT with OTHERS...

Living the Gospel with commitment & action.

What is one thing you are willing to change in your life so you can be more humble and generous to others?

Practical Activities

For the Individual - **Call someone you have forgotten**

Check if there is someone in your family, your circle of friends or colleagues who, due to any circumstance, you may have forgotten or marginalized in some way. Get in touch to say hello and ask how they are doing.

For Couples - **Visit and listen a homeless' story**

Volunteer at a homeless shelter and talk to someone who has been rejected by society.

For the Domestic Church - **Including those marginalized**

Make a commitment as a family to pay more attention to the marginalized in our community of faith and do everything possible so that they can be included in the different parish activities and events.

Missionary Mindset - **Intercede and advocate**

Intercede and advocate for the groups that for whatever reason feel or are rejected so that something can really be done to change this little by little.



Closing Prayer

- We sign ourselves with the Sign of Cross.
- According to what we reflected on, or whatever is in my heart share a petition, at the end we all say:
Lord hear our prayer.
- Then we can pray the Our Father, Hail Mary and the Glory be...
- As we finish, let us share a sign of peace with each other.

The Litany of Humility

Listen to it! Sing it! Video Version



When the litany of humility is prayed in a private setting by two or more people, the lines given in italics below are the responses to a leader.

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed,

Deliver me, Jesus. (repeat after each line):

From the desire of being loved,

From the desire of being extolled,

From the desire of being honored,

From the desire of being praised,

From the desire of being preferred to others,

From the desire of being consulted,

From the desire of being approved,

From the fear of being humiliated,

From the fear of being despised,

From the fear of suffering rebukes,

From the fear of being calumniated,

From the fear of being forgotten,

From the fear of being ridiculed,

From the fear of being wronged,

From the fear of being suspected,

That others may be loved more than I,

Jesus, grant me the grace to desire it. (repeat after each line):

That others may be esteemed more than I ,

That, in the opinion of the world,

others may increase and I may decrease,

That others may be chosen and I set aside,

That others may be praised and I unnoticed,

That others may be preferred to me in everything,

That others may become holier than I, provided that I may become as holy as I should,

AT THE END OF THE LESSON OR END OF THE WEEK

From what you have learned, how would you now answer the Question of the Week?

How do we understand and live the virtue of humility?

RESOURCES FOR ALL AGES

POINTS OF UNDERSTANDING

Clear statements of the Church's teachings

Where they come from and ways to use them.

1. Age-Specific Resources

Early Childhood (Ages 3-5)

Question: How do you treat kids who are different from you? How are they different?

"**Seeds**" by Pflaum Publishing.

Harry Kindergarten Music//All about Acceptance - video (2:30)

Childhood (Elementary, Grades 1-5)

Question: How do you treat kids who are different from you? How are they different?

Grades K-1: "**Promise**" by Pflaum Publishing and Grades 2,3 &4: "**Good News**" by Pflaum Publishing.

Harry Kindergarten Music//All about Acceptance - video (2:30)

Early Adolescence (Jr.High, Grades 6-8)

Question: How do you treat other teens who aren't your friends? Are your ways different based off who you are with?

Grades 5 & 6: "**Venture**" by Pflaum Publishing and Grades 7 & 8: "**Visions**" by Pflaum Publishing.

Ascension Presents // Virtue to the Next Level -- video (9:07)

Ascension Presents // Grow in Virtue with an Accountability Partner -- video (9:46)

Adolescence (High School, Grades 9-12)

Question: How do you treat other teens who aren't your friends? Are your ways different based off who you are with?

Ascension Presents // Virtue to the Next Level -- video (9:07)

Ascension Presents // Grow in Virtue with an Accountability Partner -- video (9:46)

HELPFUL TIPS!

Create a prayer table or space.

Faith Groups at CGS

Age-Specific Resources for Parents

Age-specific materials for early childhood through 8th grade are now available for you to use along with this Guide.

They are easy to use. The cost is \$25.00 per set, per year.

Reserve and pick up your copies by contacting Jackie Coba in the parish office or by email. 346.236.6459 ex. 342 or jcoba@cgscs.church

Adulthood

Video

Dr. Brant Pitre // [Humility: A 12-Step Program--video \(8:42\)](#)

Bishop Robert Barron // [Bishop Barron on Pride, Humility, and Social Media--video \(8:52\)](#).

Print Media

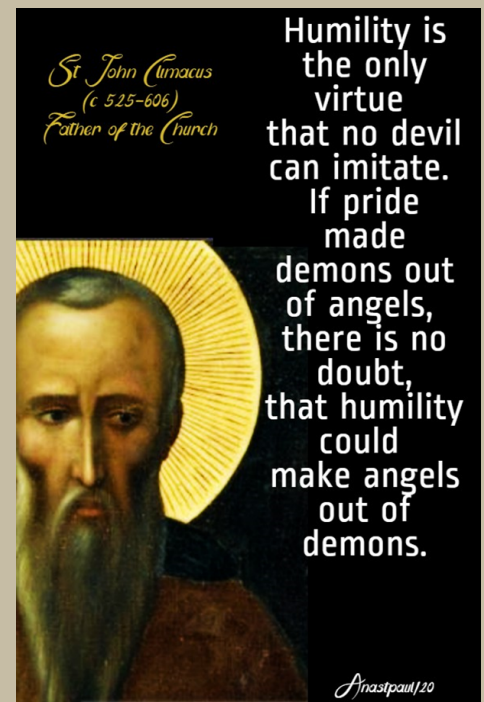
Word, Life, Light // [Random Acts of Humility--blog](#)

National Catholic Register // [Mother Teresa's 15 Tips to Help You Become More Humble--article](#).

The Catholic Spirit // [Humility is a Virtue We Learn From Christ--article](#).

Aleteia // [Why Humility Isn't What Most People Think It Is--article](#).

Catholics Striving for Holiness // [HUMILITY: Its Effects, the Means to Grow in this Virtue and the Signs of Lack of Humility--article](#).



2. General Resources

The Holy Bible

[Online Bible via the United States Conference of Catholic Bishops \(USCCB\)](#)

If you don't know much about the Bible or want to learn more: **[Scripture Support](#)**

Catholics use the **New American Bible Revised Edition** (NABRE) as the translation for Mass readings. There are many acceptable versions of NABRE ([learn more](#)) as well as [other approved translations](#). You may purchase from any vendor and we do have some basic editions on hand at the parish office at no charge—available upon request.



Recommended Print Bibles

These are all by St. Mary's Press: Order directly from the publisher or search online for other vendors.

[Catholic Family Connections Bible](#)
([digital version available](#)).

[Catholic Youth Bible](#) (Adolescents & College)
["Breakthrough"](#) (Early Adolescents // Jr. High)
[Catholic Children's Bible](#)

The Catechism of the Catholic Church (CCC)

[Online Catechism](#) via the United States Conference of Catholic Bishops (USCCB)

NEW! [Simplified version of the Catechism of the Catholic Church](#)

If you don't know much about the Catechism or want to learn more: [Catechism Support](#)

Formed Online

Our parish subscribes to a library of online resources called Formed. It is excellent and it is free for you to use. Register at www.formed.org - Need help? Watch this video.

Prayers and Praying

"O Jesus, gentle and humble of heart, make my heart like Yours!" St. Therese

Pray this prayer with St. Therese for the gift of humility.

Counseling, Grief Support & Spiritual Direction

- Our parish offers Rejoice Counseling for individuals and families for a variety of issues and needs. You may use this online form to contact them directly.
- We also offer Grief Support ministry for those who have lost loved ones and Spiritual Direction for anyone interested. Follow the links or inquire through the parish office.

Music to Move You

Thomas Muglia // The Litany of Humility--video (5:50)

Like this one? Listen, then, to these:

Thomas Muglia // The Litany of Trust--video (5:53)

Thomas Muglia // You're Not Done--video (4:26)



Common Prayers and Formulas to Learn by Heart

Familiar Prayers

and

a chart showing at what age level they should be learned.

All Sacred Art - FORMED

Parish subscription
free to our
parishioners--
register once, get
access to all
content!

Sacred Art to Inspire You!

Simon Dewey // In Humility--fine art print

Monica Welch // St. Monica, Troubled Wife and Mother--fine art print

Jen Norton // Our Father--fine art print.

3. Sacramental Information

Visit the **sacraments section** of our parish website to find everything you need to get started with any sacrament.

Additional information is being added and continually updated.

Contact our parish office if you have a question.



WE ARE THE CHURCH

What Makes us Catholic?

Act of Humility before Holy Communion

Priest:

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

Assembly:

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.



HOW HAVE YOU SEEN GOD PRESENT AND ACTIVE IN YOUR LIFE THIS WEEK?

Word of the Week - P A R A B L E

Parable, from the Greek *parabole* (*para* and *ballo* = to put in parallel), in Hebrew corresponds to *Mashal* and it refers to a comparison whose purpose is not simply to offer an illustration, but to invite to look for meaning. In the different accounts of the gospels Jesus used them to share different teachings.

Saints of the Month

Book Suggestions

More for your Domestic Church

A Domestic Church is your household of believers in Jesus Christ. View a short video on what is the Domestic Church. See also this reference in the Catechism of the Catholic Church: CCC 1655-1858 and our Glossary of Terms. There is so much at CGS for your Domestic Church! See our website, social media pages, YouTube, and this week "**FLOCKNOTE**" for all things CGS!

"Faith Groups" on our Website

Find resources for your family, including how to use this Guide, family traditions from other parishioners, FAQs, how to use the Points of Understanding, a Glossary of Terms and more. Visit cgscddogh.org/faith-groups OR scan the QR code on the right with your smart phone.

Join a small Faith Group in our parish. Contact discipleship@cgscd.church





Our Mission as a Roman Catholic Community is to proclaim the teachings of Jesus Christ as declared in the scriptures and shown in the sacred tradition of the church. We are empowered by the Holy Spirit to know, love, and serve God and our neighbors.

WE WANT OUR PARISHIONERS TO CONTRIBUTE TO THIS GUIDE!

How is this Guide working for you and your family?

Show us what your family is doing with these Guides!

Share an idea, a resource or picture/video of what you are doing in your Domestic Church.

DISCIPLESHIP@CGSCC.CHURCH
BECOMING OUR "BEST PARISH EVER!"



Text CGS to 84576 to join us on Flocknote
You will receive emails & texts from CGS



CHRIST THE GOOD SHEPHERD CATHOLIC COMMUNITY



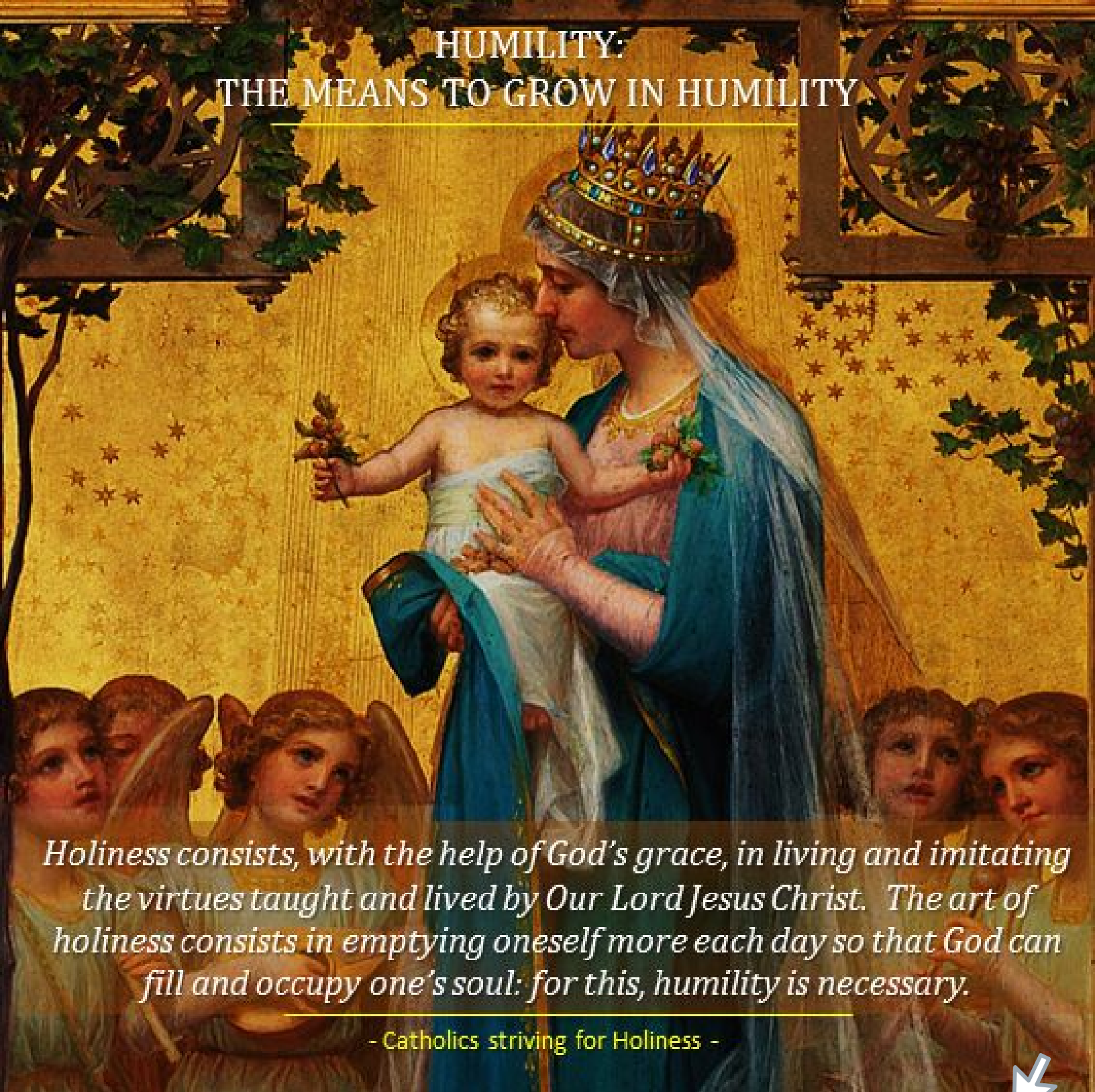
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Very Reverend James Burkart, Pastor

The contents of this Guide are in accordance with the teachings of the United States Conference of Catholic Bishops and the Curriculum Framework for Lifelong Faith Formation of the Archdiocese of Galveston-Houston under the pastoral care of Daniel Cardinal DiNardo, Archbishop.

HUMILITY: THE MEANS TO GROW IN HUMILITY



Holiness consists, with the help of God's grace, in living and imitating the virtues taught and lived by Our Lord Jesus Christ. The art of holiness consists in emptying oneself more each day so that God can fill and occupy one's soul: for this, humility is necessary.

- Catholics striving for Holiness -

**Have you ever wanted explain how Catholic beliefs effect how you see the world?
We have a class for YOU!**

Studies in Spirituality, Catholic Beliefs, Morality and more offered by the Archdiocese of Galveston-Houston!
For more information follow the link to [FTCM](https://www.ftcm.org) or contact discipleship@cgscc.church