

# CGS FAMILY

**FIFTH SUNDAY IN ORDINARY TIME**

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**Volume III, Guide 18, March 26, 2023**



**What is keeping me bound  
from living a full life?**

**[www.cgscchurch.org](http://www.cgscchurch.org)**



# Welcome

## HELLO, CHRIST THE GOOD SHEPHERD FAMILY!

Welcome to our weekly CGS Guide 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

### What's Holding Me Bound?

What does it mean to be "bound?" To be tied up in such a way that we can't get loose, we can't get free. To have our hands cuffed, as it were, puts limits on our abilities. In the spiritual sense, this restriction keeps us from being able to do the things we were meant to do, that which we were created to do.

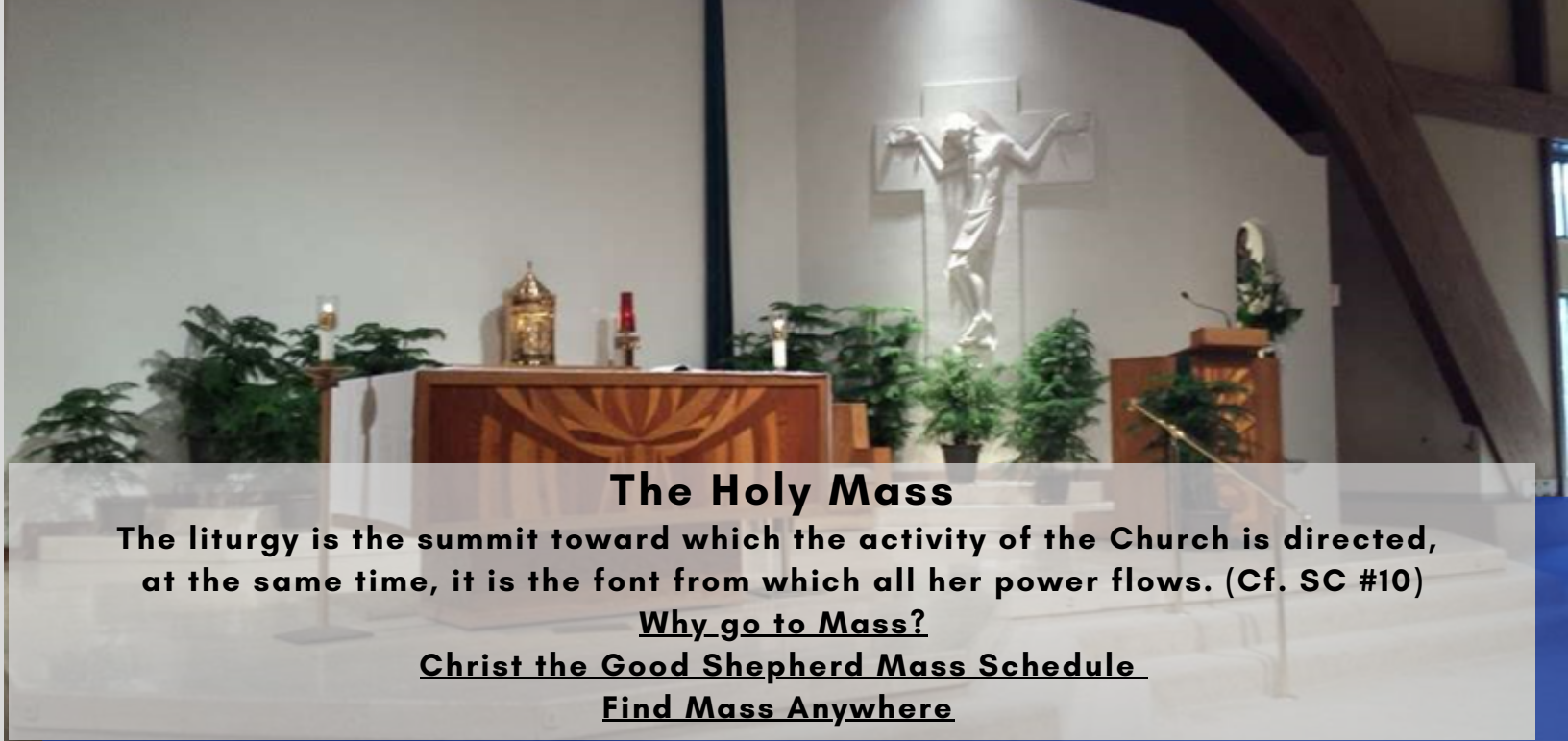
In his homily last weekend, Fr. James exhorted us to "name our sin." When we name it, we recognize it for what it is, and that breaks its power. To experience healing, first you've got to "own it." This is exactly where many of us get into real trouble. Not only the sin itself is damaging, but our unwillingness to give it up--which is *exactly what the Evil One wants*: rationalize it, minimize it, not call it out for what it is. This way, things subtly and gradually get worse. We hardly notice until things have gotten really, really bad. We look around one day and discover that we are tied up in knots with seemingly no way to be set free--or worse, we live our whole lives and never notice why things are so bad, we just know that we feel unfulfilled, restless, depressed, and miserable. In turn, we make everyone around us miserable. This is not the way God intended us to live. We can make a different decision. We can become unbound through God's mercy.

What, then, is holding me bound? It could be many things, including bad habits, laziness, selfishness, anger issues, jealousy, lack of trust in God, lack of commitment to doing what is right, embarrassment, fear of admitting our failure, and other vices. Today, let's make a different decision. In this Guide, let us explore how we can be set free from all the evil that binds us.

**Ivana T. Meshell**



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



## 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**

**We come to know, love, and serve Jesus Christ.**

**Fifth Sunday of Lent**

readings and podcasts, Year A

United States Conference of Catholic Bishops (USCCB)

First Reading: Ezekiel 37: 12-14

Psalms 130: 1-2, 3-4, 5-6, 7-8

Second Reading: Romans 8: 8-11

Gospel: John 11: 1-45

**A Message About Mass  
to the Parents  
of Young Children**

Explore

**Opening the Word on FORMED**  
**Reflecting on the Sunday Readings**  
**Sunday Connection**

## Join us for Adoration of the Blessed Sacrament

Come as you are. Bring your family. We need prayer.

See the schedule on our parish website.



# WE LEARN & BECOME DISCIPLES TOGETHER

## Getting Started

Why are we doing this?

How to manage a group discussion.

All underlined text is linked! Just click!

## HOW TO USE THIS GUIDE



## Question of the Week

What is keeping me bound from living a full life?

## Prayer

### CONNECT with our GOD

- Let's start with the The Sign of Cross.
- As we gather to share our faith, ask the Holy Spirit to be present. Use your own words or offer a Prayer to the Holy Spirit.
- As someone reads out loud the Gospel for this Sunday, listen to the Lord speaking to you.
- Listen to one other as everyone shares what in the Gospel caught their attention.
- Pray the Collect--opening prayer of Sunday Mass.

## Step One

### CONNECT with our daily LIVES

Describe a time in your life when you felt bound, stuck, or trapped (maybe that time is now). How did it make you feel? What did you do about it?





# Step Two

## CONNECT with Scripture and Tradition

Choose from among the following Scriptures and teachings for reading, prayer, and discussion.

### In the HOLY SCRIPTURE we read:

- The Holy Spirit is to help teach and remind us of living a life for Christ. John 14:26
- In our weakness and shortcomings, the Spirit is still with us! Romans 8:26
- Let us go to Jesus first as to find ultimate peace and freedom. Matthew 11:28

### In the Catechism of the Catholic Church

- Christ resurrects and rises so that we to may rise with Him. #999-1004
- Christ gives us the Holy Spirit to those who want it. #713
- The Father always hears us and our petitions. #2604

### From the Points of Understanding:

- A vice is a habit acquired by repetition of the same sinful acts, making one more likely to sin again. (Grade 10-3.7.5) A virtue is the opposite: it's a habit of doing good so much it changes you.
- Sanctifying grace is the gratuitous gift of his life that God makes to all people through Jesus Christ; it is infused by the Holy Spirit into the soul to heal it of sin and to sanctify it. (Adult 3.3.42)

### Discuss

1. Name something negative, unproductive, or sinful that you have a habit of doing OR name something you ought to do that you habitually neglect doing.
2. How could a change make a difference in your life? To whom can you turn to get support to make that change.

## WHAT IS THE CHURCH'S TEACHING?

### POINTS OF UNDERSTANDING

Where they come from and ways to use them.

Want more? Go Deeper!

### Reflection Question

Think about the things in your life that make you feel chained by sin. Is there someone (possibly yourself) that you need to forgive? What will set you free from your sinfulness?



# Step Three

## CONNECT with OTHERS...

### Living the Gospel with commitment & action.

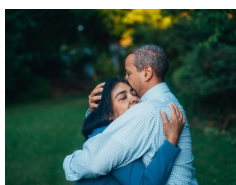
What can I change in my life so that I can be set free from one of the things that bind me?

#### Practical Activities



##### *For the Individual* - **Let Go List**

Make a list of habits, beliefs, or situations you need to let go of (ex: regrets, fear, guilt). A **Let Go List** is something that can help when you are feeling stuck or stressed. You could start the day by asking God, "What do I need to let go of today?"



##### *For Couples* - **Offer Forgiveness**

Whether it is something big or the little that your spouse does that annoys you, offer him or her forgiveness. Take the time to work through things so that you do not become bound by anger or resentment. Ask God for the strength and the will to work through forgiveness together.



##### *For the Domestic Church* - **Game Night Rotation**

Make time in your busy schedule to have dinner and game nights as a family. Have a rotation on who leads the meal prayer and who gets to pick the game to play. Taking the time to share a meal and have some fun together helps create a special family bonds that last a lifetime.

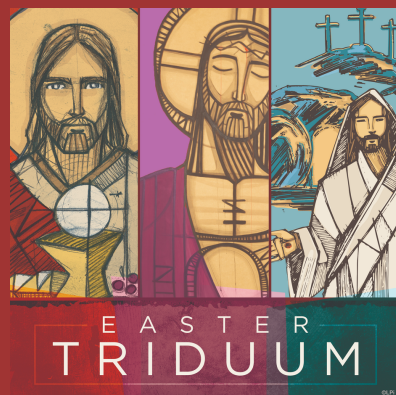


##### *Missionary Mindset* - **Help Make Rosaries**

In the spirit of loosening the things that bind us to sin, we can tie "knots of prayer" instead. Consider making a rosary for yourself or as a gift for someone. The parish makes rosaries to send to people in jail and for others that need them. If you are interested in helping make some, contact Deacon Lolo at the parish office.

The holiest three days of the year--Holy Thursday, Good Friday, and the Easter Vigil, are coming soon. Not everyone can go to the Holy Land, but we can participate in the Church's sacred liturgies. It's like making a spiritual pilgrimage. Everyone should strive to participate in all three services at least once in a lifetime. Yes, they are long, but they are unlike anything else we do all year. It will move your heart!

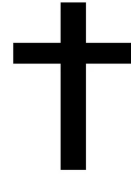
See our [CGS Lent Schedule](#)





# 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.



"Let us pray that families grow closer together, and together, closer to God." Fr. James

## Prayer to Our Lady Undoer of Knots

Blessed Virgin Mary, through your grace,  
your intercession, and by your example,  
deliver us from evil and untie the knots that  
keep us from being united to God. So that  
free of all confusion and error, we may find  
him in all things, keep him in our hearts, and  
serve him always in our brothers and sisters.  
In the name of your son, Jesus Christ, Amen.

Our Lady, Undoer of Knots, pray for us!



How this prayer to Our Lady,  
Undoer of Knots, can set you free

### 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?

**What is keeping me bound from living a full life?**

# WE ARE THE CHURCH

## What Makes us Catholic?

### Loosing of Sins

"What good would it have done Lazarus when he came out of the tomb, if it had not been said, 'Unbind him and let him go'? He came forth bound; not on his own feet, therefore, but by some power leading him. Let this be in the heart of the penitent: when you hear a man confessing his sins, he has already come to life again; when you hear a man lay his bare conscious in confessing, he has already come forth from the sepulcher; but he is not yet unbound. When is he unbound? By whom is he unbound? 'Whatever you loose on earth,' he says, 'shall be loosed in heaven.' Rightly is the loosing of sins able to be given by the Church, but the dead man cannot be raised to life again except by the Lord's calling him interiorly for this latter is done by God in a more interior way."

— St. Augustine of Hippo



## Word of the Week - Sanctifying Grace

Sanctifying grace is the gratuitous gift of his life that God makes to us; it is infused by the Holy Spirit into the soul to heal it of sin and to sanctify it. Although commonly associated with the possession of the virtue of charity, sanctifying grace is yet distinct from this virtue. Charity, rather, belongs to the will, whereas sanctifying grace belongs to the whole soul, mind, will, and affections.

### Faith Groups at CGS



Join a small Faith Group  
or start one of your own!

**Ask us how.**

### Saints of the Month

by Jeremy Hearne



Podcast each Tuesday!

### More for your Domestic Church

Find resources for your family, household, or small Faith Group, including how to use this Guide, and much more. [Visit our website](#) OR scan the QR code with your smart phone.





# ADULT & FAMILY MINISTRY

## Adulthood

Fr. Carlos Medina, OSA // The Dynamics of Sanctifying Grace and Sinful Tendencies -- article  
3 Minute Theology // The Raising of Lazarus -- Video (4:49)

Rob Marco on The Catholic Stand // The Habit of Virtue--article

Catholic Productions // Jesus Wept - The Raising of Lazarus-- Video (12:03)

My Catholic Life! // Reflections for the Fifth Week of Lent -- articles

## Are you in search of Peace?

Learn to grow in holiness and discover the renewal and joy of confession.

### Catholic Apps



Laudate



LBreviary

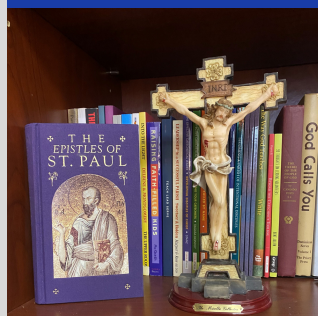


Formed

### FOR YOUR MARRIAGE

Outstanding website  
for those who are  
married or hope  
to be married!

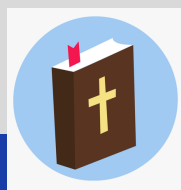
### Book Suggestions



### Current Bible Studies

#### **A Quick Journey Through the Bible**

Monday Mornings & Wednesday Evenings



### Young Adult Ministry

#### **Ages 18-30**

Monday Mornings & Wednesday Evenings  
Other days, times and activities as announced.



## Family Ministry

Your household is where "church" begins. Your parish is here to help you with support, resources, small Faith Groups, and gathered activities on our campus throughout the year. Visit our website or contact us if you need help.

For more ideas on how to build your home as a Domestic Church, go to: [www.domestic-church.com](http://www.domestic-church.com) or visit *The Family Fully Alive*, sponsored by the Knights of Columbus, or [Tools for Building a Domestic Church](#) by the United States Conference of Catholic Bishops (USCCB).

# YOUTH & FAMILY MINISTRY

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

**Question:** What usually stops or distracts you from following Jesus?

Grades 5 & 6: "**Venture**" by Pflaum Publishing

Grades 7 & 8: "**Visions**" by Pflaum Publishing

Ascension Presents // Do You Get Distracted in Prayer -- video (11:00)

Ascension Presents // Let God Inconvenience You -- video (6:40)

Ascension Presents // Focus on Following Jesus -- video (8:33)

Ascension Presents // If I follow Jesus, What's in it For Me? -- video (6:45)

Life Teen // Why "Maybe" Could Hurt Your Relationship With God -- blog

### Characteristics of Adolescents & Parents Roles

Early Adolescence

Adolescence

## Adolescence (High School, Grades 9-12)

**Question:** What usually stops or distracts you from following Jesus?

Ascension Presents // Do You Get Distracted in Prayer -- video (11:00)

Ascension Presents // Let God Inconvenience You -- video (6:40)

Ascension Presents // Focus on Following Jesus -- video (8:33)

Ascension Presents // If I follow Jesus, What's in it For Me? -- video (6:45)

Life Teen // Why "Maybe" Could Hurt Your Relationship With God -- blog



## Youth Gather at CGS

Middle school and High school meet every Wednesday 7-8:30pm  
and

Every Sunday from 5-6:30pm ending with Praise Songs from 6:30-7pm



# CHILDREN & FAMILY MINISTRY

## Birth to Age 2

The role of parents at this stage is to model the example of Jesus by offering God's unconditional love to their children and to others. Parents benefit from growing in their own faith so they are able to hand on the faith to the next generation.

Characteristics  
of Adolescents  
& Parents Roles

Early Childhood

Childhood

## Early Childhood (Ages 3-5)

**Question:** How can I make the choices Jesus wants me to make?

"Seeds" by Pflaum Publishing

Lilia Bookshelf // Try a Little Kindness by Henry Cole--Video (4:04)

Age-Specific  
Materials

Join a Group of Parents with Young  
Children--or start one! Inquire at  
[discipleship@cgscs.church](mailto:discipleship@cgscs.church).

## Childhood (Elementary, Grades 1-5)

**Question:** How can I make the choices Jesus wants me to make? What stops me from making the right choice?

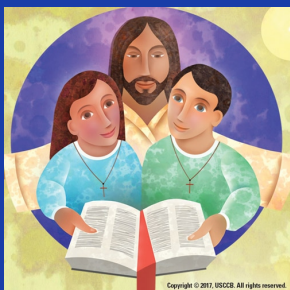
Grades K-1: "**Promise**" by Pflaum Publishing and

Grades 2,3 &4: "**Good News**" by Pflaum Publishing

Sophia Institute // Ready to Use Lesson for Each Sunday

Catholic Kids Media // Jesus Raises Lazarus from the Dead--Video (7:02)

The Story Time Family // Be Kind by Pat Zietlow Miller -- Video (7:06)



## Monthly Gatherings for Children and Their Families

At least monthly, children have an opportunity to gather at CGS with the parents to enjoy fun and interesting activities together, supporting the Church in the home and helping families be more connected. Activities are announced regularly.



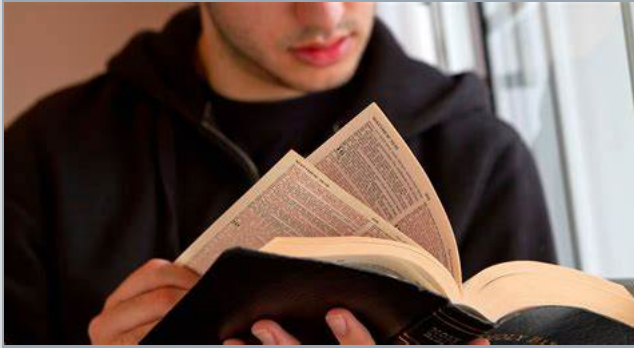
# GENERAL RESOURCES

## 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 as well as other approved translations. You may purchase from any vendor. Basic editions are available upon request at no charge. Pick one up at the parish office.



## 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 free for you to use. Register at [formed.org](http://formed.org) - Just click "Sign Up as a Parishioner." Need help? Watch this video.

## Counseling & Spiritual Direction

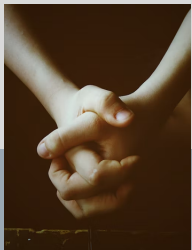
Our parish offers **Rejoice Counseling** for individuals and families for a variety of issues and needs. You may use this online form to contact them directly.

We also offer **Spiritual Direction** for anyone interested in a spiritual companion, discerning God's will in your life. Follow the links or inquire through the parish office.

## Prayers and Praying

Connect Us // 9 Powerful Catholic Prayers

Asking Forgiveness--Article



Forgiveness Prayer - A prayer when you need help to forgive.

Prayer Requests



**Common Prayers and Formulas to Learn by Heart**

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



How to create a prayer table or prayer area in your home.



# GENERAL RESOURCES

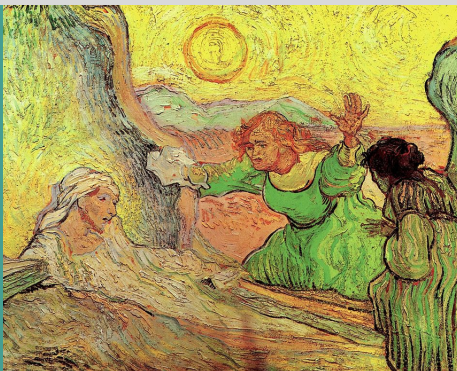
## Sacred Art to Inspire You

Art in Context // The Last Judgment, Sistine Chapel, Michelangelo; fresco, painted 1536-1541(with imbedded video)--see also the description on the Vatican page.

### The Raising of Lazarus 1890 – Oil on Paper

Read more about the inspiration  
of this painting:

"The Raising of Lazarus" by  
Rembrandt and Vincent van  
Gogh



## Music to Move You

Matt Maher // Rise Up -- Video (3:22)

Hillsong Worship // Broken Vessels (Amazing Grace) --  
Video (9:28)

Danny Gokey // Rise -- Video (3:40)

## Using Sacred Art to Bring the Faith Alive

Sophia Institute



## Sacred Art on Formed

Parish subscription free for  
parishioners--register once,  
access all content.

Formed.org

## Healer of My Soul

John Michael Talbot

Listen to the 1980 version when he was a young man.

Listen to the artist sing it in his older age.



## Sacramental Information & Becoming Catholic

Visit the sacraments section of our parish website to find everything you need to get started with any sacrament or to inquire about becoming Catholic. Information is being continually updated. Contact Deacon Stacy Millsap our parish office if you have a question. We are glad to help you!



## Our Vision Statement

Building a community of love and hope by putting our faith into action.

This Guide is produced weekly by our Office of Evangelization and Discipleship for the family of Christ the Good Shepherd Catholic Community.

**"HELPING PEOPLE TO KNOW AND LOVE JESUS CHRIST."**

### How is this Guide working for you and your household?

We want to include your ideas. Share a resource, activity, or picture/video of what you are doing in your Domestic Church.

**For questions, comments, and feedback, please contact us at**  
**DISCIPLESHIP@CGSCC.CHURCH**



Join us on Flocknote: Text CGS to 84576.

You will receive emails & texts from CGS according to your preferences.



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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 (USCCB) and the *Catechetical Framework for Lifelong Faith Formation* of the Archdiocese of Galveston-Houston, under the pastoral care of Archbishop Daniel Cardinal DiNardo. Accordingly, the *Catechetical Framework* serves the definitive aim of catechesis which is to put people not only in touch with, but also in communion and intimacy, with Jesus Christ.