

CGS FAMILY

SOLEMNITY OF THE BODY AND BLOOD OF CHRIST

Volume III, Guide 29, June 11, 2023



**How can we be Eucharistic
people in the world?**

www.cgsgcc.church

Welcome

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

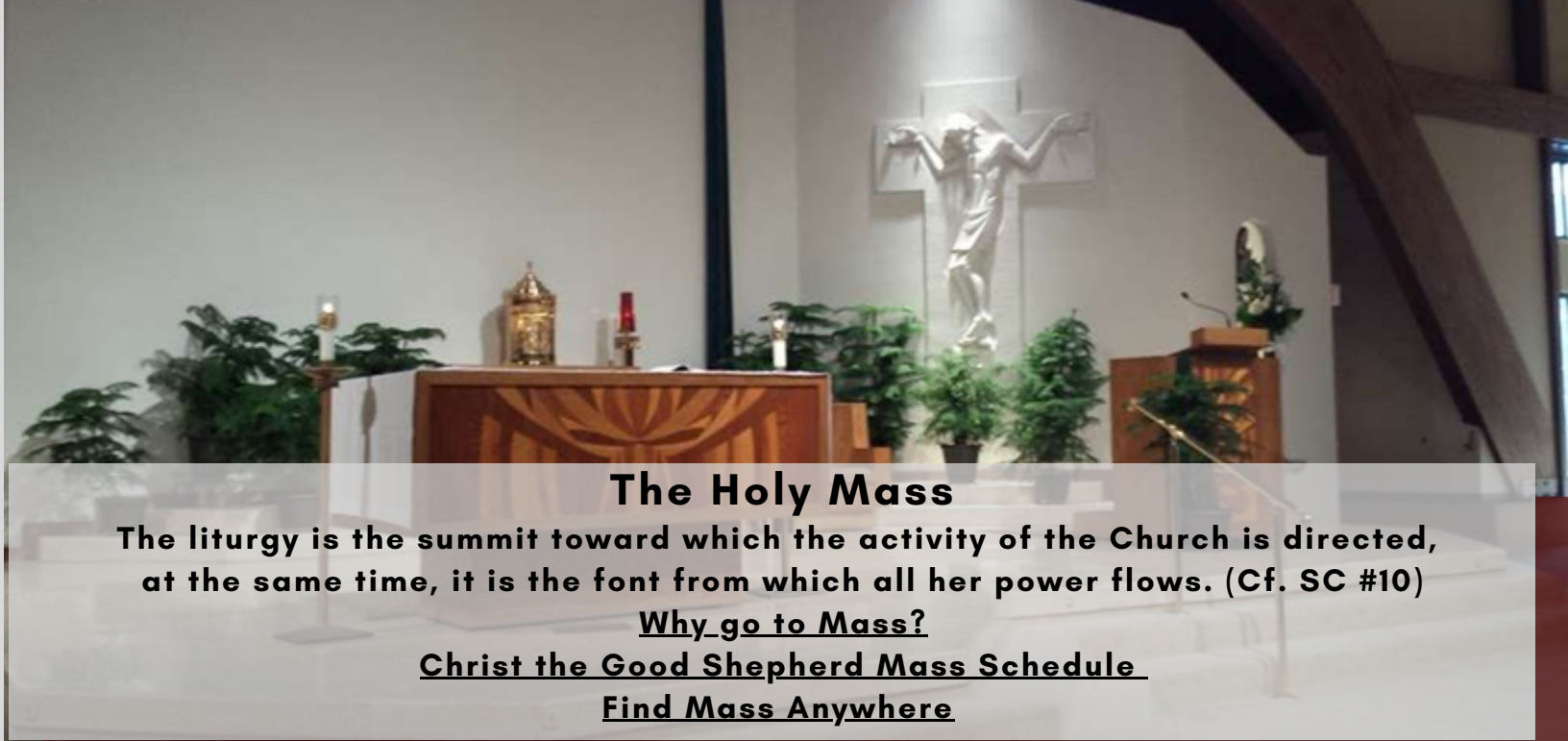


On June 19, 2022, the Feast of Corpus Christi, the United States Conference of Catholic Bishops began a three-year focus on the real presence of Christ in the Eucharist that is intended to be a National Eucharistic Revival. The bishops state, "Our world is hurting. We all need healing, yet many of us are separated from the very source of our strength. Jesus Christ invites us to return to the source and summit of our faith in the celebration of the Eucharist". The National Eucharistic Revival is a movement to restore understanding and devotion to this great mystery ([learn more about the Eucharistic revival](#)). At Christ the Good Shepherd we have begun the work of highlighting the importance of the Eucharist in our lives in many ways. Last year on the Solemnity of the Body and Blood of Jesus Christ, we held our first ever Eucharistic Procession hoping that we can begin an annual event. We have also offered opportunities of prayer before the Blessed Sacrament in Adoration the First Friday of every month for 24 hours and the first Wednesday of every month from 6-8 p.m. praying for more vocations to the priesthood and religious life. Additionally, we offer times after daily Mass every weekday. We are happy to lengthen these times as more people [sign up for adoration](#). Our Gospel reading today comes from John 6. This Apostolic teaching gives undeniable legitimacy to Jesus' teaching that the bread and wine that is offered by God's holy people, by the power of the Holy Spirit, is changed into the Body and Blood of Jesus Christ, Body, Blood, Soul and Divinity, at every Mass that is celebrated. "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you" (John 6:51-58). Through the dismissal at the end of Mass, we are commissioned, sent out into the world to bring what we have received through God's gracious gift, out into the world.

"My God, I believe, I adore, I hope and I love You! I beg pardon for those who do not believe, nor adore, nor hope, nor love You. Most Holy Trinity, Father, Son, and Holy Spirit, I adore You profoundly. I offer You the most precious Body, Blood, Soul and divinity of Jesus Christ, present in all the tabernacles of the world in reparation for the outrages, sacrilege and indifference by which He is offended. And, through the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary, I beg of You the conversion of sinners. (Fatima Prayer of the Guardian Angel of Portugal.)

Father James Burkart

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.

Solemnity of the Body and Blood of Christ

readings and podcasts, Year A

United States Conference of Catholic Bishops (USCCB)

First Reading: Deuteronomy 8: 2-3, 14-16

Psalm 147: 12-13, 14-15, 19-20

Second Reading: 1 Corinthians 10: 16-17

Gospel: John 6: 51-58

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

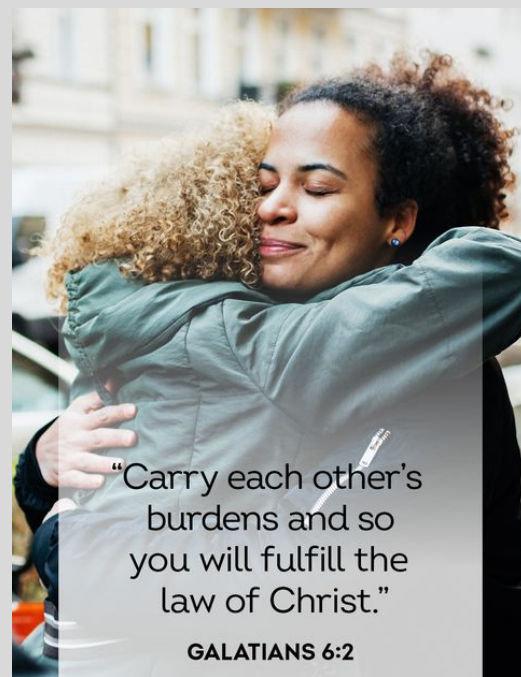
How can we be Eucharistic people in the world?

CONNECT with our GOD through Prayer

- 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.

CONNECT with our daily LIVES

To be Eucharistic people, we first need to know what we mean by "Eucharist." In your own experience, what does "Eucharist" mean to you? How would you describe it?



CONNECT with Scripture and Tradition

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

In the HOLY SCRIPTURE

- But to those who did accept him he gave power to become children of God John 1:12
- "The love of God has been poured into our hearts..." - Romans 5:5
- "... he who loves is born of God and knows God." - 1 John 4:7

In the Catechism of the Catholic Church

- The Word became flesh to make us "partakers of the divine nature" #460
- Love is a gift from God that fills the whole Christian message. #1825
- God's greatest act of love was to save us from our sins and restore our friendship with Him. #457 God's love for his people is even stronger than a mother's love for her children. #219

At Mass, we gather to give thanks for all God has done for us in the person of his beloved Son, Jesus Christ. The Eucharist celebrates and makes present the relationship God has with his people. To be a Eucharistic people means that we are committed to living a Eucharistic life, a life patterned after Christ, a life in which we are willing to break open our lives and shed our blood for others just as Jesus did for us.

WHAT IS THE CHURCH'S TEACHING?



POINTS OF UNDERSTANDING

Where they come from and ways to use them.

Discuss

1. Describe someone who lives a "Eucharistic" life--one patterned after the Lord Jesus, willing to serve and make sacrifices so that others may live. What qualities does this person have that you admire?
2. In his Easter Sermon, 227, St. Augustine exhorts: "If we receive the Eucharist worthily, we become what we receive." How are we becoming more like Jesus?

Want more? Go Deeper!

"Come to the Table!" Catholics & Their Friends having conversations about faith.



Reflection Question

In what ways is my life a reflection of the self-sacrificing love of Jesus present in the Eucharist?

BECOMING EUCCHARISTIC PEOPLE

The term "Eucharist" originates from the Greek word eucharistia, meaning thanksgiving. The Eucharist is the source and summit of the Christian life.

CONNECT with OTHERS...

Living the Gospel with commitment & action.

What change is Jesus calling me to make in my life so I can be a more Eucharistic person in the world?



Why are we having a Eucharistic Revival?

Practical Activities



For the Individual - **Jesus Taught Us to Pray**

God shared in our humanity that we might share God's divinity, including teaching us to pray. This week pray for your family and friends that they may have love for the mystery of the Eucharist. Invite them to Mass so they may grow closer to Christ through the Eucharistic Prayers.



For Couples - **Jesus Taught Us to Love**

In *Sacramentum Caritatis* (#85), Pope Benedict XVI teaches receiving Christ in the Eucharist commits us to becoming witnesses of his love. As a couple you have a unique bond of love that is strengthened by grace. This week spend time talking about how you can be more intentional witnesses of Christ's love.



For the Domestic Church - **Jesus Taught Us to Forgive**

Loving others allows us to be open to being hurt by them. Jesus commanded us to forgive freely just as we have been forgiven. Recognize the importance of forgiveness by letting go of our feelings of vengeance is healthy for us spiritual and physical. Art is often a powerful way to confront your big feelings, release your emotions and turn them into something beautiful.



Missionary Mindset -- **Jesus Taught Us to Serve**

Jesus Christ, King of Kings, humbled himself and became man like you and me in all except sin. Time and time again we read that Christ emptied himself and took on the form of a servant. Christ the Good Shepherd has many opportunities to be of service to others, including Gathering Place, Hope Center, Citizenship Preparation and more. Contact Dcn. Lolo Villafranco for more information.

Through the power of the Holy Spirit, Jesus is personally present with us and among us.



[LEARN MORE!](#)



NATIONAL
**Eucharistic
Revival**

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

**It is easy to forget that
there is no small way to be
Christ for others, but that's
what saints do.**

**They remind us that the
Eucharist is not only
something we do but
something we become.**

Mary Morrell



Prayer

**My Savior, help me to become more like you by being the
answer to someone's prayer in what I say and do. Amen.**

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 can we be Eucharistic people in the world?

WE ARE THE CHURCH

What Makes us Catholic?

We Become What We Receive

Many Fathers of the Church spoke of God becoming one of us, assuming our humanity, so that through grace we might become what God is. St. Augustine of Hippo said: "...he himself that justifies also deifies, for by justifying he makes sons of God. 'For he has given them power to become children of God' (see John 1:12). St. Irenaeus said, "The Word of God, our Lord Jesus Christ, who did, through His transcendent love, become what we are, that He might bring us to be even what He is Himself." Athanasius the Great, Bishop of Alexandria, said, "God became human that humans might become god. Just as the Lord, putting on the body, became a man, so also we men are both deified through his flesh, and henceforth inherit everlasting life."



Word of the Week - **Divinization**

St. Irenaeus said, "The Word of God, our Lord Jesus Christ, through His transcendent love, become what we are, that He might bring us to be even what He is Himself." St. John of the Cross said that "God communicates to each individual soul His supernatural Being in such way that it appears to be God Himself." God has made it possible for us to be so transformed that we come to resemble God so much that others can see Christ in us. **This process is called Divinization—being made holy.**

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

Articles

Catholic News Agency // [Becoming a Eucharistic People](#)

National Catholic Reporter // [Corpus Christi: Be What You Receive](#)

Cardinal Wuerl's Blog, Archdiocese of Washington // [The Institution of the Eucharist at the Last Supper](#)

Karlo Broussard on Catholic Answers // [What "So that We Might Become God" Means](#)

Videos

Sketchy Catholicism // [Becoming Eucharist](#) (2:01)

Father Paweł Rytel-Andrianik of Poland speaks on the topic "[This is My Body.](#)"

[Holy Communion is about becoming more like Christ](#)



A Five-Part Series for Adults Facilitated by Fr. James Burkart

Wednesdays, July 26, August 2, 9, 16, 23

Offered at 10:00am in Rooms A201, 203, 205.

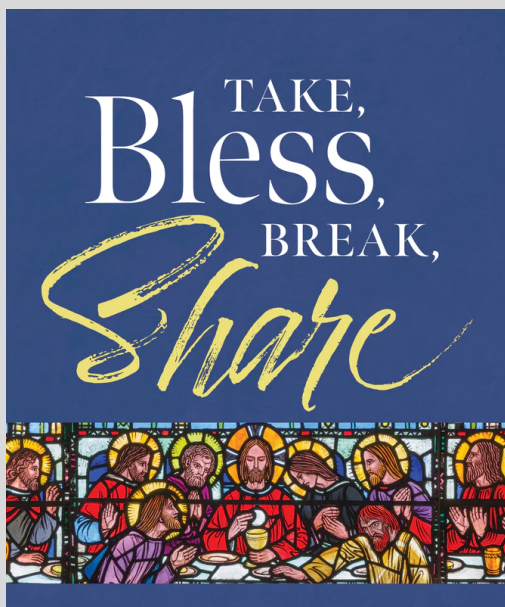
Repeated at 7:00pm in Rooms B207, 209.

You may come to one, some, or all of the sessions.

Books will be distributed at no charge.

Childcare is available through registration in advance.

Contact: Jose Juan Valdez



Catholic Apps



Formed



IBreviary



Laudate

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.

YOUTH & FAMILY MINISTRY

WE LIVE. TO SERVE.

Characteristics of Adolescents & Parents Roles

Early Adolescence

Adolescence

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

Question: What does the Eucharist mean to me and how can I apply it to my everyday life?

- Life Teen // Solemnity of the Most Holy Body and Blood of Christ -- video (5:19)
- Ascension Presents // Why Am I Catholic? The Eucharist -- video (9:07)
- Ascension Presents // The Shocking Reality of the Eucharist -- video (8:25)
- The Veil Removed // The Veil Removed -- film (7:15)
- The Religion Teacher // The Meaning of the Eucharist in the Catholic Church -- video (1:41)



Adolescence (High School, Grades 9-12)

Question: What does the Eucharist mean to me and how can I apply it to my everyday life?

- Life Teen // Solemnity of the Most Holy Body and Blood of Christ -- video (5:19)
- Ascension Presents // Why Am I Catholic? The Eucharist -- video (9:07)
- Ascension Presents // The Shocking Reality of the Eucharist -- video (8:25)
- The Veil Removed // The Veil Removed -- film (7:15)
- The Religion Teacher // The Meaning of the Eucharist in the Catholic Church -- video (1:41)

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 Children & Parents Roles

New

Nursery Pages

Gospel of the Week and Activity pages to do with your Toddler and Pre-schooler

Early Childhood

Childhood



Early Childhood (Ages 3-5)

Question: How can become closer to Jesus?

- Lukas Club // The Mass I Episode 3 -- Video (10:20)
- Marcam // Marcam Tours a Sacristy I Episode 2--Video (26:42)
- Activity// Eucharist Coloring Page



Join a Group of Parents with Young Children--or start one! Inquire at discipleship@cgscscc.church.

Childhood (Elementary, Grades 1-5)

Question: How can I become closer to Jesus at Mass?

- Sophia Institute // Ready to Use Lesson for Each Sunday
- Short Answers to Big Questions // What is the Eucharist? -- (Video 4:21)
- My Time with Jesus//The Holy Mass: Origin and History -- Video (27:08)
- Marcam // Marcam Tours a Sacristy I Episode 2--Video (26:42)



The Scriptural Roots of the Eucharist: Making the Connection with Kids

Blog from Saing Mary's Press

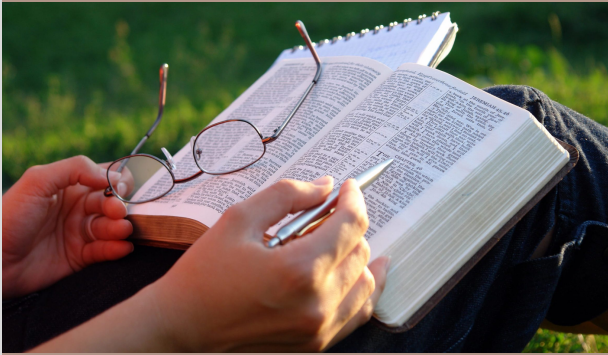
GENERAL RESOURCES

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 - 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

Beginning Catholic // How to Pray



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

COVER IMAGE Max Greiner, Jr., Sculptor // The Divine Servant, located at The Coming King Prayer Garden in Kerrville, Texas (photo by Ivana Meshell)

Laura Bird // Serving Others Creates a Ripple Effect

Artist Strong

Acts of Service Through Art



As two pieces of wax fused together make one, so he who receives Holy Communion is so united with Christ that Christ is in him and he is in Christ.

—St. Cyril of Alexandria

The Word Among Us
wau.org



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

Music to Move You

John Schiavone // Amén. El Cuerpo de Cristo (We Become What We Receive) - Video (4:57)

Gary Ault // All That We Have --Video (3:07)

Ty Bello // Amen, Amen -- Video (6:08)

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.