

# CGS FAMILY

**TWELVETH SUNDAY IN ORDINARY TIME**

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**Volume III, Guide 31, June 25, 2023**



**What are the fears keeping  
me from becoming the person  
God created me to be?**

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

# 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



### EVEN IF

A few years ago, my brother-in-law shared with me a tip on how to face fear. He said that often, fear comes to us as a "What if?" statement. For example, "What if I don't get that job? What if I don't have enough money? What if I don't get a good grade?"

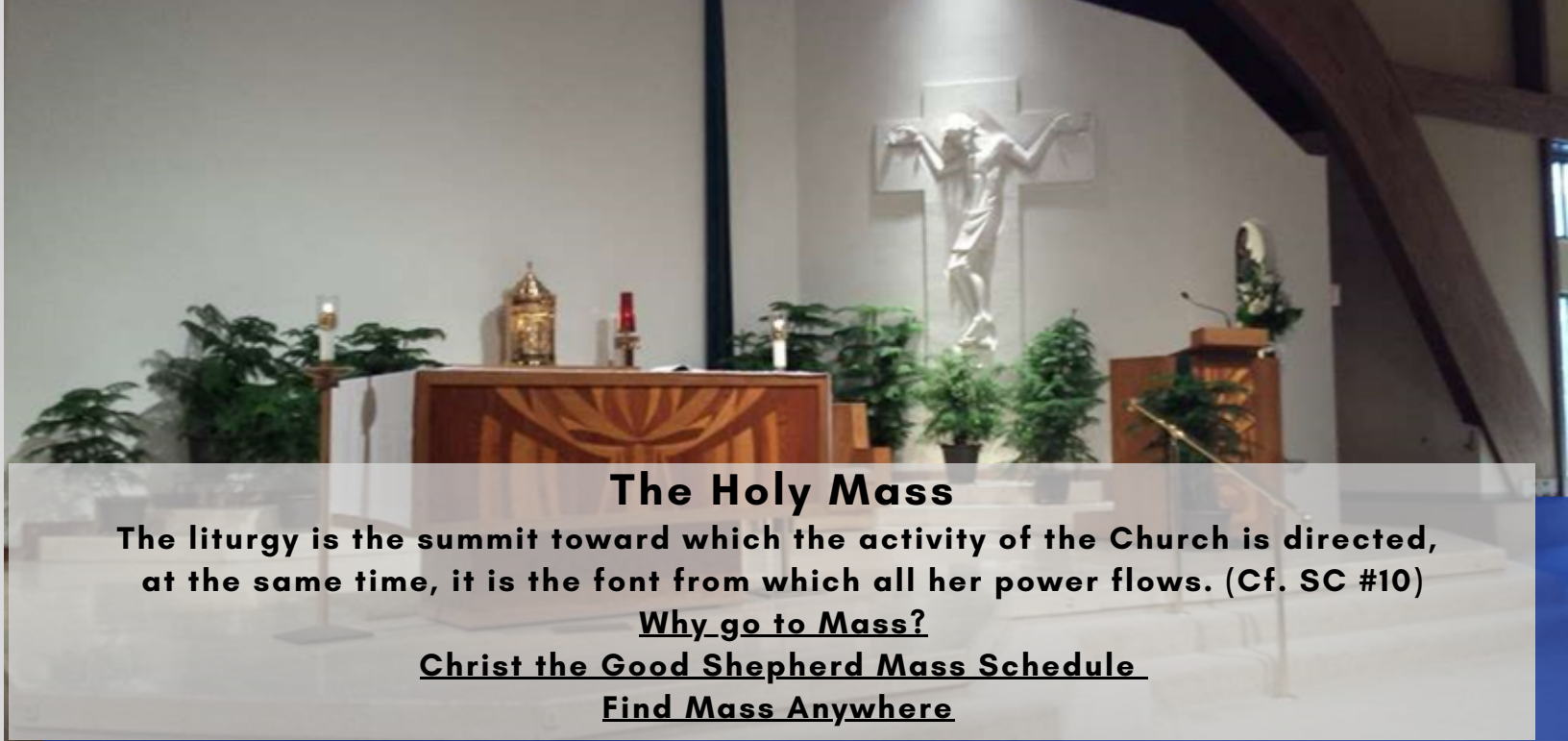
He said the trick, is to change these into "Even if" statements. Instead of "What if I don't get that job?" we should say "Even if I don't get that job..." Instead of "What if I don't have enough money?" we should say "Even if I don't have enough money..." Instead of "What if I don't get a good grade?" we should say "Even if I don't get a good grade..."

We may not be able to change what happens, but we can certainly change our response to it. No matter what, Jesus is still in control of our lives. We still belong to Him. The enemy wants to keep us in fear, but our faith offers us freedom as Sons and Daughters of God.

Do we have "What if's" in our lives? What are the fears keeping me from becoming the person God created me to be?

**Father David Michael Moses**

**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.**

Twelfth Sunday in Ordinary Time

readings and podcasts, Year A

United States Conference of Catholic Bishops (USCCB)

First Reading: Jeremiah 20: 10-13

Psalms 69: 8-10, 14, 17, 33-35

Second Reading: Romans 5: 12-15

Gospel: Matthew 10: 26-33

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 are the fears keeping me from becoming the person God created me to be?

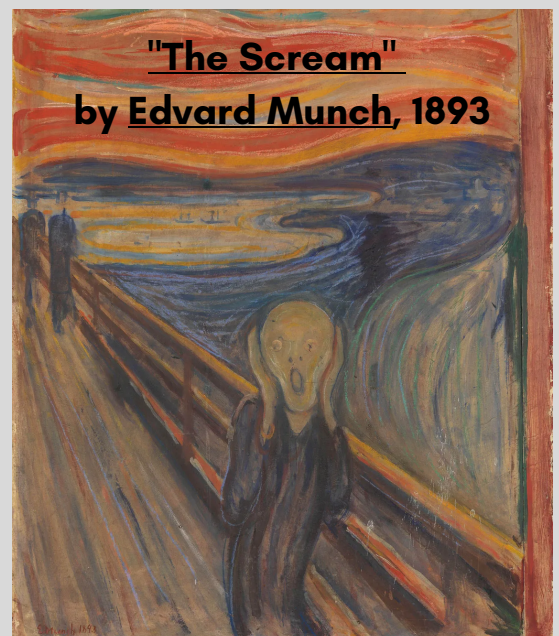
### CONNECT with our GOD through Prayer

- 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

In today's gospel, Jesus says to the Twelve:  
"Fear no one."

Do we have fears because we are worried about what other people may think about us?  
Do we have fears because we are scared to upset people or situations? Do we have fears because we don't know the unknown?





## CONNECT with Scripture and Tradition

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

### In the HOLY SCRIPTURE

- "In the world you will have trouble, but take courage, I have conquered the world" ([John 16:33](#)).
- "Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven" ([Matthew 5:10](#)).
- For God did not give us a spirit of cowardice but rather of power and love and self-control" ([2 Timothy 1:7](#))

### In the Catechism of the Catholic Church

- The moral virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. #1808
- In the Christian life, the Holy Spirit himself accomplishes his work by mobilizing the whole being, with all its sorrows, fears and sadness...#1769
- Prudent education teaches virtue; it prevents or cures fear, selfishness and pride...#1784

### Spiritual growth and prayer help us overcome fear.

Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you.  
Do not let your hearts be troubled or afraid" ([John 14:27](#)).

[Learn more:](#)

## WHAT IS THE CHURCH'S TEACHING?

### POINTS OF UNDERSTANDING

[Where they come from and ways to use them.](#)



### Discuss

1. Who are the people in your life that always seem to be fearless and courageous? Give some examples or situations in which they showed fearlessness.
2. Today's gospel is a general instruction by Christ to all his followers who suffer for their faith in him. He says they should not fear their persecutors. Under all trials, Christ has promised us his unwavering support and presence. This is why he tell us not to be afraid of anyone. How can we as individuals learn not be afraid in crucial moments for our sake and for the sake of others?

Want more? Go Deeper!



[The "Polite Persecution" of Christians](#)

### Reflection Question

In what situations do I find myself having the same fears?  
What can I learn about myself from this pattern?

## CONNECT with OTHERS...

### Living the Gospel with commitment & action.

What is one thing you are willing to change in your life so that it can help you overcome your fears?

**FEAR NOT**  
FOR I AM WITH YOU.

### Practical Activities



*For the Individual*

#### **Examination of Self**

Self-knowledge is important in order to reach self-acceptance and these two are important in order to reach self-gift. Journal or reflect on the fears in your life you may have. Go deeper as to why you have these and what the cause could be. Do all of this within prayer as to invite the Lord into it.



*For Couples*

#### **Face Your Fears Together**

Secret fears can sabotage a relationship. (Couples who are not married in the Church can be particularly vulnerable to the effects of fear.) Help one another identify and work through each others' fears; if needed, get counseling. Our parish offers Rejoice Counseling for individuals and families for a variety of issues and needs.



*For the Domestic Church*

#### **What Would You Do?**

Have a family conversation about what you should say or do when people make fun of your religious beliefs or try to undermine them in some way. Role play different scenarios. Talk about what it means to be courageous; as Jesus said, "Fear no one."



*Missionary Mindset*

#### **Affirm Others**

If you see other people struggling with a situation, affirm them that they can conquer and succeed. This can be a great way for other people to not be afraid. Your affirmation could be used as instrument of revealing God's plan for them. Let it be a way of trusting in God and affirming faith in him.



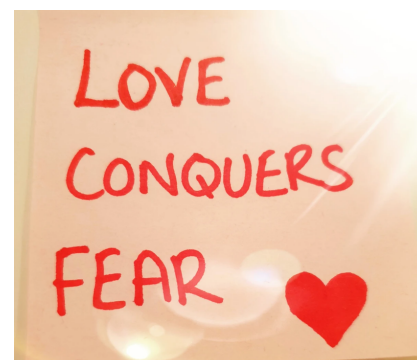
## Family Ministry

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).

## 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.



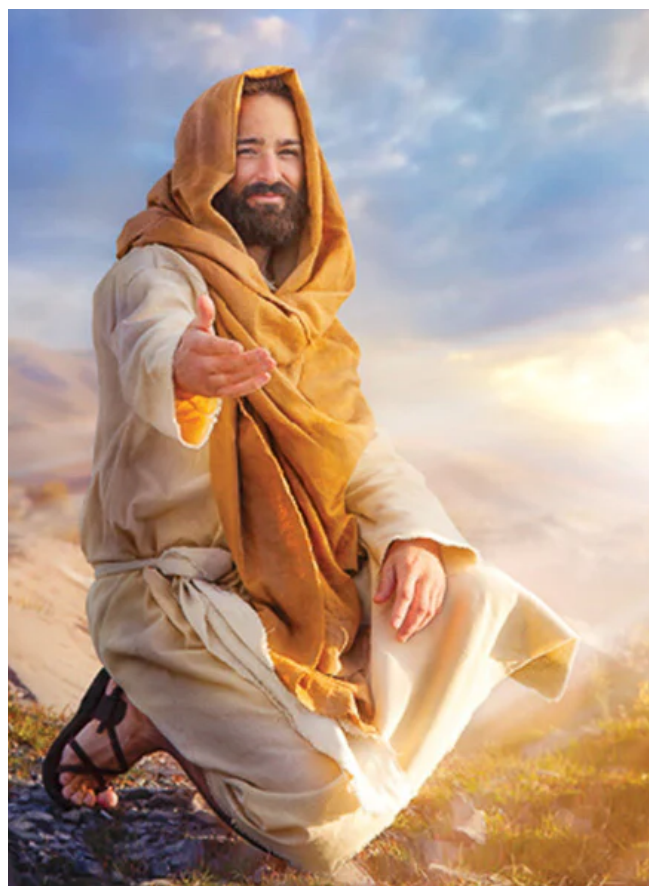
**"Let us pray that families grow closer together, and together, closer to God." Fr. James**

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.  
Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices.

Saint Teresa of Avila

### **Prayer of Trust**

Most merciful Jesus,  
I turn to You in my need.  
You are worthy of my complete trust.  
You are faithful in all things.  
When my life is filled with confusion,  
give me clarity and faith.  
When I am tempted to despair,  
fill my soul with hope.  
Most merciful Jesus, I trust You in all things.  
I trust in Your perfect plan for my life.



### **"Fear Not"**

by Kelly and Jesse Lightweave

## **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 are the fears keeping me from becoming the person God  
created me to be?**



# WE ARE THE CHURCH

## What Makes us Catholic?

### Courage Inspired by the Martyrs

Among the many heroes of faith, the martyrs stand out. They take up a central place in our corporate identity because they so closely evoke Jesus' faithfulness in the face of death. God honors the martyrs even to the point that he uses their deaths as a countdown to Jesus' return. Courage prays rather than remains settled in fear. Courage allows what is good, right and wise to guide us even in the presence of fear. It enters a particularly difficult day with hope. Our calling is unmistakable. Courage. I want courage. I need courage. We want faith in Jesus that is steady when everything around us is not.



## Word of the Week - Fortitude

"Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause."

CCC #1808

## 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

Ascension Catholic // [Seven Suggestions for Dealing With Fear](#)

Gary Zimak on Catholic Digest // [Moving from Fear to Faith](#)

Catholic Striving for Holiness // [Commentary Mt 10:26-33](#)

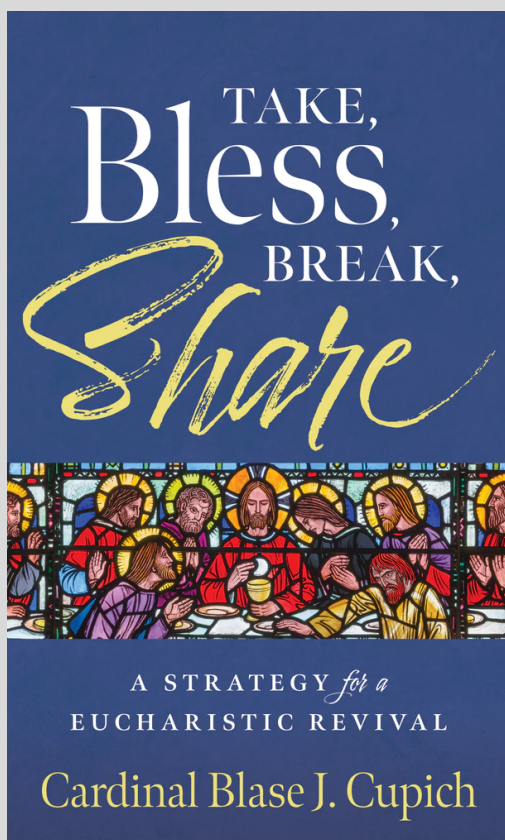
Sacred Space // Reflections on [Matthew 10:26-33](#)

### Videos

Catholic Link // [How Do You Deal With Haters](#) -- video (3:59)

John Michael Tabot // [12th Sunday in Ordinary Time](#) -- video (2:04)

THERE IS NOTHING  
CONCEALED THAT WILL  
NOT BE DISCLOSED, AND  
NOTHING HIDDEN THAT  
WILL NOT BE MADE  
KNOWN.  
- LUKE 12:2



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

Assisted by the Evangelization Staff

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  
The Catholic Faith  
in Action

Formed



I Breviary



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

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

**Question: How can I overcome the fears that prevent me from following Christ?**

Ascension Presents // Overcoming Fear -- video (3:23)

Ascension Presents // Finding God Amidst Fear -- video (8:56)

Catholic Diocese of Arlington // Pray and Don't Worry -- video (2:29)

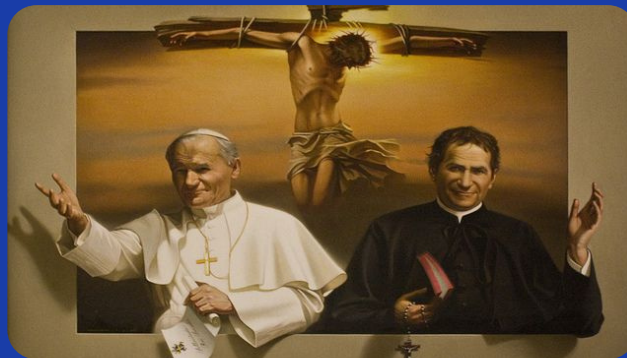
Chris Stefanick // Got Fear and Worry? -- video (3:33)

Life Teen // He Was Beside Me All Along -- blog

### Characteristics of Adolescents & Parents Roles

Early Adolescence

Adolescence



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

**Question: How can I overcome the fears that prevent me from following Christ?**

Ascension Presents // Overcoming Fear -- video (3:23)

Ascension Presents // Finding God Amidst Fear -- video (8:56)

Catholic Diocese of Arlington // Pray and Don't Worry -- video (2:29)

Chris Stefanick // Got Fear and Worry? -- video (3:33)

Life Teen // He Was Beside Me All Along -- blog



## Youth Gather at CGS

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



# 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.

## Nursery Pages

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

## Early Childhood (Ages 3-5)

EWTN Kids // Guardian Angel Prayer -- video (30 seconds)

Cultivating Catholics // Parts of the Mass for Kids -- article

## Characteristics of Young Children



## Childhood (Elementary, Grades 1-5)

EWTN Kids // Guardian Angel Prayer -- video (30 seconds)

Cultivating Catholics // Parts of the Mass for Kids -- article

## Characteristics of Children



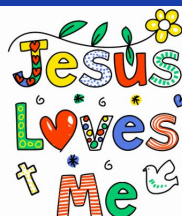
## Strong Catholic Family Faith

A project of Strong Catholic Families, Strong Catholic Youth Initiative

Timely help for YOUR family!

## Family Faith Practices

## Age-specific Materials



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

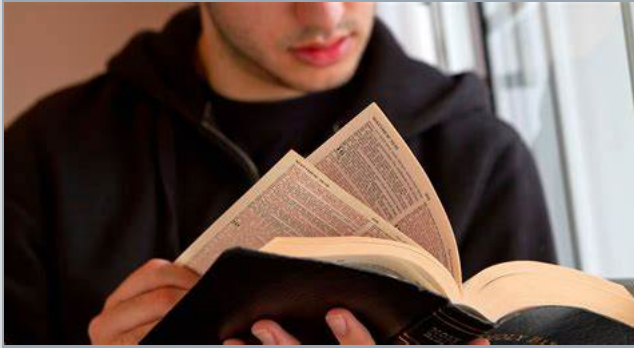
# GENERAL RESOURCES

## 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

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 on Formed

Parish subscription free for parishioners--register once, access all content.  
[Formed.org](https://www.formed.org)



## Using Sacred Art to Bring the Faith Alive

[Sophia Institute](https://www.sophia.org)

## Sacred Art to Inspire You

### COVER IMAGE

Full of Eyes // [Matthew 10:28-30](#)

Sparrows in the palms represent the Gospel reading. "So do not be afraid; you are worth more than many sparrows." This relates back to Fr. David Michael's saying in this Guide's opening paragraph: "We still belong to Him."

Howard Lyon // [From Fear to Faith](#), Fine Art Illustration.

Edvard Munch // [The Scream](#), tempera and casein ("milk paint") on cardboard, Norway, 1893.

In what ways do art and music help your relationship with God? Tell us!  
[discipleship@cgscscc.church](mailto:discipleship@cgscscc.church)

## Music to Move You

Zach Williams // [Fear is a Liar](#) -- (4:32)

Lauren Daigle // [You Say](#) -- (4:30)

Salt and Light Media // [Be Not Afraid by Catholic Artists from Home](#) -- video (7:00)

Bethel Music // [No Longer Slaves](#) -- video (6:09)



## Joan of Art

by John Everett Millais  
detail, oil on canvas, 1865.

[How Fear and Courage Have Been Portrayed in Art History](#)

## 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.