

CGS FAMILY

FOURTEENTH SUNDAY IN ORDINARY TIME

Volume III, Guide 33, July 9, 2023



**In what way is Jesus inviting
us to a life of simplicity?**

www.cgscchurch.org

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

A Life of Simplicity is a Life of Peace

Some years ago, I became acquainted with the writings of Brother Lawrence, a 17th century Carmelite Monk who lived in France, in a book called *The Practice of the Presence of God*. After considerable grumbling about the misfortunes of life, he began to contemplate what it would be like if he could simply hand it all to God and perform his daily tasks without complaint, living in simple trust in God, keeping a steady mindfulness of God no matter what happened. To his surprise, he began to experience a deep inner peace--so much so that *other people* began to come to see him! He seemed to have something special and very compelling--what Jesus calls the "pearl of great price."*

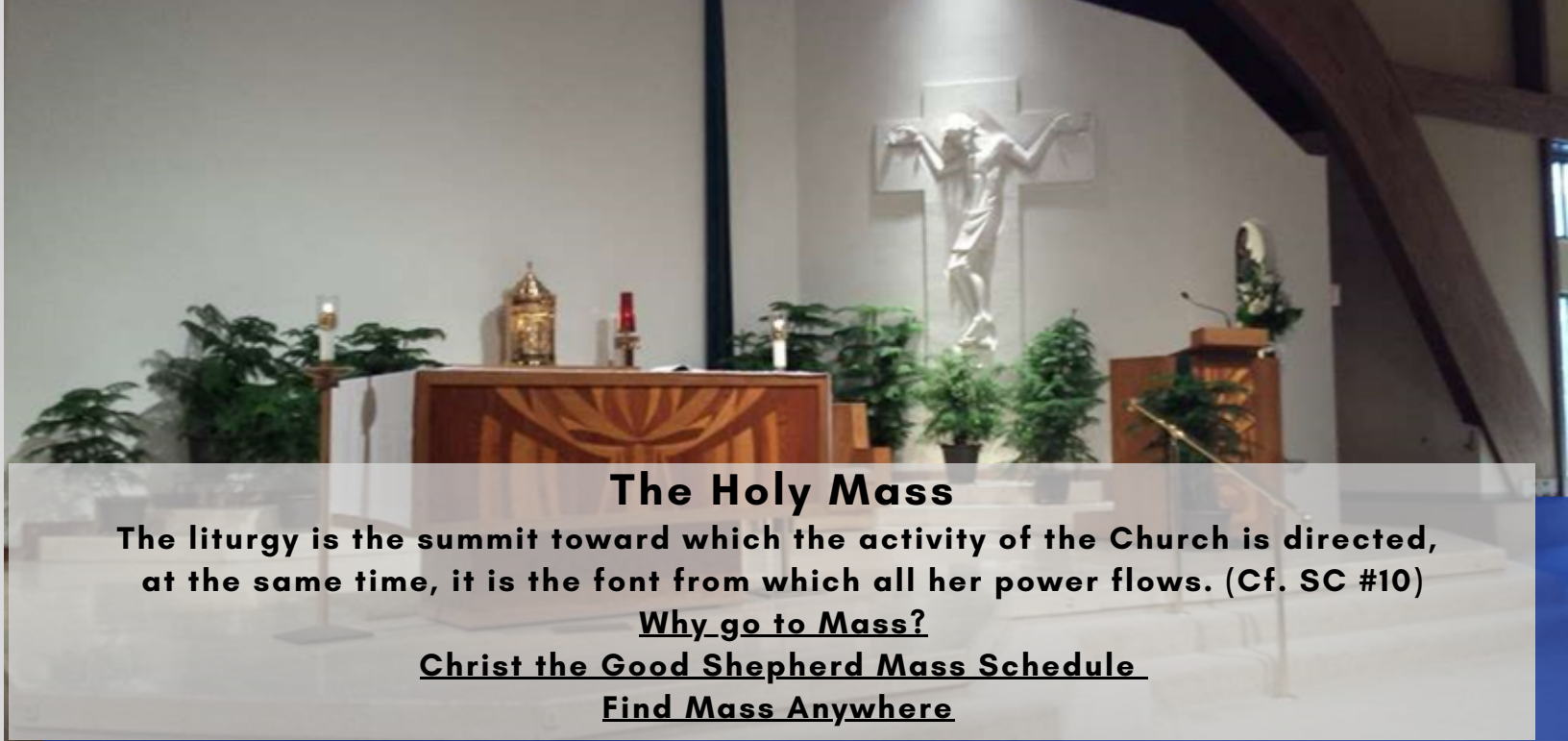
What was it Brother Lawrence had? A sense of fulfillment that comes when one makes room for loving God. In his own words: "He does not ask much of us, merely a thought of Him from time to time, a little act of adoration, sometimes to ask for His grace, sometimes to offer Him your sufferings, at other times to thank Him for the graces, past and present, He has bestowed on you, in the midst of your troubles to take solace in Him as often as you can. Lift up your heart to Him during your meals and in company; the least little remembrance will always be the most pleasing to Him. One need not cry out very loudly; He is nearer to us than we think."

Modern life is so full; there is a plethora of things competing for our attention. Possessions, occupations, distractions, an over-abundance of options and choices. Life is complicated--sometimes because of the culture in which we live, and sometimes because of our own choices. In today's gospel, Jesus praises the "little ones" because they have chosen a simple life, becoming open to the secrets of the divine. Brother Lawrence shows that simplicity of life brings us closer to God, and therefore, closer to peace. To obtain that peace, we must evaluate what currently fills our lives. For some people, this means giving up material possessions to follow Jesus; for others, it means sharing material goods, or clearing the clutter--especially the clutter within our own minds. In other words, there is no peace without renunciation of *something*. In this Guide, let's explore what it takes to live a simple life, and thus, a peace-ful life. As Brother Lawrence again says, "'There is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God; those only can comprehend it who practice and experience it.'"

Matthew 13:45-46

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.

Fourteenth Sunday in Ordinary Time

readings and podcasts, Year A

United States Conference of Catholic Bishops (USCCB)

First Reading: Zechariah 9:9-10

Psalms 145: 1-2, 8-9, 10-11, 13-14

Second Reading: Romans 8: 9, 11-13

Gospel: Matthew 11: 25-30

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

In what way is Jesus inviting us to a life of simplicity?

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.

Family life is the first place where children learn how to pray as the Church. Through family prayer, children experience the first witness of Christ's living memory.

Points of Understanding
Grade 3, #4.4.1

CONNECT with our daily LIVES

How am I being called to live a simple life for Christ?



Henry David Thoreau

As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness.

WHAT IS THE CHURCH'S TEACHING?

POINTS OF UNDERSTANDING

Where they come from and ways to use them.



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

In the HOLY SCRIPTURE we read:

- No one can serve two masters. [Luke 16:13](#)
- Rejoice in finding simplicity. [II Corinthians 1:12](#)
- Be careful to not covet an abundance of possessions. [Luke 12:15](#)

In the Catechism of the Catholic Church

- Christ, the compassionate one, takes the weight of the world on his shoulders. [#1503-1505](#)
- The Resurrection of the body. "Flesh as our weakened, mortal state. [#989-990](#)
- Jesus, our model of holiness, enters Jerusalem and "conquers" not by force but by humility and truth. [#459, 559](#)

Jesus preached a simple life, suggesting that we imitate the birds of the air and the lilies in the field who do not worry about tomorrow, or about what they eat or wear. But this worry-free and simple life may seem an almost impossible, and perhaps abstract ideal, given the huge pressures we face living in a consumer society.

Living simply is more about reevaluating our priorities, making a conscious effort to live well within our means and to pursue what is meaningful in our lives, rather than being caught up in the trap of always wanting more and more.

To live simply is to seek joy and happiness in the simple and more important things in life. This requires us to slow down and to reevaluate what is meaningful in our lives. Often mistaken for material things, we all know, deep down, that what we treasure the most in our lives are the relationships we have, and the connections we have made, where we are loved for who we are, the way we are.

Excerpts from EcoCatholic // [How Can We Live Simply?](#)

Discuss

1. What things in my life are causing me to live against God's plan for simplicity in my life?
2. How am I being called to live in a way that is countercultural? What makes this difficult?
3. What morals do I value that the world does not?

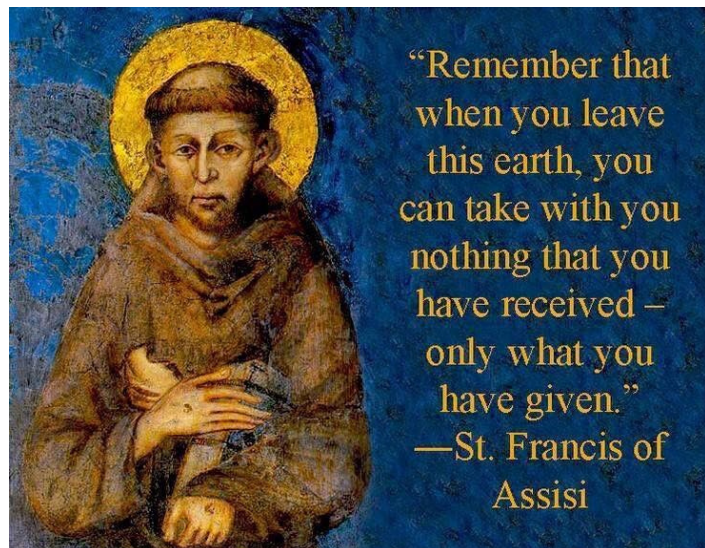
Want more? Go Deeper!



[Guide to Minimalism as a Catholic](#)

Reflection Question

What am I willing to give up or change in my life to focus on living a simple life for Christ?



CONNECT with OTHERS...

Living the Gospel with commitment & action.

What is one thing you are willing to change in your life so that you can grow closer to God and His will for your life / your family?

Practical Activities



For the Individual – **Attitude of Gratitude**

Make a list of the things in your life that you are grateful for – everything from family and work to the things that you don't usually think about. Being thankful for the things we take for granted helps us to realize that we don't need more "stuff" in our lives. Review this list anytime you are feeling like you are lacking something in your life.



For Couples – **Simple Date Night**

Come up with some simple date nights that do not require lots of planning or a big budget. Make it a goal to spend quality time together and focus on the simplicity of life together, without all of the demands of a busy schedule or big budget. Possibly a homecooked candlelit meal or a simple picnic outing, along with a prayer together.



For the Domestic Church – **Clear the Clutter**

Take advantage of the extra time this summer to clear out your closets and drawers in an effort to simplify the clutter in your home. You can share from your abundance to help someone that is need. [Learn how to donate to Northwest Assistant Ministries](#), a charity supported by Christ the Good Shepherd Parish.



Missionary Mindset – **Give to the CGS Food Pantry**

Each summer we see a rise in demand for food from our church pantry. Food insecurity is a lack of consistent access to enough food for every person within a home to live, and because many hungry households do not qualify for federal nutrition programs. If you are unsure what is needed, please review [Most Needed Food To Donate To Food Pantry](#).



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 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.

LIVE SIMPLY
LOVE GENEROUSLY
SERVE FAITHFULLY
SPEAK TRUTHFULLY
PRAY DAILY

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



Having faith through and in God means loving God above all else, trusting in God's promises and goodness, and not substituting anything for him.

Points of Understanding
Grade 8: 1.3.5

Litany of the Way, Prayer for the Journey

As Jesus sought the quiet of the desert,
teach us to pray.

As Jesus washed the feet of his disciples,
teach us to love.

As Jesus promised paradise to the thief on the cross,
teach us to hope.

As Jesus called Peter to walk to him across the water,
teach us to believe.

As the child Jesus sat among the elders in the temple,
teach us to seek answers.

As Jesus in the garden opened his mind and heart to God's will,
teach us to listen.

As Jesus reflected on the Law and the prophets,
teach us to learn.

As Jesus used parables to reveal the mysteries of the Kingdom,
teach us to teach.

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?

In what way is Jesus inviting us to a life of simplicity?

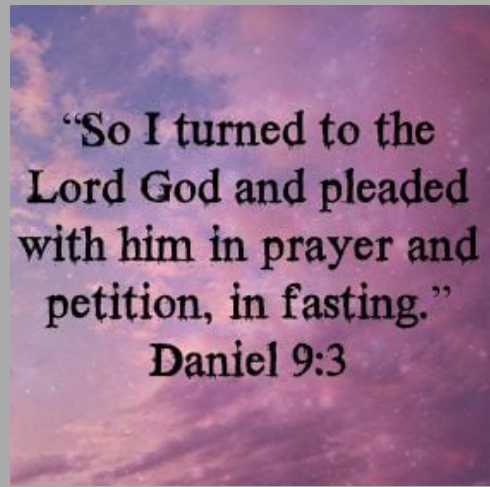
WE ARE THE CHURCH

What Makes us Catholic? - Fasting

As Catholics, we are called to live a simple life and often we need to weed out the things that clutter our spiritual life. The practice of fasting allows us to deny ourselves of the things of this world so that we can focus on our spiritual needs and make more room for Christ.

The Catechesis of Fasting by Adam Deville reflects about fasting: The most important lesson about fasting is that taught by Christ in the gospels: fasting is not to make us gloomy! It is not a bitter, excruciating ordeal: "And whenever you fast, do not look dismal, like the hypocrites.... But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father" (Matt. 6:16). Already the note is sounded: fasting, while a form of self-denial, is nonetheless a cause of our joy and it is this joy, rather than the fast, that we should manifest to the world.

*Catholic Education Resource Center



Word of the Week - Sacrifice

A sacrifice is not only an oblation. Where an oblation offers something to God, a sacrifice immolates or gives up what is offered. In sacrifice the gift offered is something precious completely surrendered by the one making the sacrifice as a token of humble recognition of God's sovereignty. (The Supreme Act of the Priesthood of Christ: The Sacrifice of the Cross.)

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



Reflection 37

*Humility,
Simplicity and Sincerity*

**Simple souls do not
get caught up in the
complexity of life.**

My Catholic Life
Video--2:10

Adulthood

Articles

- Fr. Chas Canoy // The Richness of Simplicity
- Suellen Brewster on Catholic Stand // Material Simplicity: Paring Down to Make Room for God
- Digital Catholic Missioners // Reflection with Fr. Luis Zazano
- Catholic Tradition // Simplicity and Confidence

Videos

- Redeemed Online // Living Simply-- (4:01)
- What Laura Likes // Minimalism as a Catholic - Homemaking Inspiration -- (16:09)
- Ascension Presents // Fr. Mike's Prayer for Beginners (6:16)
- Catholic Daily Reflections // Fasting and Freedom (4:35)

Catholic Apps

FORMED 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.

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!

FAMILIES WITH YOUTH

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

Characteristics of Early Adolescents

Question: How would you describe the importance of simplicity?

- Ascension Presents // How to Be Happy When You're Never Satisfied -- video (9:23)
- Ascension Presents // Raise Your Expectations: How the Saints Lived Differently-- video (7:42)
- Ascension Presents // Life is Short. Here's What to do with it -- video (5:37)
- Ascension Presents // Have you Mastered the Basics of your Faith -- video (9:40)
- BlessedIsShe // Catholic Simplicity: Soulful Minimalism -- blog



Adolescence (High School, Grades 9-12)

Characteristics of Adolescents

Question: How would you describe the importance of simplicity?

- Ascension Presents // How to Be Happy When You're Never Satisfied -- video (9:23)
- Ascension Presents // Raise Your Expectations: How the Saints Lived Differently-- video (7:42)
- Ascension Presents // Life is Short. Here's What to do with it -- video (5:37)
- Ascension Presents // Have you Mastered the Basics of your Faith -- video (9:40)
- BlessedIsShe // Catholic Simplicity: Soulful Minimalism -- blog



Youth Gather at CGS

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

FAMILIES WITH CHILDREN

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)



Characteristics of Young Children

Question: How can I share Jesus in little ways?

- Lukas Storyteller // Sant Maximillian Kolbe -- video (12:00)
- Loyola Press // Sunday Connection
- EWTN // Catholic Keywords with Tomkin

Childhood (Elementary, Grades 1-5)



Characteristics of Children

Question: What simple things can I do share the love of Jesus with others?

- Sophia Institute // Ready to Use Lesson for Each Sunday
- Loyola Press // Sunday Connection
- EWTN // My Catholic Family



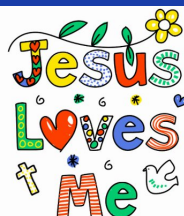
Strong Catholic Family Faith

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@cgscscc.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 - 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

Jesuit Resource: Catholic Prayers



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.

ART & MUSIC

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)

Prudence and Simplicity

*Antonio Cardinal Bacci
(1881-1971)*

Anastpaul/22

To speak when we should speak;
to be silent when we should be silent;
never to leave unsaid
what ought to be said but, to know
when we should speak and how much;
to pay attention mainly
to necessary things, that is,
to God and to the supernatural;
to avoid every thought which would separate us from God
and endanger our salvation;

to love God more than anything else
and more than ourselves because,
He is the supreme good and our supreme happiness;
to love other things only in God and for Him;
solely to direct all our actions proportionately towards
God, towards our neighbour and, towards ourselves and,
to avoid every act which would alienate us from God,
which would be contrary to His precepts,
or which would endanger our eternal salvation.

Sacred Art to Inspire You

Daniel Ridgway Knight // [Maiden Picking Flowers](#)

Paolo Morando Cavazzola // [St Bonaventure \(1221-74\)](#) **Learn about his simple devotion** [Saint Bonaventure and Finding Joy in Relationship With God](#)

Debbie Clark // [Woman Praying](#)

Music to Move You

Rend Collective // [Simplicity](#) -- video (5:26)

Matt Redman // [Heart of Worship](#) -- video (5:22)

Lauren Daigle // [It Is Well](#) -- video (4:19)

In what ways do art and music help your relationship with God? Tell us! discipleship@cgscscc.church



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.