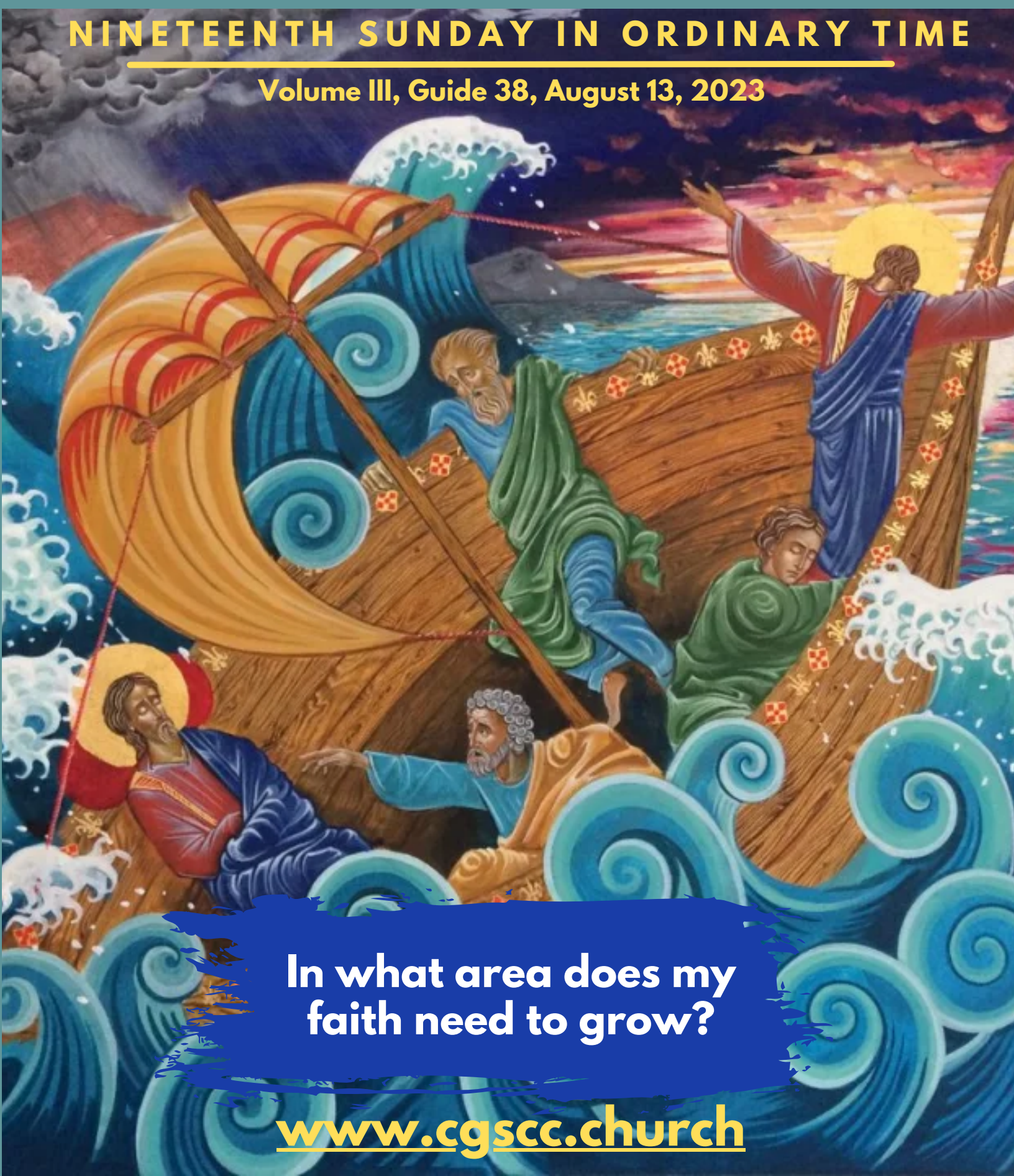


CGS FAMILY

NINETEENTH SUNDAY IN ORDINARY TIME

Volume III, Guide 38, August 13, 2023



**In what area does my
faith need to grow?**

www.cgscclchurch.com



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**All underlined text in
this Guide is linked!
Just click!**



How is this Guide working for you and your household or small group?

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

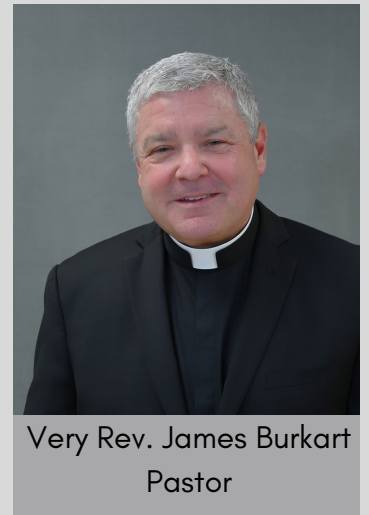
For questions, comments, and feedback, please contact us at

discipleship@cgscc.church

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

Take Courage, It is I!

Today's gospel is Matthew's account of Jesus calming the storm at sea. This event must have impressed itself strongly on the minds of the disciples because the story is told in all four gospels. This is not surprising, because fear is a common and very much shared element in human life; it is something to which we can all relate. When Peter cries out: "Lord, save me!" he is probably desperate and scared because Jesus remarks about his lack of faith. Mind you, this is the same boatload of disciples who *just hours earlier* had seen Jesus feed a huge crowd with five loaves of bread and two fish! They had seen what he can do, and yet they didn't think he would do so great a thing *for them*. How very much are we like those first followers of Jesus. Time and time again we have seen God's Providence in our lives, and over and over again God must remind us that he is still here and he still cares. Jesus authority over the sea reveals Him as one who is not asleep or silent when we are facing the storms of our life. He says to our souls, "Take courage, it is I; do not be afraid."

Jesus understands, and he provides the counterbalance: have faith; but not just faith in anything--have faith in God who always has our best interests in mind. There is only one way to grow in faith--to be in situations in which we have no control, we don't get to pre-plan the outcome, we don't get a vote, and we are utterly dependent on God to see us through. Like all storm-ridden disciples, we have one of two choices: fear or trust. On the Sea of Galilee that night, the disciples didn't do such a great job trusting in Jesus, though in time, walking with him, they learned to trust the Lord, and so can we. Those same cowardly men later gave their lives for Christ and for the sake of the gospel message we receive today. In this week's CGS FAMILY Guide, let us consider the ways we need to grow in faith so we can pass this message of trust and hope to the next generation.

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

A Message About Mass to the Parents of Young Children

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

Nineteenth Sunday in Ordinary Time

readings and podcasts, Year A

United States Conference of Catholic Bishops (USCCB)

First Reading: 1 Kings 19: 9, 11-13

Psalms 85: 9, 10, 11-12, 13-14

Second Reading: Romans 9: 1-5

Gospel: Matthew 14: 22-33



PAULUS MEDIA & CHRIST THE GOOD SHEPHERD CATHOLIC CHURCH

PRESENTS

This Weeks Gospel Message from Fr. Jorge Alvarado, CC.
Reflecting on the Sunday Readings
Sunday Connection

WE LEARN & BECOME DISCIPLES TOGETHER

Getting Started

Why are we doing this?

How to manage a group discussion.

HOW TO USE THIS GUIDE



Question of the Week

In what area does my faith need to grow?

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

Where in my life do I need to reach out to the Lord to ask for His help?

Master of the Sea



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:

- But without faith it is impossible to please him, for anyone who approaches God must believe that he exists and that he rewards those who seek him. -- Hebrews 11:6
- We know that in everything God works for good with those who love him, who are called according to his purpose. -- Romans 8:28
- Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. -- Matthew 6:25-34

In the Catechism of the Catholic Church

- Faith: its reliance on God's truth and its certainty. #156-157
- Jesus' titles. "Son of God": the only "Lord" we should submit to. #441-442, 448-450
- Elijah's encounter with God: Letting God lead our heart to where he can be found. #839-840

Spiritual growth requires a movement towards other-centeredness. Jesus Christ's willingness to give himself up to death on the cross is the ultimate example of other-centeredness.

Points of Understanding Grade 6 - 5.1.2



Discuss

1. What keeps me from fully trusting God?
2. What difficulty am I facing today that needs a stronger faith?
3. How can I grow in my faith?

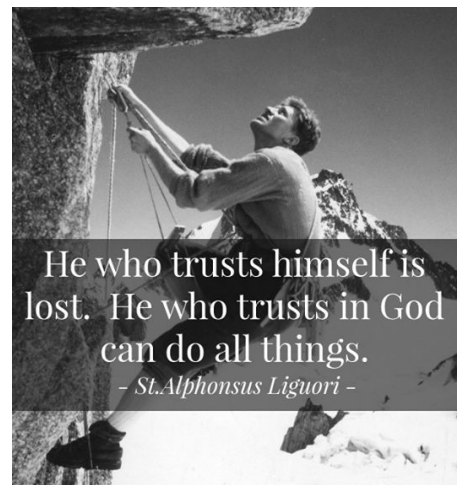
Want more? Go Deeper!

"Lord, I am drowning, save me!"



Reflection Question

Am I willing to give up control and trust that Jesus will guide me on the path that God intended for me?



CONNECT with OTHERS...

Living the Gospel with commitment & action.

What is one thing I am are willing to change in my life so that I can live my life according to God's will?

Practical Activities



For the Individual

Intentional Prayer

Reach out to your family/friends/co-workers and ask how you can pray for them. Offer up their intentions and follow-up to let them know you prayed for them.



For Couples

Share Your Current Fears

Have an open conversation about the current fears in your marriage. Maybe it is in regard to your children, aging parents, financial burdens, or the state of the world. Pray together to offer up your fears to the Lord put your trust in Him together.



For the Domestic Church

Pray the Divine Mercy Chaplet as a Family

Take time as a family to pray the Divine Mercy Chaplet to help place your trust in Jesus. It can help calm your fears and know that the Lord will always be with you. Click [here](#) to learn more about this beautiful prayer.



Missionary Mindset

Step Out in Faith and Serve Others

Serving others helps us realize our blessings and to step out in faith to be the hands and feet of Christ. There are opportunities to serve through the church (2nd Saturday of every month and various ministries) and opportunities in the community.



Building Your Church at Home

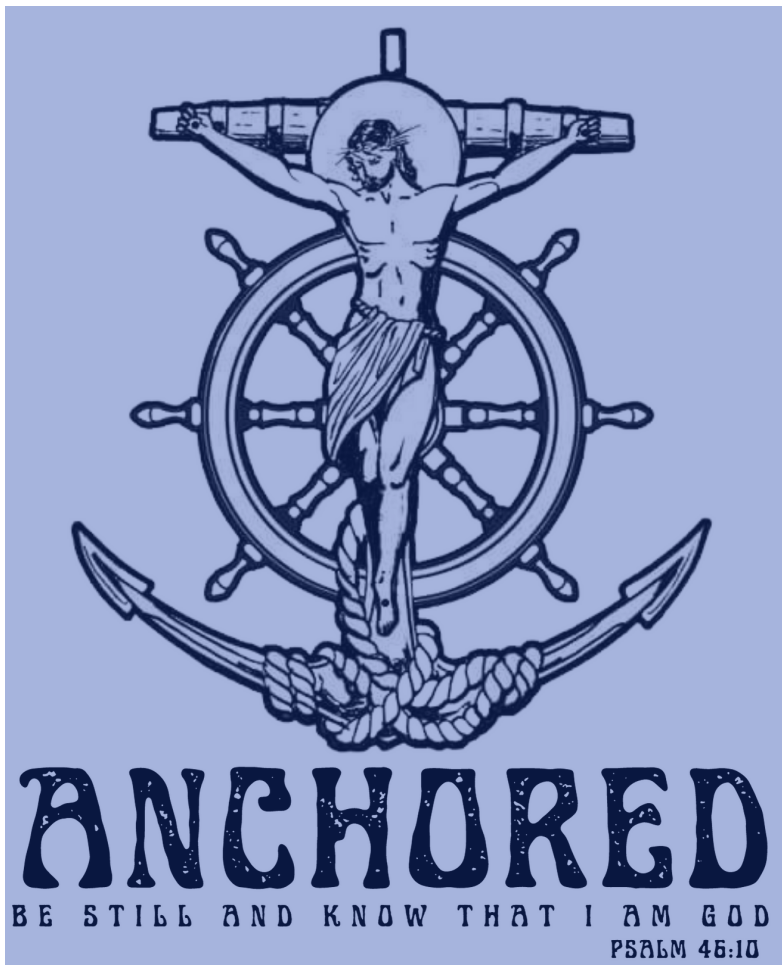
Your household is where "church" begins. Your parish is here to help you with support, resources, small Faith Groups, and gathered activities on our campus throughout the year. Visit our website or contact us if you need help.

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.

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



My Lord God,

I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you
does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that
desire.
And I know that if I do this you will lead me by the
right road,
though I may know nothing about it.
Therefore will I trust you always though
I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.

Thomas Merton

"Anchored"

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 area does my faith need to grow?

WE ARE THE CHURCH

What Makes us Catholic? Assumption of Mary

On November 1, 1950, Pope Pius XII defined the Assumption of Mary to be a dogma of faith: "We pronounce, declare and define it to be a divinely revealed dogma that the immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul to heavenly glory." The pope proclaimed this dogma only after a broad consultation of bishops, theologians and laity.

*Franciscan Media.org

Artwork: "The Assumption of the Virgin" by Guido Reni



Word of the Week - Trust.

If you trust God in the deepest way, then you have faith in Him in an *active* way. Having an active faith in God means more than believing in Him. An active faith means that you believe fully and surrender your life to Him. You entrust your whole being to God and to His providential care and guidance.

*The Path to Holiness - Becoming a Living sacrifice of Love by John Paul Thomas

Jesus, I trust in you. Jesus, I trust in you. Jesus, I trust in you.

Faith Groups at CGS



Four Reasons Why Faith Groups are Vital

(Video, 2:49)

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

Ask us how.

Saints of the Month

by Jeremy Hearne



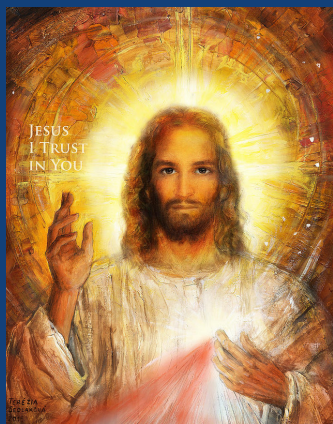
Podcast each Tuesday!

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



Letting Go and Trusting God with St. Elizabeth Ann Seton

Saint Quotes and Bible Verses About Trusting God

Adulthood

Articles

- Gary Zimak on Catholic Digest // Moving from Fear to Faith
- Ascension Catholic Community, Florida // Concrete Suggestions for Dealing with Fear
- National Catholic Register // Father Mike Schmitz on Why (and How) to Trust God

Videos & Podcasts

- Formed // Opening the Word - Reflections on this week's Gospel
- Fr. Robert Barron (now Bishop Barron) // The Storm at Sea (14:56)
- Catholic TV Network // Fear and Trust: Homily of Fr. Paul Ring (7:07)

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.

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 can I grow more in my faith?

- Ascension Presents // [Have You Mastered the Basics of Your Faith?](#) -- video (9:40)
- Ascension Presents // [How to Keep Your Faith Alive and Growing](#) -- video (7:04)
- Life Teen // [Living Your Faith Everyday](#) -- blog
- Life Teen // [The Real Meaning of Faith](#) -- blog

**"Ah, Lord GOD!" I said,
"I do not know how to speak. I am too young!"
But the LORD answered me,
Do not say, "I am too young."
To whomever I send you, you shall go;
whatever I command you, you shall speak.**
Jeremiah 1:6-7



Adolescence High School, Grades 9-12

Characteristics of Adolescents



Question: How can I grow more in my faith?

- Ascension Presents // [Have You Mastered the Basics of Your Faith?](#) -- video (9:40)
- Ascension Presents // [How to Keep Your Faith Alive and Growing](#) -- video (7:04)
- Life Teen // [Living Your Faith Everyday](#) -- blog
- Life Teen // [The Real Meaning of Faith](#) -- 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.

Age-Specific Materials

Pre-order Your Pflaum Gospel Weeklies

For families who want more "hands-on" materials.
How to Use the Gospel Weeklies

Early Childhood Ages 3-5

Characteristics of Young Children

Question: How can I grow closer to Jesus?

Formed // Adventure Catechism: Who Is Mary? -- video (8:03)

The Catholic Kid // Jesus Calms the Storm Coloring Page

Childhood Elementary, Grades 1-5

Characteristics of Children

Question: How can I grow closer to Jesus?

Sophia Institute // Ready to Use Lesson for Each Sunday

EWTN // My Time with Jesus: Assumption of Mary -- video (28:26)

Jesus Calms the Storm--video (2:29) and Coloring Page.

For Parents



Strong Catholic Family Faith

A project of Strong Catholic Families, Strong Catholic Youth Initiative

Family Faith Practices

Join a Group of Parents with Young Children--or start one!
Inquire at
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 - 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

Catholic Harbor// Litany of Faith



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://formed.org)



Using Sacred Art to Bring the Faith Alive

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

Music to Move You

Pat Barrett // [Be Still My Soul](#) -- video (3:42)

Casting Crowns // [Praise You in The Storm](#) -- video (5:03)

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

Cover Image [Calming the Storm](#) by Fr. Frank Bellino (with spiritual reflection by the artist).

From Fear to Faith

by Howard Lyon

With a [beautiful video reflection by the artist on what the painting represents.](#)



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

Meet Your Evangelization & Discipleship Staff

Helping Others to Know and Love Jesus Christ



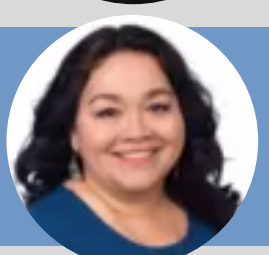
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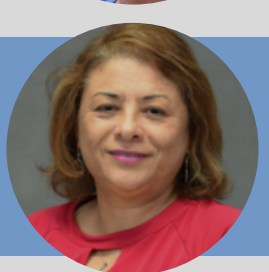
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Jackie Coba

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Department Assistant
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The CHURCH EXISTS IN ORDER TO EVANGELIZE

...bringing all
humanity to
union with God;
this is the
missionary
mandate
of the Church.

*Pope Paul VI in
"Evangelii Nuntiandi"
("Evangelization in
the Modern World"),
1975.*



Evangelize with us for the glory of God!

discipleship@cgscc.church

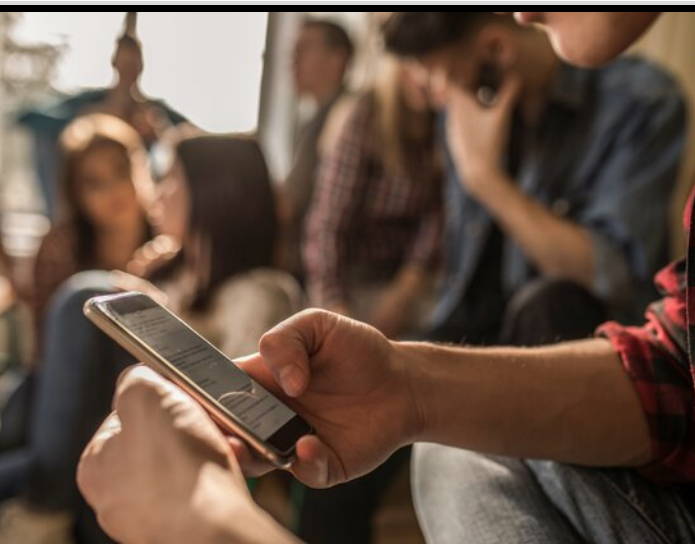


Our Vision Statement

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

These Guides are produced weekly by our Office of Evangelization and Discipleship and are posted on our website each Friday evening: cgscs.church/cgs-family-guides

"HELPING PEOPLE TO KNOW AND LOVE JESUS CHRIST."



discipleship@cgscs.church



Official Page:

[Christ the Good Shepherd Catholic Church](https://www.facebook.com/ChristtheGoodShepherdCatholicChurch)



@cgsyouth



Join us on Flocknote:

Text CGS to 84576.

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

18511 Klein Church Rd. Spring, TX 77379

(281) 376-6831 * cgscs.church

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.