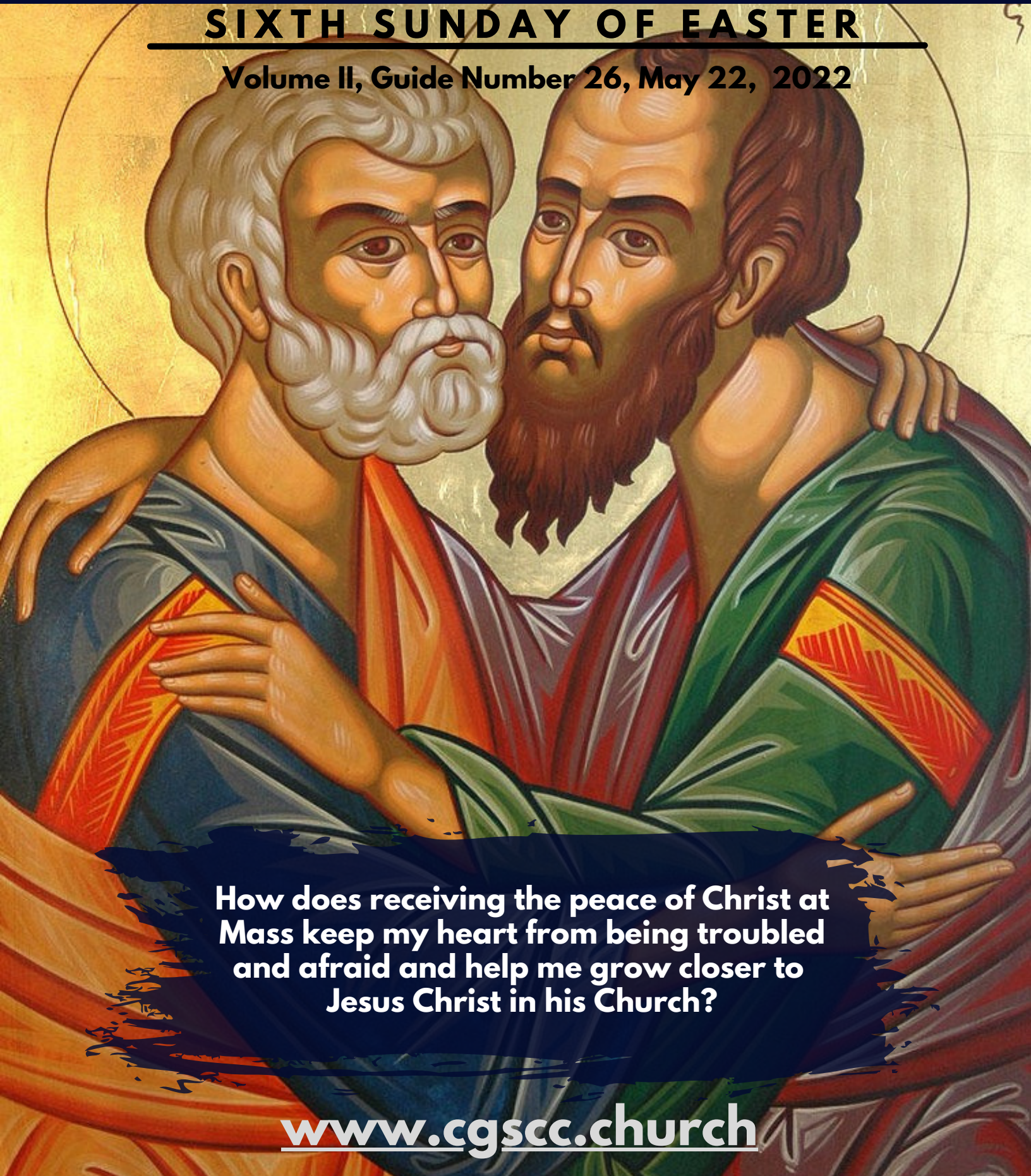


# CGS FAMILY

## SIXTH SUNDAY OF EASTER

Volume II, Guide Number 26, May 22, 2022



**How does receiving the peace of Christ at Mass keep my heart from being troubled and afraid and help me grow closer to Jesus Christ in his Church?**

**[www.cgscclchurch.com](http://www.cgscclchurch.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

### "My peace I give to you"

In today's gospel (John 14:23-29), Jesus says, "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." In today's world, there are plenty of reasons to be "troubled and afraid," yet Jesus says to us: "Peace." The world gives us every reason to panic, to be fearful, to doubt and give up hope. Jesus gives us one reason to be at peace: that he has sent us the Holy Spirit, as he promised, to help us believe and to keep his word as he commands us. Being at "peace" does not mean being ignorant of life's difficulties and pain, or to pretend they do not exist; instead, peace is the state of knowing that God is with us through our sufferings and love conquers all evil. True peace is a gift of Christ's death and resurrection.


After we pray the "Our Father" at Mass, the priest prays: "Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ." Here we pray that God keep us "safe from distress"--that is, anything that weakens our faith so much that we cannot stay focused on God. When we offer one another the Sign of Peace at Mass, we are doing more than saying hello or wishing one another well. In fact, it is a profession of faith: as Christ's disciples, we believe that the soul-soothing peace he offers is ours, and that this is enough to sustain us through this life as we strive to love him and keep his commandments. This is possible only through the Holy Spirit, given to us at our baptism.

We invite you to learn more about this "peace" through using this CGS FAMILY Guide. You may want to look especially at the prayer on page 7 and "What Makes us Catholic?" on page 11.

**Ivana T. Meshell**

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

**DISCIPLESHIP@CGSCC.CHURCH**



## **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**

This season, we are exploring the Big Idea

**How do we get to know and love Jesus Christ?**

### **Sixth Sunday of Easter (Year C)**

readings and podcasts from the  
United States Conference of Catholic Bishops (USCCB).

**First Reading: Acts 15: 1-2, 22-29**

**Psalms 67: 2-3, 5, 6, 8**

**Second Reading: Revelation 21: 10-14, 22-23**

**Gospel: John 14: 23-29**

**Additional options for studying and discussing the Word of God:**

Opening the Word by FORMED

Reflecting on the Sunday Readings

Sunday Connection by Loyola Press

Children's Liturgy of the Word by Catholic TV

# WE LEARN & BECOME DISCIPLES TOGETHER

## Question of the Week

How does receiving the peace of Christ at Mass keep my heart from being troubled and afraid and help me grow closer to Jesus Christ in his Church?

### Opening Prayer

#### CONNECT with our GOD

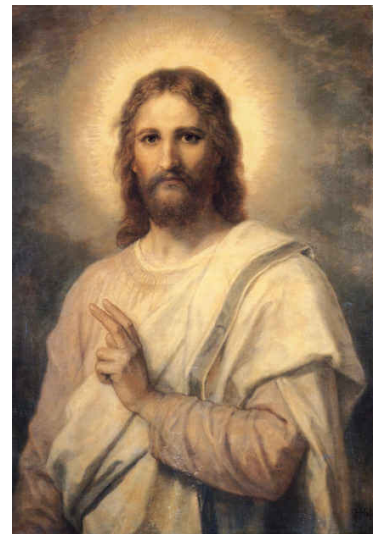
- Let's start with the The Sign of Cross.
- In your own words, ask the Holy Spirit to be present as we gather so share our faith (Prayer to the Holy Spirit).
- Listen to the Lord speaking to you as someone reads out loud the Gospel for this Sunday (see previous page for links to Scripture readings for this week).
- Listen to each other as everyone shares what in the Gospel caught their attention.
- Pray the "Glory be..."

More on how to manage a group discussion.

### Step One

#### CONNECT with our daily LIVES

1. Explain what you think "peace" means.
2. Jesus tells us, "Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you" (John 14:27). What do you think is different about the peace Jesus gives us? Why do you think that is so?



### Getting Started

How to use this Guide.

Why are we doing this?

Using this Guide can be as simple or as "in depth" as you want. If you do only the opening prayer section, that's great! To go deeper, follow the steps as shown. For children, see "Resources," page 8.



# Step Two

## CONNECT with Scripture and Tradition

As a domestic church (your household) or Small Faith Group, pray and read through some of the following (you can select) Scriptures & Catechism of the Catholic Church (CCC) references as time permits.

### In the HOLY SCRIPTURE we read:

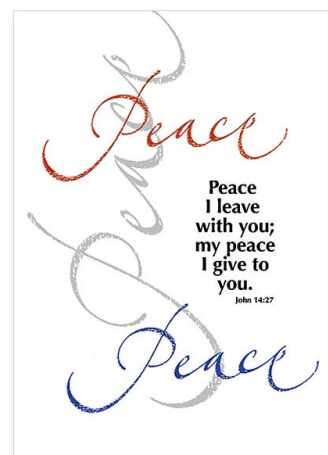
- Jesus is our peace. Ephesians 2:14
- "I will fear no evil, for you are with me" Psalms 23:4
- Seven hundred of years before Jesus was born into this world, the prophet Isaiah called him the "Prince of Peace." Isaiah 9:6

### In the Catechism of the Catholic Church, we read:

- Earthly peace is the image and fruit of the peace of Christ, the messianic "Prince of Peace." #2305
- Jesus asks for childlike abandonment to the providence of our heavenly Father who takes care of his children's smallest needs. #305
- Peace is the work of justice and the effect of charity. #2304

### Discussion Questions

1. What are some causes of anxiety, worry, distress and fear in today's society? Name some healthy and unhealthy ways people cope with distress.
2. Jesus gives us peace no matter what the situation we are in. It is an inner peace that comes from trust in God. Can you think of someone you know who trusts God? How do you think trusting in God helps us not to worry or be afraid? (See "Saints of the Month" on page 11.)
3. What are some reasons for hope as we see Jesus Christ present in our lives? How does the Holy Spirit help us overcome fear and worry?



### Go Deeper!

This week, please refer to page 9 for recommended adult resources.

### Reflection Questions

1. In what ways am I currently "troubled and afraid" in my life? In what ways is Jesus asking me to trust in him and accept the peace he offers?
2. The way to replace fear is to trust in Jesus. In what aspects of my life am I willing to trust Jesus more this week?

## RESOURCES FOR ALL AGES

For related information, activities, and age-appropriate resources, turn to the *Resources for All Ages* section of this Guide. You may use as many or as few as you want to. Adapt to your situation and your household. You can even spread these activities over the span of the entire week. There is no wrong way to do this!

# Step Three

## **CONNECT with OTHERS...**

### **Living the Gospel with commitment & action.**

What is one thing you are willing to do to welcome peace into your own life and bring that peace to the people around you this week?

## **Practical Activities**

### *For the Individual*

#### **Bring Christ's Peace to Your Heart**

To bring Christ's peace to others, we must recognize that he is with us, he loves us, and he thinks we are worthy to be loved. Jesus gives us peace--not because we have earned it or deserve it, but because his is full of mercy and wants to be in relationship with each one of us. Claim this peace by thanking God and asking the Holy Spirit to help you trust God more.

### *For Couples*

#### **Bring Christ's Peace to Your Marriage**

Harsh words, rudeness, lack of empathy, contempt, selfishness, plotting revenge...these things do not come from God. This week, choose to bring peace to your relationship by replacing something negative with something good. It could simply mean showing a little more gratitude or affection. Let your spouse know that he/she is not alone in their troubles.

### *For the Domestic Church*

#### **Bring Christ's Peace to Your Household**

At Mass, the deacon or priest says, "Let us offer each other a sign of peace." What sign of peace can you give at home? Maybe it's not always having to be right or get your way. Maybe it's avoiding an argument or being a little more understanding.

### *Missionary Mindset*

#### **Bring Christ's Peace to Others at Mass**

Be sincere with the Sign of Peace at Mass. Be willing to extend this blessing to others in a way that is honest and heartfelt. It may be difficult to do this when we do not personally know the people sitting around us, but this is not a popularity contest. We may be strangers to some in this world, but because we are baptized Christians, there are no real strangers among us. We want to help one another experience the peace of Christ in each other and in the world.



# 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.
- 

## PRAYER

The following prayer is called the *Embolism*. At Mass, the priest offers this prayer immediately after the assembly together prays The Lord's Prayer. It develops the last petition of the Lord's Prayer itself, asks for deliverance from the power of evil for the whole community of the faithful. It is based upon the New Testament book of Titus (2:13) which says, "...as we await the blessed hope, the appearance of the glory of the great God and of our Savior, Jesus Christ, who gave himself for us to deliver us from all lawlessness and to cleanse for himself a people as his own, eager to do what is good."

(Ref. General Instruction on the Roman Missal #81.)

**Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of Your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.**  
**People: For the kingdom, the power and the glory are Yours now and forever.**



---

## 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 does receiving the peace of Christ at Mass keep my heart from being troubled and afraid and help me grow closer to Jesus Christ in his Church?**

# RESOURCES FOR ALL AGES

## POINTS OF UNDERSTANDING

Clear statements of the Church's teachings AND where they come from/ways to use them.

### 1. Age-Specific Resources

#### Good Articles for Parents!

Surviving (and maybe even Loving) Mass with Children  
[Why Your Kids Should Go to Mass with You](#)



#### Early Childhood (Ages 3-5)

**Question:** We are told during Mass to give a sign of peace and to "Go in peace." When at Mass to you give and receive peace? What do you do?

Family Fed Children's Ministry // [Peace Starts with Me](#) (choose from a variety of wonderful, easy activities according to your child's ability)

#### HELPFUL TIPS!

[Create a prayer table or space.](#)  
[Faith Groups at CGS](#)

#### Catholic Songs for Kids

[Trust in the Lord: Proverbs 3:5-6](#)

#### Childhood (Elementary, Grades 1-5)

**Question:** At the end of Mass, we are told to "Go in peace." What do you think it means to "Go in peace?" How can we ask the Holy Spirit to help us find the peace Jesus gives us?

Loyola Press // [Sharing the Sign of Peace](#) (activity)

The Catholic Toolbox // [Celebrating the Mass Lesson: Sharing the Sign of Peace](#) (lesson/activity)

Family Fed Children's Ministry // [Peace Starts with Me](#) (choose from a variety of wonderful, easy activities according to your child's ability)

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

**Question:** How does my participation in Mass bring me peace and love that I may share with others? Is anything keeping me from being in God's peace right now? Why or why not?

Ascension Presents // [Peace of Mind](#) - video (8:11)

Ascension Present // [Deep Peace with Jesus in Prayer](#) - video (4:59)

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

**Question:** How does my participation in Mass bring me peace and love that I may share with others? Is anything keeping me from being in God's peace right now? Why or why not?

Chris Brunelle // [Peace I Leave With You](#) - video (2:17)

The Word Among Us // [Peace Be With You](#) - blog

The Gospel for All Ages

Free, summer activities to stay connected to your faith as a family this summer!

#### Summer Family Corners!



## Adulthood

Fr. Mark Lichter, Diocese of Sioux Falls // [Transform Your Fear Into the Lord's Hope](#) (article)

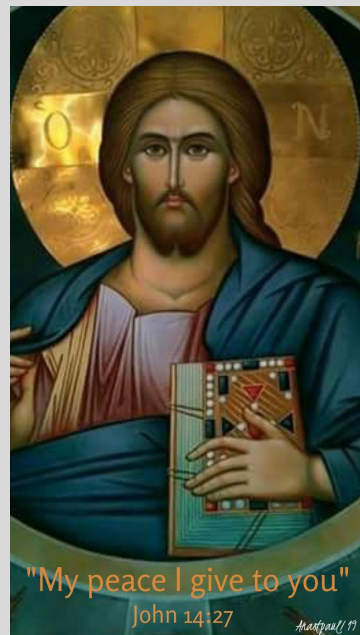
Ascension Catholic Church, Diocese of Melbourne, Florida // [Concrete Suggestions for Dealing with Fear](#) (article)

Mass Communication // [A Short Explanation of the Sign of Peace](#)

Ad Infinitum Blog:

### [A True Sign of Peace](#) (article)

*How does this article make you think of the Sign of Peace at Mass in a New Way? Does it change you? If so, how?*



## 2. 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 ([learn more](#)) as well as [other approved translations](#). You may purchase from any vendor and we do have some basic editions on hand at the parish office at no charge—available upon request.



### 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

Our parish subscribes to a library of online resources called Formed. It is excellent and it is free for you to use. Register at [www.formed.org](http://www.formed.org) – Need help? Watch this video.

## Prayers and Praying

Catholic Link // 90 Ways to Pray For Those Times When You're In A Prayer Rut--list and links to ideas.  
Divineoffice.org--best website for praying the Liturgy of the Hours. Together with the Mass and the sacramental rites, the Liturgy of the Hours is the official, public prayer of the Church.  
App: Laudate--very good prayer app to download to your phone for prayer and Mass.

## Common Prayers and Formulas to Learn by Heart

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

## Counseling, Grief Support & 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 Grief Support ministry for those who have lost loved ones and Spiritual Direction for anyone interested. Follow the links or inquire through the parish office.

## Music to Move You

Orthodox Christian Chants // I Leave You My Peace--video 2:07  
Pop Scripture Songs // Peace I Leave With You--video 3:06  
(Communion Hymn)--video 2:06  
Let's Praise the Lord // Trust in the Lord--video 3.33  
Mark Haas // Trust in the Lord--video 3.36

## Sacred Art to Inspire You!

All Sacred Art Currently on Formed (parish subscription free to our parishioners--register once, get access to all content) All Sacred Art - FORMED  
Anna St. Paul // My Peace I Give to You

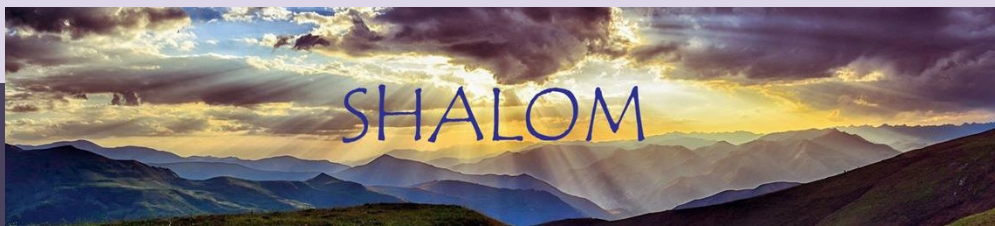


## 3. Sacramental Resources

Visit the **sacraments section** of our parish website to find everything you need to get started with any sacrament. Additional information is being added and continually updated. Contact our parish office if you have a question.



# WE ARE THE CHURCH



## What Makes us Catholic?

**The Hebrew word for “peace” is shalom (שלום).** It means much more than a friendly greeting. Shalom refers to complete peace: a state of contentment, completeness, wholeness, and harmony. More than the absence of war, it suggests an orderly, prosperous, and tranquil state of affairs. It contains the Hebrew notion of *shelemut*, or perfection. When Christians pray “Thy Kingdom come”—we are praying for a mode of being in which all things are healed and restored to their proper order in God in whose divine presence we receive grace and redemption, and restoration. This is true peace.

When we offer the Sign of Peace at Mass, we are making a profession of faith that such a thing is possible, and that we are committed to living our lives in such a way that this complete peace will become a reality. Thus, Shalom also points to a moral value to which we commit ourselves; we desire to cooperate with God to bring a world in which shalom is not merely a wish but a reality. The pursuit of peace is the obligation of all of us. May we strive for this peace always.

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

### Word of the Week - Shalom

Shalom signifies “peace”—the kind of deep peace that is more than the absence of fighting (see “What Makes us Catholic” above). Shalom is also a blessing, willing or desiring peace upon others, as found in Numbers 6:24-26, The LORD bless you and keep you. The LORD make His face shine upon you and be gracious to you. The LORD lift up His face upon you and give you SHALOM.” (See above: “What Makes us Catholic?”)

### Saints of the Month

### Book Suggestions

### More for your Domestic Church

A Domestic Church is your household of believers in Jesus Christ. View a short video on what is the Domestic Church. See also this reference in the Catechism of the Catholic Church: CCC 1655-1858 and our Glossary of Terms. There is so much at CGS for your Domestic Church! See our website, social media pages, YouTube, and this week “**FLOCKNOTE**” for all things CGS!

### “Faith Groups” on our Website

Find resources for your family, including how to use this Guide, family traditions from other parishioners, FAQs, how to use the Points of Understanding, a Glossary of Terms and more. Visit [cgscddogh.org/faith-groups](http://cgscddogh.org/faith-groups) OR scan the QR code on the right with your smart phone. Join a small Faith Group in our parish. Contact [discipleship@cgscd.church](mailto:discipleship@cgscd.church)





Our Mission as a Roman Catholic Community is to proclaim the teachings of Jesus Christ as declared in the scriptures and shown in the sacred tradition of the church. We are empowered by the Holy Spirit to know, love, and serve God and our neighbors.

**WE WANT OUR PARISHIONERS TO CONTRIBUTE TO THIS GUIDE!**

How is this Guide working for you and your family?

Show us what your family is doing with these Guides!

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

**DISCIPLESHIP@CGSCC.CHURCH**

**BECOMING OUR "BEST PARISH EVER!"**



Text CGS to 84576 to join us on Flocknote  
You will receive emails & texts from CGS



**CHRIST THE GOOD SHEPHERD CATHOLIC COMMUNITY**



**@CGSYOUTH**

18511 Klein Church Rd. Spring, TX 77379

(281) 376-6831

Very Reverend James Burkart, Pastor

The contents of this Guide are in accordance with the teachings of the United States Conference of Catholic Bishops and the Curriculum Framework for Lifelong Faith Formation of the Archdiocese of Galveston-Houston under the pastoral care of Daniel Cardinal DiNardo, Archbishop.