

CGS FAMILY



SUNDAY OF THE MOST HOLY BODY AND BLOOD OF JESUS CHRIST

Volume II, Guide Number 30, June 19, 2022

How does the
Eucharist nourish us?

www.cgsgcc.church

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

God Feeds Us

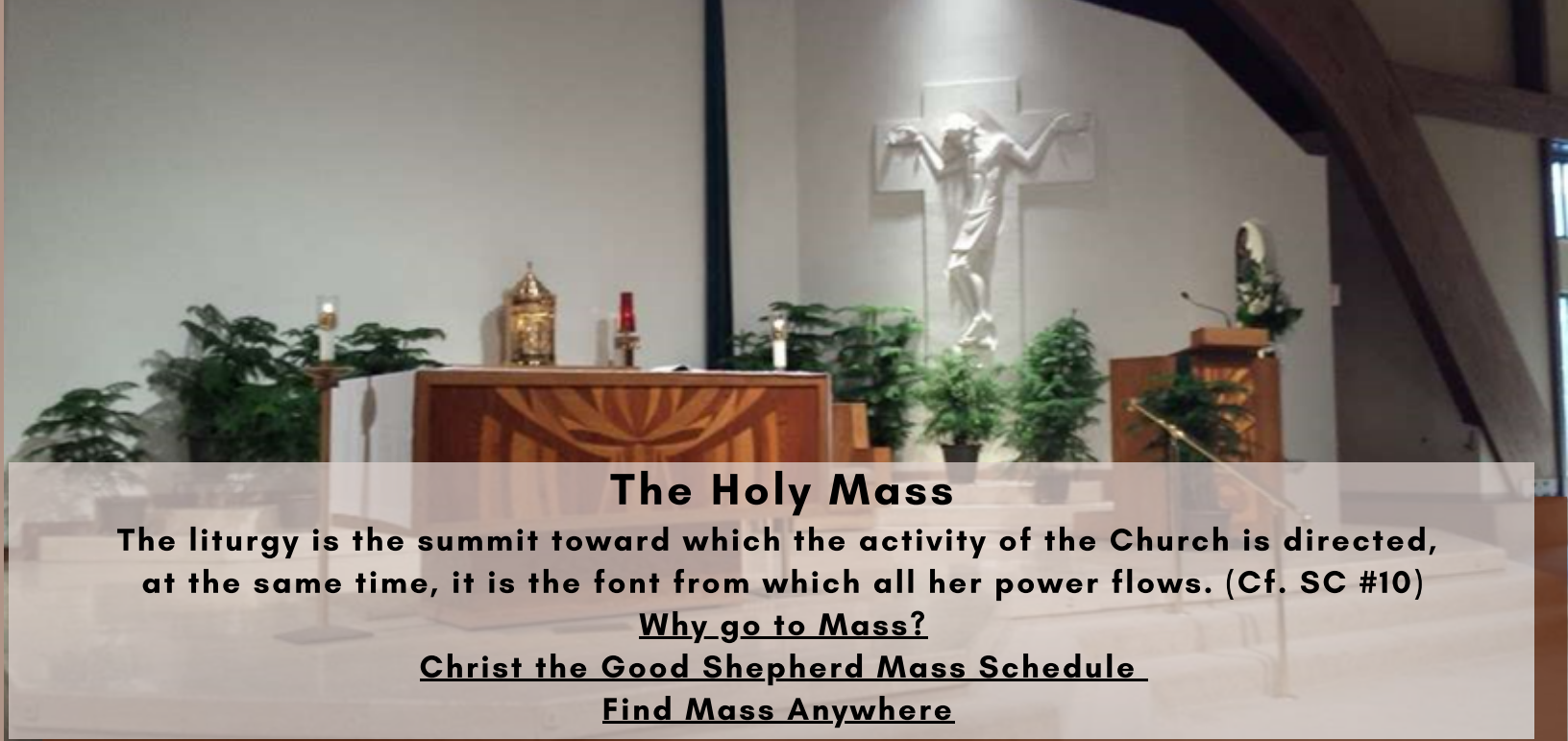
The observable universe has about 300 sextillion stars (300 followed by 21 zeroes) and about 200 billion galaxies. It is, therefore, estimated that there are about a septillion planets (that's 1 followed by 24 zeroes). As a comparison, the total number of sand grains on earth is 1 followed by 19 zeroes. Geologically, the earth has existed for nearly 4.5 billion years. If we consider this as a 24 hour clock, humans appeared in the last one second (all 117 billion of us). These are mind-boggling numbers. It can make it seem as though the human race is rather insignificant. Psalm 8 from last Sunday says, "What is man that you should be mindful of him, or the son of man that you should care for him? Yet Jesu proves we are not insignificant to God! " In today's Gospel, Jesus took five loaves of bread and two fish to feed more than 5,000 people, and they ate until they were full. Today he feeds 1.2 billion Catholics with the life-giving food that is his own Body and Blood. In this week's CGS FAMILY Guide, we explore together how God feeds us with the Eucharist, how his Body and Blood sustains us on life's journey, and how we thank him with all our hearts and all our lives for so great a gift.

"Through the Eucharist, the People of God come to know the Paschal Mystery even more intimately and experientially. They come not simply to the knowledge of God - they come to know the living God..."(*Catechesi Tradendae* #23 of Pope St. John Paul II). What does the Eucharist mean to you? How can we come to know and love Jesus Christ because of the Eucharist? Together, let us explore this great and wonderful mystery!

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?

The Solemnity of the Most Holy Body and Blood of Christ

Readings & Podcasts (Year C)

from the United States Conference of Catholic Bishops (USCCB)

First Reading: Genesis 14:18-20

Psalm 110:1, 2, 3, 4

Second Reading: 1 Corinthians: 11:23-26

Gospel: Luke 9:11b-17

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 the Eucharist nourish us?

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.](#)

Getting
Started

[How to use
this Guide.](#)

[Why are we
doing this?](#)

Step One

CONNECT with our daily LIVES

- Was your family accustomed to eating meals together? What memories do you have about having meals as a family?
- What do you experience when sharing the table (food) with other people?



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:

- The Last Supper is a reminder to live centered on the Eucharistic. [Mark 14:22-24](#)
- We must receive the Body and Blood of Christ for Him to live within us. [John 6:53](#)
- As Christians, we should pass on the message of the Corpus Christi. [1 Cor. 11:23-28](#)

In the Catechism of the Catholic Church, we read:

- Eucharist is Thanksgiving, Praise, Sacrifice and Presence [CCC#1358](#)
- Celebrating the Eucharist until he comes again [CCC#1130](#)

Discussion Questions

1. When have you become aware of the abundance God has given you?
2. What are some of the ways God's feeds you? For what are you still hungry?
3. How is the Eucharist food for our bodies and souls? Why is it important for us to receive the Eucharist?
4. It is easy to find trust and dependency in material things, why do you think it's hard for people to trust the true presence of Jesus Christ present in the form of bread and wine?



Want more? Go Deeper!

Reflection Question

How do you think God is calling you to a deeper relationship with him through receiving the Eucharist?

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...

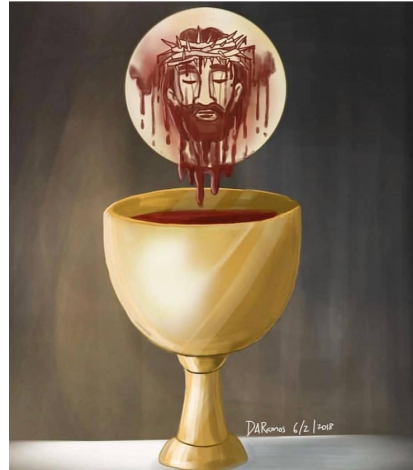
Living the Gospel with commitment & action.

How do you support the efforts of our parish to feed people physically and spiritually?

If I am currently unable to receive the Holy

Eucharist, what can I do to change that situation?

Who can I reach out to for help?



Practical Activities

For the Individual

Holy Hour

Making a Holy Hour has become a popular devotion for many Catholics. Schedule an hour in your day to spend time in prayer before the Blessed Sacrament. Try this every day for one week preferably at the same time each day. To learn how to make a Holy Hour, please refer to the resource section on page 8.

For Couples

Intentional Prayer

Whether you are with your other half or not, take an intentional moment out for your day to pray for them. Some ideas to take into prayer are their struggles, joys, or anything else that may come to your mind.

For the Domestic Church

Rosary Walks

While with the family, take a walk in your local neighborhood or park to pray the Rosary as a whole. Decide who would want to lead the group around the area and another to lead the Rosary. If you are driving, these Rosaries become "Roadsaries."

Missionary Mindset

Prayer Waiter

The next time you or your family go out to a restaurant or fast food joint, ask your cashier or waiter on how you can pray for them. If they are not a believer, just simply respond that you are a believer and insist on what you can take into prayer for them.

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 for the Feast of Corpus Christi

Lord Jesus, we faithfully and fervently commemorate at every Holy Mass held in the Church, your mandate to your apostles, when on the evening before your death you instituted the Eucharist and commissioned your disciples to do the same, in remembrance of you. In doing so, the Church takes literally the words that you spoke over bread and wine, "This is my body...this is my blood". May this feast day of Corpus Christi help us all to remember that in the Eucharist in Catholicism, you are not a symbol, but that you are God and Man, the Second Person of the Trinity, the same yesterday, today and forever. You allowed yourself to be put to death at Calvary so that we may have Eternal Life with you in Heaven, by the ongoing process of sanctification here on earth, that we might grow in grace and holiness, in your Holy Name. Amen.

Behold God's Love for You



Original artwork
by CGS's own
Sara Quinones,
daughter of
deacon
candidate
Miguel Quinones
2022

Would you like to
do artwork for the
CGS FAMILY
Guide?
Contact us!

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 the Eucharist nourish us?

RESOURCES FOR ALL AGES

POINTS OF UNDERSTANDING

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

1. Age-Specific Resources



HELPFUL TIPS!

Create a prayer table or space.
Faith Groups at CGS

Early Childhood (Ages 3-5)

Question: When you do feel God's love?

Activity: Pray Pope Francis' Five Finger Prayer

Song: TuneCore // Tuna Fish Sandwich by Tim Hawkins

Catholic Kids Media // What is the Eucharist -- video (5:50)

Childhood (Elementary, Grades 1-5)

Question: Jesus was in a deserted place and He prayed. What do you do when you feel deserted and hopeless?

Activity: Pray Pope Francis' Five Finger Prayer

GabiAfterHours // Kids Holy Hour? -- video (9:19)

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

Question: How do you know when you're hungry? What is hunger and how do you experience spiritual and physical hunger?

Ascension Presents // Early Church and the Eucharist? --video (8:53)

Ascension Presents // Holy Hour -- video (11:37)

Adolescence (High School, Grades 9-12)

Question: What are some of the ways God's feeds you? For what are you still hungry?

Ascension Presents // Early Church and the Eucharist? --video (8:53)

Ascension Presents // Holy Hour -- video (11:37)



The Gospel for All Ages

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

Summer Family Corners!

Adulthood

Ascension Presents // [Holy Hour](#) -- video (11:37)

Ascension Presents // [Solemnity of Corpus Christi](#) - video (4:55)

Diocese of Little Rock // [Jesus Feeds Us](#) -- website

Today's Catholic // [God nourishes us through the Eucharist](#) - article

Catholic Productions // [Feeding of the 5,000](#) -- Video 11:53

Bishop Barron // [The Sacrament of the Eucharist as Real Presence](#) - video (10:46)

Catholic Digest // [Contemplating the Meaning of the Eucharist](#)--article

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 - Need help? Watch this video.

Prayers and Praying

EWTN // [Prayer Before Mass](#)

Catholic.org // [A Prayer for After Communion Before a Crucifix](#)

Our Lady of Perpetual Help Catholic Church // [Prayer Before the Blessed Sacrament](#)

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

Matt Maher // [Remembrance](#) (5:14)

Chelsea Moon // [Nothing But the Blood](#) (5:30)

Chris Brunelle // [Sweet Sacrament](#) (3:33)

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
Daniel Bonnell // [Eucharist](#), watercolor, 2011
Raphael / [Disputation of the Eucharist](#), fresco, 1509-1510 ([click on image](#))

Artist not indicated // [Gift of the Eucharist](#)



Eucharist

by
[Okamihi](#)

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 Rosary

Before the Rosary was given to us by our Blessed Mother to Saint Dominic, a similar form of prayer was said on beads, knots, or rocks to keep track of the quantity of prayers. Early Christians would use 150 beads or knots to pray the 150 Psalms or 150 Our Fathers. Now, we have The Rosary which means "Rose Bush" or "Plenty of Roses." The Rosary is simply a Bible on beads to meditate and pray with the Life, Death, and Resurrection of our Lord Jesus Christ.

Every prayer we say in the Rosary is Scriptural and is a symbol of us offering our roses to the Blessed Mother. And through her, she takes us to her Son while pouring out many graces to us.



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

Word of the Week - Ambo

Ambo is a word of Greek origin. It means to elevate or to ascend a mountain. For us Catholics, an ambo is an elevated desk or podium in which the Priest or Deacon can speak from. The purpose is to address the people with truth and news. It is also a representation of when our Lord went up the mountain to address the crowd.

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 OR scan the QR code on the right with your smart phone.

Join a small Faith Group in our parish. Contact discipleship@cgsgc.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



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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 and the Curriculum Framework for Lifelong Faith Formation of the Archdiocese of Galveston-Houston under the pastoral care of Daniel Cardinal DiNardo, Archbishop.