

# CGS FAMILY

SOLMUNITY OF THE MOST HOLY TRINITY

Volume II, Guide Number 29, June 12, 2022



How is the truth and love of  
God poured out into our hearts  
through the Holy Spirit?

[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

### "What is Truth?" (and who reveals it...)

We recall from the story of Christ's passion that the Roman procurator, Pontius Pilate, scoffed at Jesus during his trial and said, "What is truth?" (John 18:38). In today's world, many believe that truth is whatever they want it to be ("my truth"); they deny that truth is a reality outside of ourselves that we cannot invent, we can only accept or reject. Truth is something we seek, not something we create. How do we find truth? In the Gospel for this Sunday, we learn from Jesus that it is the Holy Spirit who guides us: "When he comes, the Spirit of truth, he will guide you to all truth." Thus, it is **through the Holy Spirit** that we come to know truth. Knowledge of the truth, in turn, points us back to back to understanding Christ (and the Holy Trinity): God the Son is always in relationship to with his Father, and God the Father with his Son. The sharing of their love for one another is God the Holy Spirit. Jesus desires that we share in that life-giving, truth mediating love, which is why he says, "...[the Holy Spirit] will take from what is mine and declare it to you." God promises that all who sincerely seek the truth will find it. We must be willing to be led and guided by the Holy Spirit. It is through the Spirit that we are able to truly know who we are, our relationship to God, and what we are to do with our lives because God has revealed himself to us. May our lives be an adventure of seeking God who is himself Goodness, Truth, and Beauty.

**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 Trinity Readings & Podcasts (Year C)**  
from the United States Conference of Catholic Bishops (USCCB).

**First Reading: Proverbs 8:22-31**

**Psalm 8:4-5, 6-7, 8-9**

**Second Reading: Romans 5: 1-5**

**Gospel: John 16:12-15**

**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 is the truth and love of God poured  
into our hearts through the Holy Spirit?

### 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

When in your life have you experienced the Holy Spirit "pouring" truth and love into your heart?

Does the truth matter? Why or why not? Share your answer with others.

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:

- True worshipers will worship the Father in Spirit and truth John 4:23-24
- The Spirit comes to the aid of our weakness. Romans 8: 26-27
- No one can say 'Jesus is Lord', except by the Holy Spirit. 1 Corinthians 12:3

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

- Spirit makes known the Word of the Father. CCC #687
- The Holy Spirit opens our minds to understand Christ's death and Resurrection CCC #737
- The Holy Spirit will lead us all into all truth CCC #729

## Discussion Questions

1. Do we see each person of God (God the Father, God the Son, and God the Holy Spirit) at work in the world today? If so, how?
2. 1 John 3:18 says, "Children, let us love not in word or speech but in deed and truth." What can we do to live the truth in a world that says that truth is we say not as God says?
3. What do we do when our "version" of the truth contradicts that of a spouse or loved one? What about co-workers and neighbors? In what ways can we seek to be faithful to the truth in these situations?



Want more? Go Deeper!

## Reflection Questions

- How does God's desire to tell us about himself compare to your experience of love?
- In your own prayer life, to which person of the Trinity do you most often turn? Why?

## 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 change in your life so that you can seek and accept the truth and love that Jesus offers you through the Holy Spirit?

## **Practical Activities**

### *For the Individual*

#### **Adoration of the Blessed Sacrament**

Christ the Good Shepherd will have 40 hours of Exposition and Adoration of the Blessed Sacrament immediately following Mass on Thursday, June 16 at 7:00PM. Challenge yourself to spend an hour at Adoration. This hour does not have to all at once, if you need to break it up even if you do it 10 minutes at a time. Jesus desires to be with you!

### *For Couples*

#### **Adoration of the Blessed Sacrament**

Spend an hour as a couple with the Blessed Sacrament. Christ the Good Shepherd will have 40 hours of Exposition and Adoration of the Blessed Sacrament immediately following Mass on Thursday, June 16 at 7:00PM.

### *For the Domestic Church*

#### **The Trinity as the Center**

There are many symbols of the Trinity: three interlocking circles, the shamrock, the Shield of the Trinity, an equilateral triangle, and the fleur de lis.

Use one or more of these symbols to create a center piece for the table as a visual reminder of the Trinity as a center of our life.

### *Missionary Mindset*

#### **Change Scavenger Hunt**

Spend an hour in a scavenger hunt around the house for spare change. (Don't forget to check the car!) Donate the change you found to the Baby Bottle Drive CGS sponsors ending June 19 benefiting Loving Choice Pregnancy Center. Remember your change can change lives!



## **The Holy Trinity**

El Greco

Oil on Canvas

1577-1579



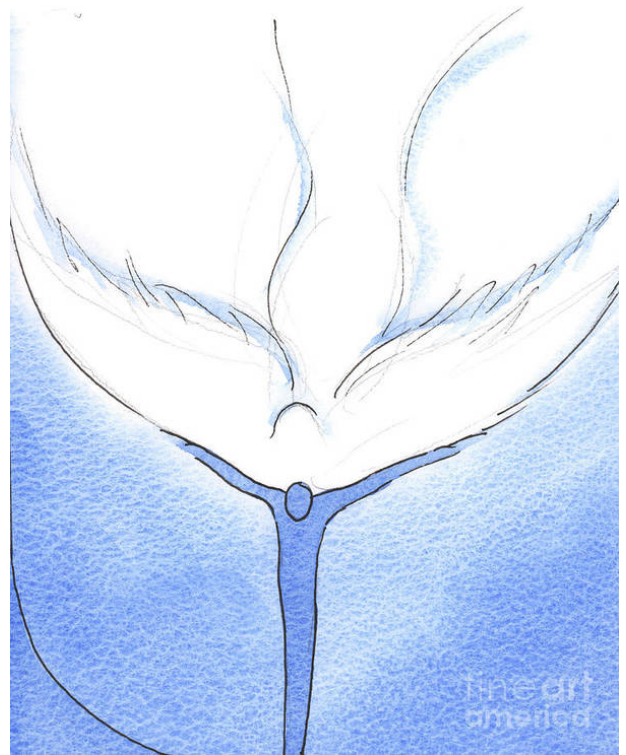
# Closing Prayer

- 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

### Prayer for Union With the Holy Spirit

O Holy Spirit of Light and Love,  
to You I consecrate my heart, mind, and will  
for time and eternity.  
May I be ever docile to Your Divine inspirations  
and to the teachings of the holy Catholic Church  
whose infallible guide You are.  
May my heart be ever inflamed  
with the love of God and love of neighbor.  
May my will be ever in harmony with Your Divine Will.  
May my life faithfully imitate the life and virtues  
of our Lord and Savior Jesus Christ.  
To Him,  
with the Father,  
and You, Divine Spirit  
be honor and glory forever.  
Amen.



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## 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 is the truth and love of God poured into  
our hearts through the Holy Spirit?**

# 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

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

**Question:** How does God show you He loves you?

Activity: Volunteer to help someone in your family with their chores.

Real Life at Home // How to Help Children Recognize the Holy Spirit in Their Lives--ideas and activities for parents to use with their children.

Early Childhood Lesson // Who is the Holy Spirit?--video (6:13)

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

**Question:** How does God help you to love others?

Real Life at Home // How to Help Children Recognize the Holy Spirit in Their Lives--ideas and activities for parents to use with their children.

Catholic Icing // How to draw a Trinity Shield (For Kids!) - video 6:58

Catholic Kids Media // Why is the Holy Spirit Important?--video (6:37)

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

**Question:** How does the Trinity illustrate God's love?

Life Teen // What is the Trinity? Fr. John Parks Explains - video (4:10)

Newsboys // We Believe - video (3:41)

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

**Question:** What does it mean to be baptized in the name of each Person of the Trinity - The Father, the Son, and the Holy Spirit?

Newsboys // We Believe - video (3:41)

Life Teen // A Beginner's Guide to Adoration

#### HELPFUL TIPS!

Create a prayer table or space.

Faith Groups at CGS

#### BOOK OPTION

#### A Treasure Chest of Traditions for Catholic Families

by

Monica McConkey

Options for Ordering



#### The Gospel for All Ages

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

#### Summer Family Corners!



## Adulthood

Philip Kosloski // [The Fascinating History and Symbolism of Trinity Sunday](#), article.

Daily Catholic Reflections // [The Spirit of Truth](#)--article

Ascension Press // [How to Suffer Well](#)--video (8:56)

Tom Perna // [Catechesis on the Holy Trinity by Pope St. John Paul II](#)--article

National Catholic Register // [12 Things to Know and Share about the Holy Trinity](#)--article.

Bishop Robert Barron // [The Meaning of the Trinity](#)--video (9:44)

Fulton Sheen // [The Blessed Trinity](#)--video (22:46)

Eleonore Stump // [The Truth](#) -- article



## What do Catholics Believe?

## 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 Online

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

A Catholic Moment // [Prayers to the Holy Spirit](#)

## 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

Audrey Assad // [Holy, Holy, Holy](#)--video (3:08) and Audrey Assad // [Be Thou My Vision](#)--video (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

El Greco // [The Holy Trinity](#)--oil on canvas, 1577-1579 (mouse over to view the entire image).

Alek Rapoport // [Trinity in Dark Tones](#)--Genesis 18, 1994.



### **Modern Day Pentecost**

Original Artwork  
by CGS's own  
**Sara Quinones**

Pastel on Paper  
18" x 24"  
2002

Would you like to  
contribute original,  
religious artwork to the  
CGS FAMILY Guide?  
Contact  
Anna Spalding  
[aspalding@cgscc.church](mailto:aspalding@cgscc.church)

## 3. Sacramental Resources & Becoming Catholic

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.



# WE ARE THE CHURCH

## What Makes us Catholic?

### The Nicene Creed

The Nicene Creed, which we say at every Sunday Mass, is a summary of what Catholics believe. More properly called the Niceno-Constantinopolitan Creed, after its origin in the first two Councils of the Church in 325 and 381. We recite the Creed so often we can often lose appreciation for what incredible words we are saying! Christians are the only people on planet earth that profess to believe that there is only one God, and that God is Father, Son, and Holy Spirit--a truly extraordinary claim, made possible only because God himself revealed himself and his nature to us. This gift of knowledge was given by Jesus, the Son of God.

Sometimes the Athanasian Creed--a longer and more detailed creed--is professed on Trinity Sunday. Try praying these creeds very deliberately and consider what your Christian faith means to you.



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

### Word of the Week - Creed

A "creed" is a formal and public statement of beliefs. Christians especially refer to the Apostles' Creed or the Nicene Creed. These Creeds express our unity of belief as we commit ourselves to the truth revealed to us in Christ and made known to us by the Holy Spirit.

### 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@cgscchurch.org](mailto:discipleship@cgscchurch.org)





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.