

BREAKING BREAD

Good Shepherd Catholic Church



Ellacuria Delegates Return with Lasting Impressions

by Mary Ann Erdtmann



The leadership of Ellacuria accepting the gifts from Good Shepherd.

has been sold this year to help pay for tuition for Manfredo and Rigoberto to study medical technology at the National University of El Salvador located in San Salvador.

The figures are unbelievable by our standards! It costs ONLY \$200 a month to send a student to the university and the community provides a scholarship of \$50 per month. The family has to make up the difference. Demis and Sonia's sons may have to drop out of school for lack of

money; so little money by our standards. (Tom also reported that the Ellacuria villagers were "overwhelmed" when presented with the large amount of medical supplies collected by Good Shepherd parishioners.)

Heather Dall: The trip was a huge eye opener for me, not so much in the physical conditions other people live in, which I had experienced before, but in better identifying what's important in life and experiencing first hand how resilient people can be. I've always believed in the phrase "less can be more", but until this trip I didn't understand its full value. To see people living together in poverty, with such a history of trauma, and still be able to maintain a strong sense of community, made me realize how much we as a society are missing. We tend to focus on our own individual lives and how much stuff we can accumulate.

"So, I am just beginning to understand that solidarity with the people of Ellacuria means being present with them, with one God watching over all of us."

- Chuck Koenings

Our five parish delegates, returning from their trip to Ellacuria in October, brought back lasting and deeply felt impressions. Visiting our sister parish to help celebrate the 20th anniversary of their return to Ellacuria from the refugee camps in Honduras were: Tom Dueppen, Sharon and Heather Dall, and Chuck and Judy Koenings.

Here are reflections from four of the delegates:

Tom Dueppen: (Tom was struck by the sacrifices made by villagers Dimas and Sonia to send their sons to college.) Our friend Dimas has only one cow is what we learned while touring the home he shares with Sonia, his wife, and their three sons; Manfredo, Rigoberto and Carlos. Dimas normally has a herd of 6-12 cows giving the milk to families with babies that own no cows. All but one cow

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Combined Collections

by Meriel Christensen

Interfaith Senior Programs

by Marie Honel, Community Outreach Coordinator, Interfaith Senior Programs

Cori quit her job three years ago to care for her 90 year old mother Bernice, who had Alzheimer's disease. Bernice suffered from severe memory loss, and she couldn't care for herself or complete basic tasks. Before long, Cory found the 24/7 role and the reality of never having a moment alone took a toll, so she looked for help.

When Cory called Interfaith Senior Programs,

she found out that non-medical respite volunteers would visit a person at home so their full-time caregiver could take a break.

When a volunteer named Carol was found, it was a match made in heaven. Before long, Carol and Bernice were great friends, and Cori found the break she needed to be replenished. "Carol is our angel on Monday morning," says Cori.

Through its Faith In Action Program, Interfaith assists 1,000 seniors and adults with disabilities annually who need help to stay independent in their homes. Interfaith's Retired and Senior Volunteer Program places 500 volunteers aged 55 and over with 100 community organizations in need of their assistance, including Riverside Elementary in Menomonee Falls.



ACTS: Allied Churches Teaching Self Empowerment

by Meriel Christensen

ACTS works with families and individuals who are denied access to home ownership for various reasons. ACTS has brokered over 35 foreclosed properties this year. They are working to stabilize their church neighborhoods. Since foreclosed homes sell for cheaper prices and require rehab it is a perfect fit for ACTS.

They have 3-5 major rehab projects and 3-5 smaller rehab projects underway at any given time.

Many families who are most in need have the toughest rehab to accomplish. In the past ACTS has worked with a number of Church and Community Groups who have dedicated their time and talent. In particular high skilled contractors such as plumbers, electricians, heating and cooling specialists, and carpenters are needed for a weekend day of work. ACTS is also in need of volunteers to lend a hand for some demolition or painting work.

Last but not least dollars are needed for loans and rehab projects. A leaking roof, an old furnace, old electrical wiring or fuses, and leaking water pipes compromise the safety and health of the families helped by ACTS. In the past many of these essential needs have been met through the generosity of the "Good People of Good Shepherd." All who work with and benefit from our help are forever thankful.



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"1 in 12 Households In Wisconsin Have An Inadequate Supply of Food"

by Jane Clare Ishiguro

At the end of the year, local food pantries welcome and need generous donations of food and financial support. The December Combined Collections for food pantries will go to the Menomonee Falls Food Pantry and the Food Pantry of Waukesha County.

The Falls Food Pantry

supplies food to those who are temporarily unemployed or experiencing financial hardships. It is dedicated to seeing that no one in our community has to go hungry.

Created 30 years ago, the Falls Food Pantry is supported by 12 churches in the area. Presently it is serving approximately 500

adults and 400 children.

The Food Pantry of Waukesha County serves the entire county - 38 municipalities. This past fiscal year, this food pantry served over 8,000 people from more than 3,880 families - in need of their support.

Volunteers are welcome at both food pantries.





Who's Who and What Do They Do?

Meet the Good Shepherd Staff – a series for Breaking Bread

This is one in a series of articles on the members of our parish staff. The intent is to better acquaint parishioners with the “Team” and provide a better understanding of the responsibilities of their position.

MEET THE GOOD SHEPHERD STAFF:

A Perfect Match

by Bryan Ramsey

She calls it a perfect match - the mission of Good Shepherd and the new Director of Christian Formation and Youth Ministry Suzanne Foster.

She has known of the great reputation of the parishioners walking the walk. So when the position opened just as her position was being eliminated at Dominican High School this past summer, Suzanne says “the Divine somehow made all the connections to make this possible.”

Since joining the staff in August, Suzanne has been buried in work.

The Generations of Faith (GOF) program has kept her busy. The enthusiasm captured her attention right away. “I enjoy new challenges,” says Suzanne. “I like giving my all to educational experiences that are dynamic, challenging, and require leadership to go the extra mile. GOF sounded exciting! It is!”

Suzanne has a way of drawing in the young, the teenagers, the young adults and the adults all at the same time with her electric personality and creativity. So with that, coupled with her eight years of teaching Theology at Dominican, she is making the ministerial transition from school to church.

Suzanne has been hard at work devel-

oping retreats and preparing youth for the Sacrament of Confirmation. It was as a high schooler that Suzanne says she “came to know Christ personally and as a friend” at a TEC - Teens Encountering Christ - retreat. “I truly believe I was called to serve God and the people of God through that TEC experience.”

“I get goose bumps when I hear a young person giving witness to his/her faith,” Suzanne says of her passion for youth ministry. “Youth really need a strong connection to their church community and God during the most fun and difficult years of their lives.” With that connection in mind, she would like to expand the work camp experience by developing a sort of backyard camp. “A local work camp would afford youth who cannot afford to go to a long distance work camp an opportunity to do work camp. Local agencies would benefit from our service as well.”

One of Suzanne’s favorite scripture verses is Micah 6:8. It speaks of acting justly, loving tenderly and walking humbly with God. With the things she’s accomplished already and the dreams she has, it’s no wonder Suzanne and the Good Shepherd community are a perfect match.



Suzanne Foster
Director,
Youth Ministry



SEPTEMBER GENERATIONS OF FAITH REFLECTION

Gospel Chaos

by Bryan Ramsey

In the September GOF the creed took center stage as the object of our learning. During the session we were sent on a wild ride around church to experience some episodes from the life of the Son of God, Jesus Christ. It was as chaotic as the title

suggests.

In our own lives, the chaos is often unexpected when we are presented with an opportunity to show our faith. It is at those times we need to deliver on the big challenge to show Jesus to someone who needs a hug,

a prayer or a helping hand.

Join us for some Gospel Chaos each month in GOF. Everyone is invited. Check mygoodshepherd.org to learn more about this session and how to sign up for the next one.



MEET OUR Pastoral Council



Julie Nolan

October 5, 2009 Pastoral Council Minutes

Both September and YTD financials are positive and ahead of plan/budget although envelope contributions continue to run behind budget.

Several Council members reported continued problems with the distribution and delivery of meeting minutes. Council liaisons are to work with each commission to ensure proper distribution.

Mary Oswald agreed to consider the Pastoral Care Commission as the Council liaison.

Fr. Mich reported that the Prayer and Worship commission is planning a new membership drive. The open leadership position needs to be a priority for this commission.

The Pastoral Team is

starting a practice of reviewing each commission. A regular review of each parish ministry is also underway.

The Christian Formation Commission delivered a Faith in Our Future expenditure request in support of an audio/visual upgrade to Daniel's Hall. Since the FIOF receipts will come in over the next 3 years the CF commission will approach the ASC regarding an advanced funding mechanism.

Pat Taugher and Bob Wachowiak have joined the Pastoral Council Discernment committee. Steven Grieb has joined the Pastoral Council Formation committee.

A trial run of a Pastoral Council booth/table after two Masses was completed in the

past month. Relatively low traffic volumes and minimal conversations were reported. We anticipate a once-a-month schedule in conjunction with after Mass hospitality going forward. Bulletin announcements will be pursued along with after Mass announcements.

Fr. Mich provided background on the Vibrancy project. The council originally sought to examine various areas of parish life and determine how we are doing. Five areas were identified and several have since been pursued with action plans. Attractiveness to Young Families and Demographics are the two areas that remain to be addressed.

Generations of Faith

OCTOBER GENERATIONS OF FAITH REFLECTION Singing That Made Your Hair Stand On End by Bryan Ramsey

October GOF attendees spun the wheel in "Saints of Fortune" and met some Saints with a big "S". We also honored some fallen saints with a little "S" by a procession and reflection to the Wall of Remembrance. And finally, we took a look inside ourselves to see how we could live a more saintly life.

The three concepts couldn't have been more woven together than by the opening prayer and song.

Suzanne Foster led us in a round of "I'm going to sing, I'm going to shout and praise the Lord", "Swing low sweet chariot" and "Oh when the Saints". The communion of saints lifted their individual songs toward Heaven to combine as one beautiful prayer to God - exactly what the communion of saints can

accomplish whenever they come together.

Don't miss the next chance make your hair stand on end with the communion of saints. Go to mygoodshepherd.org to see more of this session, and we invite you to join us soon.



Closing Celebration for Parish Experience of God Focus

by Mary Ann Erdtmann

We may not have experienced God in the burning bush as Moses did, but we certainly experienced God in a bonfire at our closing celebration of Good Shepherd's 2-year focus on the Experience of God.



Following the 4:30 p.m. Mass on Oct. 17, parishioners gathered outside to roast hotdogs and

marshmallows for s'mores. After food, music and fellowship, parishioners gathered around a huge bonfire for a reading from Exodus of Moses' experience of God in the burning bush and a reflection from Father Mich. Parishioners then placed their pieces of wood inscribed with their special EOG experience or insight into the fire. Even as our official EOG ends, may we continue to experience God in the people we meet and in the daily events of our lives.



Ellacuria, from page 1

I would love to see more youth taking advantage of this unique experience and urge them to join us the next time we go. As a younger adult myself, I love to travel and explore new countries, so this was an opportunity to do just that. Being a part of the delegation also gave me a chance to participate in something powerful and very personal.

The people of Ellacuria took us in with open arms and immediately treated us as family, which I had never experienced before. I was grateful to have been affiliated with something that was giving back to them after all they did for us, and have accomplished themselves.

Chuck Koenings: I'm begin-

ning to discover what it means to come into solidarity with the people of another land and culture: living with the people is what it takes. During our stay in Ellacuria we lived in the child care center. We knew that a group from Detroit was going to join us for lunch. It was a larger group than we expected – eighteen people. I felt like I was greeting guests into my home. It seemed strange but I was also very proud that I could feel like Ellacuria was my home.

The people of Ellacuria told us many times how much they appreciated that we stay in the community with them. I believe they value our presence more than the money we send or the things we bring. So, I am just beginning to understand that solidarity with the people of Ellacuria means being present with them, with one God watching over all of us.

Judy Koenings: Remember a couple years ago when we

learned about the Principles of Catholic Social Teaching – remember the banners? Well, one week in El Salvador brought all of them to life for me. The people of Ellacuria value every life in the community – the young, the old, the troubled. They work harder than any people I know – and work is vital to the dignity of each person. They care for creation when they use organic latrines and when they plant new trees to replace those cut down. They feel obligated to participate in the life of the community through leadership positions. They advocate for the basic right to clean water when they work with other communities to fight against companies that pollute the environment and they walk in solidarity with other communities that are struggling more than they are.

This was my third trip to El Salvador and each time I learn a little more about what it means to live as Jesus taught us.



Delegates to Ellacuria were commissioned by Fr. Mich during liturgy prior to their departure. Pictured left to right are Chuck Koenings, Judy Koenings, Tom Dueppen, Sharon Dall, and Heather Dall.

Exercise and Breast Cancer: More Good News

Submitted by Laverne Schoonover, RN

Numerous studies have shown that physical activity may help protect against the development of breast cancer and its progression. Now a large scale study, conducted by researchers at the University of South Carolina, has found that women who have high fitness levels are less likely to die from breast cancer.

"Some of the biological effects of physical activity that may play a role are the regulation of hormones, lower rates of obesity and less inflammation," says Steven Blair, a co-author of the study

and a professor of exercise science at the University of South Carolina's Arnold school of Public Health.

The study followed more than 14,000 women from 1973 to 2003. It found that those with the lowest fitness levels (as measured by treadmill tests) were nearly three times more likely to die of breast cancer than those with the highest levels.

Women don't have to run marathons to gain this protective effect. Blair recommends a commonsense weekly exercise routine. Five

hours of moderate activity, such as walking, or two and a half hours of vigorous activity, such as jogging.



"Five hours of moderate activity, such as walking, or two and a half hours of vigorous activity, such as jogging."

To further the spiritual growth of the Good Shepherd Community by providing an inspirational view of parish life.

Did You Know? Immigration Laws

by Meriel Christensen

On October 17 our Archdiocesan Justice for Immigrants team sponsored a day of training for those interested in knowing the problems our country faces regarding undocumented immigrants. We also shared ways we can work to encourage Congress to fix the broken immigration laws. The goal of our team here at Good Shepherd is to educate ourselves and our community on the myriad of myths and truths that face both immigrants and citizens of our country.



Let's start with a history lesson: Immigration laws as we know them today did not exist until the 1920's, after waves of European immigration had subsided. Quota laws slashed the number of new immigrants allowed into the United States. Anti-Catholicism and anti-immigration sentiments have always been closely linked. The impact of immigration on the United States in the early 20th century was the same as—if not greater than—its impact today which is increased population. Today's immigrants come to the United States for the same reasons immigrants came in the 19th and early 20th centuries. They come to escape economic, political and religious injustice, even if only temporarily.



Welcome New Members!

Bill and Rose Schwister

Good Shepherd Catholic Church

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