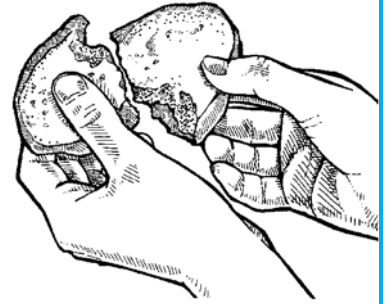


BREAKING BREAD



This will be the 17th workcamp for Good Shepherd youth. This year they will go to Sullivan, IL, from July 12-18 to fix up houses.

Workcampers Give and Receive at Garden Cleanup

by Mary Ann Erdtmann

It was that beautiful Saturday afternoon in April. They could have gone hiking or biking or worked in their yards. Instead, these 11 workcampers and 12 adults were at Repairers of the Breach, cleaning up the flower and vegetable gardens, weeding and spreading woodchips, along with Repairers members.

Not only did they beautify the garden, but the Good Shepherd youth and adults also sat down with Repairers members afterwards to hear their stories and learn about the shelter's mission. (Repairers is a daytime homeless shelter on 14th and Vliet Sts., in Milwaukee.)

Patrice Procopio, in charge of the annual garden cleanup, was "thrilled that the youth of Good Shepherd responded to the call for service at Repairers' Garden of Peace."

Joyce Griesbach called the cleanup the "miracle on Vliet St. The teens, parents, members and committee worked as a team and the gardens were never so clean and neat, ready to spring forth in new beauty."

Kevin Birschbach, who coordinates recruiting workcampers for various service projects, observed how moved the parents were. "They went to the garden to support their kids and found that they probably benefited more than their children."

And the kids who participated? What was their reflection on the experience? "I thought it was an incredible, eye-opening experience. It made me realize how lucky I am and I was amazed by how those who have so little can have so much hope and faith",



Repairers member and Good Shepherd workers load woodchips to spread round the garden.

noted Rachel Eigner.

Erin Birschbach said, "The experience is one I'll never forget. Hearing the stories of people who are homeless and seeing the joy on their faces when we were done in the garden made me want to go back."

For Annie Grizzle, "the most moving part was hearing the homeless men talk about their experiences." She was also "impressed with their relationship with God and how much they truly love God."

The garden cleanup is one of many service projects workcampers can participate in, to help defray expenses. They also have fund raisers, including the Bowl-a-thon, flower sale and pancake breakfast.



Workers weed the vegetable garden.

Combined Collections for June 2009

by Meriel Christensen

COMBINED COLLECTIONS

The Good Shepherd Combined Collections program offers parishioners an opportunity to support worthwhile causes directly through their stewardship letter. The program features 12 select outreach efforts throughout the year.

Ellacuria: 20 Years of Solidarity

Although separated by thousands of miles, our spirit of solidarity keeps us close to our brothers and sisters in Ellacuria, El Salvador. Through letters, delegations and funding of projects which our sister parish deemed important, we have nurtured our relationship and friendship with them.

For the last 20 years, we have walked with the people of Ellacuria, helping them to rebuild their village after their return from the refugee camps. With funds from the annual Central America Committee's craft sale, Combined Collections, fair trade coffee and chocolate sale, we have helped fund the construction of their school, a safe water distribution system and their church. (A banner of the church hangs in our worship space, a gift from the Ellacuria community.) We have also sent a donation to help students with their college tuition. Part of our funds also go to support Good Shepherd delegates to Ellacuria and delegates from Ellacuria to Good Shepherd.

Good Shepherd parishioners who have visited Ellacuria have been moved by the deep faith, sense of community, cooperative spirit, joy and gratitude of the people in our sister parish.

Another delegation from our parish is planned in October for their 20th anniversary celebration.

Catholic Relief Services

93% of all funds raised by CRS go to programs around the world including the United States.

As I am writing this article

on April 23, CRS workers and their partners are distributing 2.8 million insecticide treated mosquito nets to children under 5 years old and to pregnant women throughout the West African Nation of Niger.

Their goal is to have 80% of pregnant women and children under 5 protected with these nets by 2012. The pain and suffering malaria inflicts on children and the debilitating weakness is immense.

Malaria affects the economy of Niger. Billions of francs are spent on hospitalization, medicine and lost working days. The \$10.00 nets are too expensive for most families to purchase. The sad outcome is that malaria is the main cause of death for pregnant women.

Today CRS is fighting malaria in 15 countries across the world. In Benin, more than one million children receive medical treatment and prevention education. In the Democratic Republic of Congo, CRS has a program that helps more than 140,000 children avoid the sickness. And we at Good Shepherd can be part of the program to reduce this suffering with our Combined Collections.

Youth Workcamp

This summer 27 students from Good Shepherd will be traveling with other students from area churches and a

group of adults to Sullivan, IL for a week of direct service, fellowship, and worship.

Several of our recently confirmed 11th grade students identify Workcamp as a turning point in their spiritual lives. One such student wrote, "We would go in small groups to those in need of basic home repairs, especially those who could not afford the repairs or were not able to perform them themselves. We painted the insides and outsides of houses, built wheelchair ramps, rebuilt stairs, and resealed roofs. Neighbors pitched in, residents would help and, by midway through the week, seemingly the entire town was



Workcampers at Garden Clean-up Day at Repairers of the Breach.

helping out. A neighbor of the home we were working on took most of the week off of work to help us repair the staircase up to our resident's front door."

The Workcamp participants leave with a new sense of responsibility for helping those less fortunate and a glimpse of what it means to build the Kingdom of God. Watch for opportunities to support these young disciples throughout the year.

Opportunities to Learn and Grow in Faith

by Wendy Morrison & Lorrie Maples

There are a variety of opportunities at Good Shepherd, in addition to the Generations of Faith program, to learn and grow in faith.

Next year in Generations of Faith we will be covering the basics of our faith through an exploration of the **Creed**. Here are some of the topics to look forward to:

- The Church
- Jesus Christ: Death and Resurrection
- Holy Spirit
- The Trinity
- Communion of Saints and Life Everlasting

Parishioners are also provided the following opportunities for formation:

Adults

- Mass
- GOF Sessions
- Additional Activities Home Kit and on the Website
- Sacramental Prep
- In the Spotlight
- Bible and More
- Mini Courses
- Outreach Programs

Youth

- Mass
- GOF Sessions
- Additional Activities Home Kit and on the Website
- Confirmation Prep in Grades 10 & 11
- Youth Ministry Events
- Workcamp

Children

- Mass
- GOF Sessions
- Additional Activities Home Kit and on the Website
- First Reconciliation and First Eucharist Prep in 2nd Grade
- Listen to the Lord
- Vacation Bible School (formerly known as Son Days)

Peter and the Wolf: An Experience of God

by Bryan Ramsey

Reverence is a key ingredient to enjoying some things. When we go to mass, we approach the service with the respect and awe that God deserves when we worship Him.

Another place where we go in reverent tones is the symphony. We appreciate the sound of a group of instruments and just soak it in when we attend a concert.

Add kids to the mix of either of these events, and the reverence is electrified with an energy that heightens everyone's experience.

Now I know why Jesus said, "Let the children come to me and do not prevent them; for the kingdom of God belongs to such as these."

Some Good Shepherd

parishioners and their families packed up a lunch, hopped on a bus and headed to downtown Milwaukee on Palm Sunday to watch the Milwaukee Symphony Orchestra's performance of "Peter and the Wolf."

With the symphony's music as the main attraction, the story was accompanied by a mime performance that enraptured the kids and thus delighted the adults. No words needed be spoken as the terrific MSO took the crowd through the joyous song of Peter and the devious song of the wolf with Peter eventually prevailing as the hero of his animal friends.

The kids followed every movement of the performance on the edge of their

seat (and a lot of times out of it). It was a mobile crowd as the mimes moved from one side of the hall to the other.

The adults needed only listen as the cymbals clashed and the flutes twittered. But as they watched the actions and giggles of the kids, it was as if they were watching first communicants join Fr. Mich around the altar or the kids procession of candles leading the Gospel to be proclaimed. It was electric - lighting a fire that caused the performance to jump joyously in the hearts of all.

"Let the children come to me and do not prevent them; for the kingdom of God belongs to such as these."





Who's Who and What Do They Do?

Meet the Good Shepherd Staff – a new series for Breaking Bread

This is the first 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: Exciting and Changing Times by Bryan Ramsey



*Lorrie Maples
Director of Child Ministry
Joined parish staff in 2008*

These are changing times for our parish. And Lorrie Maples couldn't be more excited.

Lorrie has been the director of child ministry at Good Shepherd for a year and has witnessed the explosion in how we handle our youth and adult formation by the institution of Generations of Faith.

“That’s one of the reasons why I took this job was the intergenerational learning,” Lorrie says. Before there was ever a program called “Generations of Faith,” she has been doing the family model of preparing children for first communion and first reconciliation. “The parents were involved in the classes. I had meetings where the parents and children were together [doing] theological reflections and praying together. When I applied for this job, the thing that got my attention was the intergenerational learning. I’m really behind it.”

She spends most of her time working in conjunction

with other parish ministers to make GOF informative and effective. This next year GOF will be in full swing with eight sessions to enrich the faith of all parish members – both young and old. So Lorrie and the rest of the Christian Formation office will be busy planning every Tuesday, trying to expose parishioners to the music, social justice, and many other ministries that Good Shepherd offers.

In getting GOF off the ground, it took a while for the “whole church formation” concept to sink in, but she loved it when it finally clicked. “I was just all twitterpated that everyone was coming on board. The team here is very helpful and very supportive. I know we’re trying to do something completely different - something they’ve never experienced before - but they’re very open to it, and the parish is very open to it as far as I can see.”

In addition to GOF, Lorrie directs the children’s Liturgy of the Word on Sunday for

ages 4-7.

In doing all these activities, she has seen her own life change. “Every time I do something, I grow a little bit. It shapes me. Sometimes [I feel] like, ‘I don’t want to do that. I’m not enthused.’ But I do it anyway. And as soon as I call the children forward, I forget that I was cranky, and we have a wonderful time and I come away feeling so, so good.”

Lorrie sees herself becoming more of a family minister in the future as the entire church becomes more involved in the formation of the kids. The change couldn't be more welcome as far as she's concerned. “I think it’s really exciting. I think the fact that the parish isn’t divided over it [the switch to intergenerational formation] makes me believe it’s going to work. It doesn’t always work when you switch over. This parish is very receptive. It’s been very positive.”

A Reason to Hope: The Future of our Faith

By Robin Sites

When I was asked to write this article I was a little hesitant. I didn't think I had anything to share about why, specifically, I became involved with the Faith In Our Future campaign. Getting involved in parish ministries has always been something I've done. Well, it turns out that Sandy and I have recently been given a clear example of why we chose to be involved in the Faith In Our Future Campaign.

Sandy and I have been blessed with a new granddaughter!

She's going to be baptized soon and her Grandfather will be the one to do it.

Without Good Shepherd's help, having paid for his tuition to attend the seminary to study for the diaconate, this wouldn't have been possible.

I want our sweet granddaughter to have all of the opportunities that we've had to learn about her faith. I want her to go to a Catholic

school and if her parents can't afford the tuition, then this campaign will, hopefully, have generated funds to be able to provide some assistance.

Good Shepherd has been blessed as a community. Our outreach program is phenomenal; this campaign will help it get even better. Wouldn't it be wonderful if we could use our part of the funds to help Repairers of the Breach renovate their facilities so they could do more? Or how about Ellacuria, what if we could fund college tuition for several students?

The list is endless but it won't come to fruition unless everyone takes a part. Remember, it isn't just about Faith in our Future it is really the future of our faith.

FAITH
IN OUR FUTURE

www.faithinourfuture.org



Robin Sites

Robin Sites is the Faith In Our Future campaign Follow-Up Leader.

If you haven't already ... please return your Commitment Card to the parish office.

On May 9/10 we celebrated Commitment Weekend and parishioners were asked to return their pledge to the Faith In Our Future campaign. Any parish families who have not returned their pledge Commitment Card will be sent additional notices. Please help us save postage costs by returning your card today so we can eliminate a follow-up mailing. Thank you!

Offering of Letters Weekend



Pictured are Dave & Cathy Christensen and some of the many parishioners who wrote letters during our recent annual Bread for the World Offering of Letters. A record 240 letters were written.



Nancy and Ed Geiger write to their legislators asking for a reform of U.S. foreign assistance to provide more effective aid to reduce global poverty

Protein Power

By Laverne Schoonover, RN

According to Suzanne Havalala Hobbs DrPH, R.D. clinical associate professor of Nutrition at University of North Carolina just about every food except fruit contains protein. Well known sources include salmon (about 20 g), chicken (18 g), and low fat cottage cheese (14g), tofu, lentils and almonds (9 to 10 g).



Lesser known sources: green peas (4g), egg noodles (3.5g), cooked oatmeal (3g), asparagus (2g) and brown or white rice (2g).

Sue favors protein from plant sources—they supply fiber and vitamins without harmful fats and tend to be cheaper than meat or fish. Eat a variety of plant foods and enough calories to meet your energy needs and ensure that you get the amino acids (the building blocks of protein) that your body needs.

When you're in a hurry, try the easy-to prepare, protein-rich sources listed below. Bon appetit!



“Sue favors protein from plant sources—they supply fiber and vitamins without harmful fats and tend to be cheaper than meat or fish”

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

Quick 'n Easy Protein-Rich Foods

Yogurt parfait - 8g per cup
(Nonfat yogurt mixed with granola). Sweeten with honey if you don't like plain yogurt.

Peanut butter on whole grain bread. Check www.fda.gov to make sure your peanut butter has not been recalled for salmonella contamination. 7g per tablespoon and about 3 g more for the slice of bread.

Hummus in a whole wheat tortilla - 9g plus 4g for the tortilla.

Bean burrito 13g

Vegetarian chili or bean soup - 9g per cup.



Welcome New Member

Chuck and Jenny Onasch

Robert Wilcott

Good Shepherd Catholic Church

BREAKING BREAD

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