

BREAKING BREAD

Good Shepherd Catholic Church



Sharing Their Vision and Gifts

by Mary Ann Erdtmann

Our new pastoral council members, Mary Oswald, Pat Taugher and Tom Dueppen, bring their gifts of vision, experience, and enthusiasm. They began their three-year term July 1, having been selected through a discernment process which began with nominations from parishioners.

Not only their gifts, they also bring different perspectives from their particular stages in life.

Mary and her husband, Dean, are the parents of five young children: Andrew, Benjamin, Maggie, Olivia and Emma.

Pat's family includes his wife Laura, and teenagers, Kevin and Megan. Tom, the "elder" of the council, and his wife, Joyce, have four grown children: Deborah, Tom, Edward and Doug.

How do they see their roles on the council?

"I see myself as a voice for the people of the parish, especially families," said Mary. "I have a passion for children and the elderly and look for ways to connect them, like visiting nursing homes." She likes Generations of Faith for that reason. Kids are sitting next to grandparents and they

exchange ideas.

Mary would also like to see children more involved in the liturgy. "Even at the simplest level, the kids have a vested interest when they participate in liturgy," she believes. Her oldest son, Andrew, is an usher, a liturgical role he is excited about and takes seriously. Some of her other children take up the food and money baskets at the Offertory.

"Our new pastoral council members, Mary Oswald, Pat Taugher and Tom Dueppen, bring their gifts of vision, experience, and enthusiasm. They began their three-year term July 1 ..."

Besides bringing his perspective as a parent of teenagers, whose formation and participation in the parish he thinks is very important, Pat wants to contribute to the mission of the parish.

"I am aware of the significant challenges that lie just ahead for Good

Shepherd and the other parishes in the cluster as a result of the priest shortage," Pat said. He believes that the parish needs a Spirit-driven, creative and effective council and parish leadership, as well as an active parishioner involvement, to ensure its continuation of faith formation, service and social justice.

As the senior member on the council, Tom wants to use his experience for the benefit of parishioners. He looks forward to working with the other council members and likes the process of decision making through consensus.

Like Pat, Tom is also concerned about the future of the parish because of the priest shortage.

"I believe the church is at a turning point. In five years, are we going to have a pastor? I assume we would still be an individual parish. It's an interesting challenge," he noted, "and I want to be involved in this time of change."

Each council member serves as a liaison to one of the five commissions. Tom will work with the Prayer and Worship Commission and Mary and Pat with the Christian Formation Commission.

New Pastoral Council Members



Mary Osgood



Pat Taugher



Tom Dueppen

Combined Collections

by Meriel Christensen

Guest House

The Guest House serves 86 men each night in their emergency and transitional living programs. They offer supportive services, such as, AODA counseling and case management to over 170 men, women, and children who live in their own apartments. In addition they offer advocacy services to the greater homeless community. And they educate the broader community on justice education regarding homelessness.



The Guest House offers a continuum of services making it possible for individuals and families to move from homelessness to an independent life style. They meet people where they are in life and provide the necessary services for them to move forward.

Besides our monetary help for personal care items we can volunteer to dispense those items at the meal program and meet the men who are in for the night. My

own experience has been nothing but positive. The men are not only grateful, they are polite and friendly and protective of us as we enter and leave the House.

During the Advent season holiday gifts are welcome.

For more information about the Guest House go to www.guesthouseofmilwaukee.org.

Everyone is also welcome to participate in their walk, wine tasting, musical concerts and golf event.

Repairers of the Breach

Repairers of the Breach is grateful for our financial, volunteer and prayer support. It helps sustain their daytime resource center/sanctuary for homeless adults. Good Shepherd has seen the depth of faith of the people they serve, and of their capacity to empower each other to become transformed. Our lives have also been transformed through our presence at the Breach. Their work includes the actual saving of lives. Throughout the life-



threatening temperatures of last winter, they became a 24-hour warming room for a total of 34 nights. The nightly average was 25 persons – mainly "street people" or stranded Individuals.

The Breach provides more than fifty-five services and program opportunities to bring homeless people into mainstreamed, contributing lifestyles. These include basic services such as mail delivery and showers, to a fully credentialed walk-in Learning Center. Underway is a free

medical clinic offered in collaboration with Milwaukee School of Engineering's School of Nursing.

Careful stewardship is making the facility renovation come closer. Thanks to Good Shepherd's support there will continue to be successes among the homeless participants. MacCannon says, "Thank you for allowing us to be part of how you live your faith walk, unmistakably in the footsteps of Jesus."

HOPE Network

During the past year, we were rocked with horrific stories about Milwaukee babies suffocating while they slept with an adult. HOPE Network is working to fight such avoidable infant death. HOPE is the only agency in town that distributes free Pack n' Plays to needy single mothers. We expect to give 150 of these small, safe cribs this year.

Mothers find free and inexpensive resources for parenting education and

family fun in the HOPE Network News. Social workers say the News is indispensable for their work with needy families.

HOPE Network, founded by Good Shepherd parishioner Gail Grenier Sweet, is a grassroots alternative to abortion serving families headed by single mothers. HOPE's office is located in room 201 at Good Shepherd.

Volunteers are always welcome.

On Sept. 18, HOPE will celebrate 27 years of service,

with a wine and beer tasting fundraiser. Join us at the Radisson ballroom for hearty hot and cold hors d'oeuvres, entertainment, a silent auction, and a raffle of a Wii Fit system and hand-made quilts. Tickets may be ordered by calling HOPE at 262-251-7333 (\$35 before August 18; \$40 after). Raffle tickets cost \$5 each and may also be ordered by phone.

Every penny counts in helping babies and mothers. We are Christ's arms and hands!





Who's Who and What Do They Do?

Meet the Good Shepherd Staff – a new 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:

Jane of All Trades

by Bryan Ramsey

Being a pastoral associate carries a lot of jobs: preacher, adult faith formation director, responsibilities in the areas of human concerns and social justice outreach are just a few.

Jane Clare Ishiguro calls herself a “Jane of all trades” as a result of being in this position for the last six years.

Jane Clare helps direct the 13 different ministries offered as a part of the human concerns commission. “We’re a very unique parish in that we started with a commitment to social justice and have continued that over our fifty years of being a faith community,” says Jane Clare of the fact that Good Shepherd is so well known for its outreach and social justice initiatives. “I’m glad to be part of that coordination.”

She has been very active in developing education for outreach and human concerns issues. One of the ministry initiatives she takes particular pride in is the school supply drive and the Generations of Faith (GOF) take home bags that provide basic needs and food for the less fortunate. “Learning about the Gospel, about Jesus and growing in our relationship with God involves an understanding of the needs of the poor and how we can best serve them and walk with them in their journey.”

Jane Clare has taken a lead role integrating adult faith formation into GOF. She, along with Lorrie Maples, works to enrich the faith of ALL parishioners. She would like to see more people attend GOF to enhance the passing on of the faith to younger parishioners as well as hearten the faith of older ones.

Other success stories that Jane Clare touts are the outside education programs offered and the Spotlight Program that has blossomed with new and interesting material for adult faith enrichment. “There seems to be an awareness that this is part of our faith journey,” she says. “It’s a kind of ongoing calling to grow in our faith that people are responding to and seems to be second nature within the parish. It’s just very exciting.”

Jane Clare also has the privilege of delivering homilies at mass. “It is a wonderful way to pray and worship with the community. It’s an unusual opportunity for a lay person these days, thanks to the visionary support of Fr. Mich, I am allowed to do that. I very much enjoy being able to reflect on the Gospels.”

Jane Clare has a lot on her plate that makes her job as pastoral associate very exciting on many different levels.



Jane Clare Ishiguro
Pastoral Associate

Welcome New Members!

- Jerry and Dottie Higgs
- Mary Pogorelec



“Caring for God’s Creation” Committee Forming

If you are interested in joining a committee called Caring For God's Creation, please email marykult@gmail.com.

This committee will be working on Good Shepherd’s proposal for “going green” as a parish.

MEET OUR Pastoral Council



Jeff Bloedorn, Secretary

July 6, 2009 Pastoral Council Minutes

Mark Steimle reported that fiscal year 2008-09 finished with a surplus of \$17,901. 100% of the surplus will be applied to reduce the projected deficit for fiscal year 2009-10. Despite the surplus, contributions continued to track about 5.7% down from the prior year. A balance sheet report was provided and will be provided monthly going forward.

The Call To Action Conference will not be considered a formal Council formation event this year and registration fees will not be covered by parish funds.

Suzanne Foster new Director of Religious

Education and Co-Director of Generations of Faith joins the staff on August 1.

Extensive conversation was had regarding current cluster events. St. Agnes and St. Anthony have announced that they are leaving the current Four Saints and a Shepherd Cluster to form a stand-alone cluster consisting of the 2 parishes and the remaining three parishes will meet to discuss future plans. We understand collaboration to mean working cooperatively on the priest shortage issue, and working together on programs with possible growth in the future

Officers for 2009-2010

are Dave Christensen, Chairperson; Jim Yerger, Vice Chairperson; Jeff Bloedorn, Secretary.

Jim Yerger provided an update and clarification to the Council on the process for Shepherd Staff Award nominations and consideration.

Dave provided the Council with a general background overview of the Vibrancy project including actions to date and key findings to provide new and current Council members with a common understanding as it is anticipated that the Council will again focus on Vibrancy topics in the coming months.

The Eschweiler New Century Fund

By Mark Steimle

What is the Eschweiler New Century Fund?

Often in the course of the weekly business at Good Shepherd someone makes reference to the "ENC". Those of us who work with the numbers take it for granted that everyone knows what these initials stand for. ENC is the short name for the Eschweiler New Century fund. This fund was established in 1992 as the Good Shepherd New Century Fund and renamed in 1998 in loving memory of Fr. Fran Eschweiler, the founding Pastor of Good Shepherd.

The parish leadership in 1991 recognized a need to provide an ongoing means of support for carrying out the mission of Good Shepherd. The parish believed it was important to have a permanent source of revenue to support the continued existence of the parish. In addition the fund was set as a means to enhance and expand outreach, programming, staffing, services, and capital

requirements. The fund was also set up as a vehicle for parishioners to make a planned gift to Good Shepherd. The fund therefore functions as a type of endowment for the future of Good Shepherd.

Who oversees the Fund?

The fund is overseen by a committee consisting of the Pastor, the Parish Trustees, the Director of Administrative Services, a member of the Pastoral Council, and 2 to 3 members at large. The committee meets 3 to 4 times per year to review the fund and approve expense requests. Current committee members are: Rev. Kenneth Mich, Marty Hassenfelt, Bob Wachowiak, Maggie Brennan, Mike Bub, Dave Christensen, Meg Latus, and Mark Steimle.

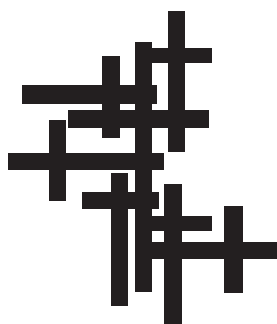
The fund has grown over the years through parishioner contributions, funeral memorials, additions from yearly operating surpluses and investment gains. The fund is professionally managed through the Wells Fargo Advisor services and

contains a mix of 60% stocks and 40% bonds and currently (as of 7/30/09) has a value of \$463,050.

How is the Fund used?

Historically, ENC monies have been used to support continuing ministry formation for parishioners, the seminary education of Fr. Mark Brandl, parish educational efforts such as guest speakers, mini courses, and resources for the parish library. Monies have also been used to support the start up of the Generations of Faith program. Requests for funding can happen at any time during the year. This year however, requests for funding from the Eschweiler fund have been included as part of the annual Parish budgeting process.

Good Shepherd is blessed to have this resource. Many parishes do not have such funds available. Given the current economy, the fund may serve Good Shepherd well in the future as we continue to carry out the mission of Christ on Earth.



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WorkCamp 2009

by Erin Birschbach

On July 12, over 60 teenagers and adults left for the middle of the cornfields in Illinois, to the little town of Sullivan. We spent the week helping the elders of Sullivan, painting houses, building porches, and cleaning up their houses for them. Some of these people live alone and loved having us around to talk to and interact with. The most satisfying thing for many of us was seeing the look on their faces when they saw their house completely done.

The town of Sullivan was so

hospitable, and took very good care of us. There was never a time when we couldn't go help ourselves to cookies and beverages. The camp organizers wanted to rename the camp from *Fields of Grace* to *Fields of Cookies*. We were always ready to work. Most of us were put on one of 63 sites with people from all across the United States. We were all complete strangers with one thing in common, we came to serve the town of Sullivan and God. But by the end of the week we had made so many new friends and learned so much about other people and their religions, it was amazing.

Every night we would all come together and share our God sightings for the day and

reflect on the day's work. Then we would go to devotions lead by Matt Hakes and many of us agreed that that was by far the best part of the day. He took everything that we were hearing about being a Christian and serving God and made it so easy to understand. We all learned so much from Matt. Overall, the whole work camp experience taught me so much about what it means to be a Christian and how much helping someone out can make you smile.

REVEAL
...HOPE FOR THE POOR
...RELEASE FOR THE CAPTIVES
...SIGHT FOR THE BLIND
...FREEDOM FOR THE OPPRESSED
...THE LORD'S FAVOR...
JESUS



Workcamp: New Memories for an Old(er) Man by Matt Hakes



Some of you may know me. I had the good fortune of being Good Shepherd's minister for children and youth for about twenty years. It's hard to believe that I've been away for a full year. When someone asks "Do you miss Good Shepherd"? I always answer the same way: "I miss the people, especially the kids." I

have many great memories, but on the top of the list are all the memories of Workcamp. When my successor moved on I was offered an opportunity to go back to Workcamp in her place. I got to see the kids. What a great group and we all should be proud, not only of their accomplishments in Sullivan IL, but of who they are as young people! The youth



"... it's the love of Christ alive, especially in the kids."

demonstrated and defended their beliefs through prayer, play and service to one another, all in the name of Christ. The people of Sullivan IL were overwhelmed by the graciousness and service of all the youth.

On average, I would say this is the youngest group I've had in seventeen years. The potential is great for advancing

this ministry and the parish has much to be proud of in supporting this mission Each Workcamp is different, each with its own distinct memories. This Workcamp reminded me why the Lord led me to Youth ministry a long time ago – it's the love of Christ alive, especially in the kids.

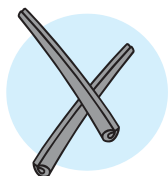
Thank you for the opportunity.

Preventative Care: Spice Cures

By Laverne Schoonover, RN

Much in the news recently, is that Congress is working on ways to reform Health Care. What's being stressed is that more emphasis should be placed on preventive care. There are many things we can do to help our bodies maintain optimum health, like diet and exercise, but Anna Kulz M.D. a primary care physician and founder of "Just Wellness LLC" has proposed an emphasis on the use of spices and herbs to boost our health. She points out that powerful plant compounds known as phytochemicals help fight heart disease, cancer, alzheimers, type 2 diabetes, arthritis and other diseases.

The following spices have been shown to be particularly beneficial:



Cinnamon. It has an almost medicinal power.

Recent studies have shown that it enhances the metabolism of glucose and cholesterol, thus providing protection from type 2 diabetes and cardiovascular disease.

Even healthy people can benefit from cinnamon's impact on blood sugar, according to a study in, "The American Journal of Clinical Nutrition".

Suggested uses: Cinnamon can be added to oatmeal, cereal, yogurt, coffee and tea, also apple and pumpkin dishes. Use up to ¼ to 1 ¼ tsp. a day.

Turmeric. Curcumin, (turmeric's active ingredient) is one of the most potent, naturally occurring anti-inflammatory agents ever identified, and thus may be one of the best all-round spices for disease prevention and anti-aging. Inflammation plays a central role in

most chronic diseases. Research studies on mice demonstrate turmeric's ability to reduce the buildup of plaque in the brain that is associated with Alzheimer's and cognitive decline.



Suggested uses: Add to your favorite bean, poultry, seafood, tofu, and rice dishes, as well as to soups and stews. It is also used in classic Indian dishes, such as curries.

Cilantro. It is high in the vitamins A and K, beta-carotene, and any dark leafy green's.

Suggested uses: Add fresh, chopped cilantro to salsa, guacamole, omelets, salads, soups and stews.

Parsley. One tablespoon of fresh parsley provides more than half of the daily recommended value of vitamin K. It's also rich in vitamin A, lutein and zeaxanthin (which promotes eye health) and provides nature's most concentrated source of flavonoids, plant pigments that provide health benefits.



Suggested uses: Add fresh, chopped parsley to salads, pasta and rice dishes, soups and stews.

YOUR GREEN CORNER

by Mary Kult

It is hard to think cold, when we are in the midst of warm weather, but thinking ahead, we can save ourselves some money. Who couldn't use more money in these leaner days? Last March we insulated our attic after being in our home for 32 years. It was a new home then, and with the heating bills as they were, we decided to take the tax credit issued by the government for 2009. We went to Home Depot and chose an insulation of crushed paper versus the usual fiberglass. Besides this option being more eco friendly, it cost less. Home Depot has the blower to rent and with two persons the job was done in a half day. And, Home Depot delivered the insulation and blower to our doorstep. I had hoped to see a smaller heating bill, but could hardly believe the bill was cut in half! Oh, how I wish we had done this earlier!

So although it may be hard to think cold at this time, it is worthwhile looking ahead.



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

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