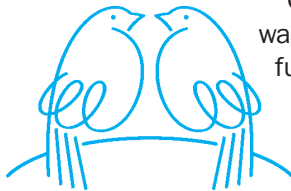
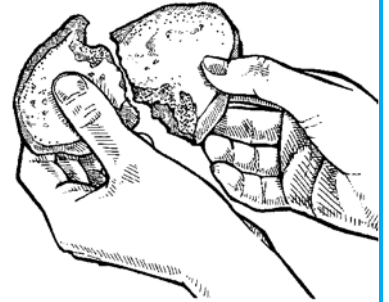


BREAKING BREAD



Date Your Mate, Energize Your Marriage

by Meriel Christensen

Our first gathering of Date Your Mate was held on Valentine's eve and it was fun.

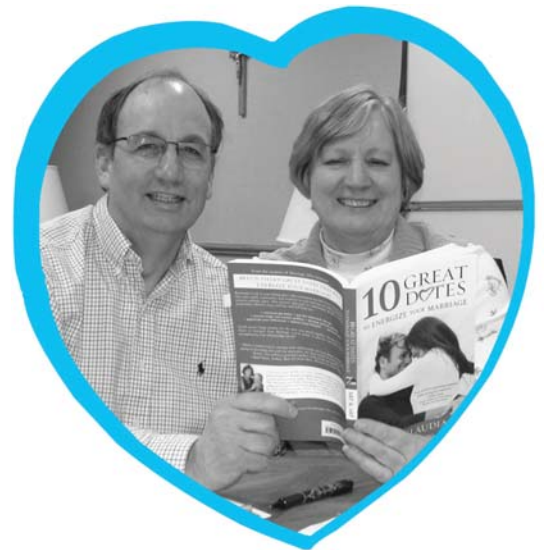
Tony and Pat Burns welcomed everyone. The program was explained briefly by Jane Clare Ishiguro and the topic of the evening was presented in a skit by Gene and yours truly Christensen. Steve and Barb Schmit (pictured) reviewed the ground rules and everyone was off to the restaurant of their choice. Sorry, movies are off limits.

Each couple went forth to put their marriage relationship first, commit to growing and changing together, and to work at staying close. This is what the authors of the program call building a High Priority Marriage. In March, on date number two we will Learn to Talk. Now won't that be interesting? Now you see why there are no movies allowed?

Jeaninne Rapant said she was glad to find that she and Mark have a "pretty average" marriage. They experience the same type of relationship presented by team members, the Christensens. Mark enjoyed talking about memories that went back over their 25 years together.

Harlow and Mary Kay Wilford followed the ground rules. They stayed away from the topics of children, jobs, in-laws, and any other topic outside their relationship.

Kevin Birschbach said that it was "neat for me and Louise to reconnect" as they reminisced their years together.



"Each couple went forth to put their marriage relationship first, commit to growing and changing together, and to work at staying close."

Jeff Bloedorn (lucky husband of Ruth) said, "We truly enjoyed our first "Date Your Mate" experience. It was fun to work through the questions together and to recall many very special moments in our life together. We simply haven't thought about some of those things in a long time. The preparation group kept the brief meeting enjoyable so that we were relaxed and ready to go have fun together as a couple."

Gene and I are looking forward to date number two on March 13th with great anticipation. We have the restaurant picked out and we are really looking forward to Learning to Talk. Wow, it's another six word story of our life together: **Gene and Meriel learn to talk.**

What's this 10 Great Dates book about?

To give you an idea of the exercises provides in the book, here are a few conversation topics from Date One:

A Trip Down Memory Lane:

- First time I saw my mate:
- First date, First kiss
- Favorite dates
- First time we talked about getting married
- Wedding day memories
- Most romantic moments
- Happiest memories

What's Great About Us!

- What are three things that are positive about our marriage relationship?
- What are two things that are fine about our relationship but could be better?
- What is one thing I personally could do to make our relationship better?

These are some great conversation starters for any married couple, even if you aren't "officially" part of the Date Your Mate gatherings.



News from the Outreach Committee

by Jane Clare Ishiguro

Relief for Victims of the Earthquake in Haiti



The Good Shepherd Outreach Committee meets quarterly to discuss and discern which causes, ministries or projects will receive funds from the five percent of the parish income set aside for Outreach. These are the latest donations given from the Good Shepherd community of faith:

Cathedral Center - \$1500

This Center provides living space for mostly homeless women and children (at times men with children also.) Programs at the Center include emergency shelter and case management. The

staff at the Center helps clients with locating housing and jobs, and with mental health issues – all to encourage greater independence for their clients.

Help for Haiti – \$1000

was given to Catholic Relief Services from Outreach funds. (In addition to this, parishioners have donated \$2095, and the 2010 Lenten Collection is for Habitat for Humanity: Haiti.)

Focus of the Year

Beginning in September 2010, we will be contributing about half of the Outreach

Funds to ministries which address the focus of the year, “Homelessness.” Our intent is to support programs which serve and advocate for people who are experiencing homelessness. In addition to the giving, we would like to raise awareness in the parish about the issue and good things being done to address it in our area.

The next Outreach Meeting is May 10. Requests for funds on the agenda: Dismas Ministry, Waukesha Habitat for Humanity and Caring Hands for Tanzania.

RCIA



Rite of Sending for Megan and Brad

Fr. Mich prays over RCIA candidates Megan Ryddner and Brad Eesley during the Rite of Sending during the Liturgy on the First Sunday of Lent. The Rite of Sending is a ritual which recognizes the candidates and, in the name of the parish, sends them to the Cathedral on that same Sunday for the Rite of Election and Ongoing Conversion. The Rite of Election is the formal ritual when the catechumens become “the Elect” and are referred to as the Elect until Holy Saturday. During the Easter Vigil on Holy Saturday Megan will make her Profession of Faith and she and Brad will receive the sacraments of Holy Eucharist and Confirmation.



RCIA candidates, Brad and Megan, are flanked by their catechists who “break open” the Word with them on Sundays. Pictured are Betty Wachowiak, Brad Eesley, Megan Ryddner, and Nancy Hassenfelt.



RCIA candidates, sponsors and catechists of the Menomonee Falls cluster gathered for an overnight retreat at the Sisters of St. Francis Motherhouse on January 29th.

Reminisce Ministry

by Dorothy Link

About a year ago, I had an inspiration that called me into action. I began what is called *Reminisce Ministry*. Since that time, the ministry has blossomed. Let me tell you a little bit about it.

What is Reminisce Ministry?

Teams of two or three volunteers visit seniors at local nursing homes, assisted living and retirement facilities where they walk down memory lane with the seniors. Discussions are lively. We go once or twice a month for about 45 minutes.

Summers are off. We now have “how to “ packets with seventeen topics (so far), hints, flyers, etc. No special talent is needed; just a caring and compassionate acceptance.

Why share memories?

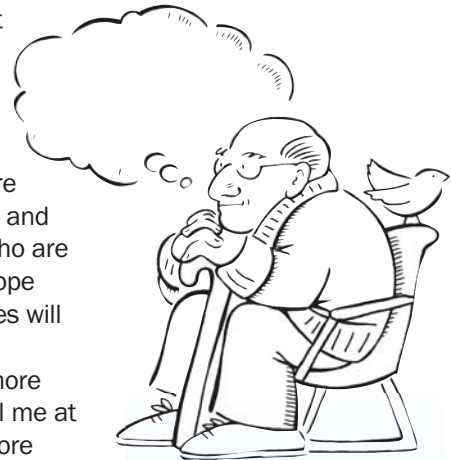
The rationale behind Reminisce Ministry is simply that sharing memories enhance lives. Remembering integrates life from the past with life in the current moment. It helps make meaning out of past experiences. It can strengthen self-esteem and

reduce feelings of isolation.

Most of all, it's fun! Perhaps the Holy Spirit is calling YOU!

Since a year ago we have grown from one to five teams. In the works are four more teams from St. Gabriel and Holy Cross Lutheran who are starting groups. We hope other LARCUM churches will join in, too.

We always need more volunteers. Please call me at (262) 251-3054 for more information.



Reminisce Calling

Prayer

Caller of Abraham, Moses, Samuel, prophets and disciples,
Are you calling me, too?
I feel a deep thirsting – for what? Here I am:
Speak, Beloved, I'm listening.

Canticle

So many seniors are feeling lonely,
Feeling unimportant,
Feeling excluded.
Speak, Beloved, I'm listening.

Where is awakening?
Where is joy?
Where is the last hurrah?
Speak, Beloved, I'm listening.

Last year you urged me to start a new ministry.
Reminding seniors of past blessings,
Recalling their journeys,
Reawakening God's loving presence of yesterday,
Recapturing precious memories,
Recognizing their wisdom.
Speak, Beloved, I'm listening.

“You are just what we needed!” (Hug)
“This is my best (105th) birthday.”
“When are you coming back? (Tomorrow?)”
“Mrs. (Blank) never spoke before!”
You've spoke, Beloved, and we are listening.

“Remembering integrates life from the past with life in the current moment. It helps make meaning out of past experiences. It can strengthen self-esteem and reduce feelings of isolation.”

For more information about this ministry, call Dorothy Link at (262) 251-3054.

Our Vibrant Parish

SECOND IN A SERIES

Welcome & Hospitality

by Mark Steimle

Last month we introduced you to the *10 Signs of a Vibrant Parish*. The Pastoral Council has been using these signs as a tool for discussion about the mission of Good Shepherd. A vibrant parish is one that has vitality and a healthy life that others recognize.



The first sign of a vibrant parish is ***“All who enter experience welcome and hospitality”***. Making members and

guests feel welcome is not a difficult task but it requires a genuine commitment. It means making accommodations for those with different needs. It means helping the stranger to feel like a guest.

At Good Shepherd we have greeters who meet visitors and parishioners in the narthex before each weekend liturgy. Another of the ways in which we help people feel welcomed is the “warm up” prior to the start of liturgy. We ask people to introduce guests and announce special events such as birthdays and anniversaries. Sunday hospitality with coffee, cookies and lemonade encourages people

to linger after mass to engage with one another. Including the ushers, we have over 170 people involved in creating a welcoming environment.

Welcoming and hospitality also requires openness to different ideas and new ways of doing business. In what ways do you find Good Shepherd to be welcoming and hospitable? Have you experienced a warm welcome at another parish? We’d like to hear about the experiences you had have either here or at another parish. Email us at goodshepherd@gdinet.com and tell us about your experience.



Ten Signs of a Vibrant Parish

1. All who enter experience welcome and hospitality.
2. Liturgy inspires active participation and offers an experience of God.
3. Parishioners recognize their parish mission.
4. Collegial leadership is practiced.
5. Members are recognized as gifted and called forth to use their gifts.
6. Faith is nurtured.
7. Outreach to the body of Christ is practiced.
8. There is a plan for a sustainable and responsible future.
9. Communal life abounds.
10. Baptism’s vocational call is cultivated.

*Denise Simeone,
National Catholic Reporter*



TRIDUUM/EASTER SCHEDULE

Holy Thursday April 1
Good Friday April 2
Holy Saturday April 3
Easter Sunday April 4

HOLY THURSDAY

- Mass of the Lord's Supper 7:30 p.m.
(Adoration of the Blessed Sacrament one hour after Mass)

GOOD FRIDAY

Celebration of the Lord's Passion 7:30 p.m.

HOLY SATURDAY

Easter Vigil 8:00 p.m.

EASTER SUNDAY

8:30 a.m., 11:00 a.m.



- Jean Cerull
- Mary Stokes



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:

The Internal Battle at Good Shepherd

by Bryan Ramsey

“It’s always a challenge. The job constantly changes. I’m always doing different things,” says Jerry, the custodian at Good Shepherd. “It’s not like I got a routine where I do the same thing everyday, however there are things that I’ve got to check everyday to make sure they are done, or looking good, or not broke, or in the proper order or working.”

Jerry is a man dedicated to what he does 40 hours a week for our church of 900 families or almost 2400 parishioners - so dedicated that I could squeeze out just short of four minutes of his time so he could get back to buffing the upstairs hallway.

Jerry’s boss, Administrative Services Director Mark Steimle, appreciates his dedication as well. “He’s got very good mechanical skills,” Mark says. “If a problem stumps him, he just keeps at it and keeps at it until he finally figures out the solution. There’s been some real tricky issues that he’s been able to solve for us, but it was always a battle. It was Jerry versus the machine.”

Whether it’s a problem with the baptismal font heater or an issue with a boiler that keeps

shutting off, Jerry excels at conquering sticky situations. “He’s all about taking on those kinds of projects and trying to figure it out until he gets it fixed,” says Mark who also notes of Jerry’s never-ending prowess to gain more knowledge about the building and its contents. “When vendors come in, he’ll spend time with them, picking their brain about this or about that so that he gets an understanding of the mechanical system.”

Jerry juggles the ever-changing schedule of events that go on in the church, in Daniels Halls, in the upstairs classrooms, anywhere in the building. “I’ve got to constantly be aware of the meeting arrangements in the rooms and the set-ups and the tear-downs and everything of that nature,” Jerry says of the almost non-stop activity that goes on at church.

Jerry’s very proud of our building and is dedicated to the craft of maintaining it his way. Like for the average home, there are issues that arise and need attention. Jerry uses every last moment of his time to win the battle of keeping Good Shepherd in good order.



“Jerry uses every last moment of his time to win the battle of keeping Good Shepherd in good order.”

A Newsletter By Any Other Name ...

by Mary Ann Erdtmann

When you think of Breaking Bread, you think of our Good Shepherd parish newsletter, right?

Yes, that’s right, but it wasn’t always so. Do you remember previous names of the newsletter?

Working on our parish archives, I came across the second parish newsletter from 1964. It’s name: “You Name It”—Parish Newspaper. As of the second issue our parish newsletter had no name, so inside was a tear-off for parishioners to submit suggestions. Parishioners could place their completed entries in the collection basket, hand it to an usher or enclose it in their Sunday envelope. The prize for

the winning entry? A \$10.00 gift certificate for a local food store! Of course, \$10.00 could buy a lot more food in those days.

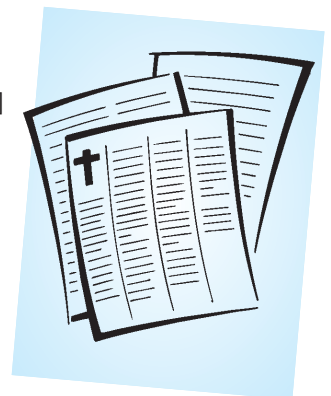
The winning name? *Good Shepherd Shearings*. A few years later, the newsletter was called Sounding Board, followed by *The Shepherd’s Horn* and *Breaking Bread*, our current name.

What was inside those newsletters? Here’s an example from July, 1969: “Good Shepherd’s emphasis on a “Lent for Others” this year met with a very generous response to the CFM’s Housing for Welfare Families Project. Six hundred dollars was given which will help these families buy homes. CFM

[Christian Family Movement] and the Welfare families are deeply grateful for this response to others.”

Stay tuned.

From time to time we will highlight other stories from past issues.



Fruit Drinks Increase Diabetes Risk

Submitted by Laverne Schoonover, RN



Recent findings show that women who consumed two or more eight ounce fruit drinks a day that contained high fructose corn syrup were 31% more likely to develop diabetes than women who consumed one fruit drink a month.

Women who had two or more 12 ounce soft drinks per day were 24% more likely to develop diabetes than women who consumed only one soft drink a month. Diet soft drinks, and orange juice did not appear to increase diabetes risk.

—Julie R. Palmer Scd, senior epidemiologist, Slone Epidemiology Center, Boston, and professor of epidemiology, Boston University, and leader of a study of 43,960 women, published in Archives of Internal Medicine

Dangerous Grapefruit Juice

On another note, do not take grapefruit juice and take prescription drugs, that combination could threaten your health. This holds true for whole grapefruit, pomelos or any grapefruit products, as well as tangelos, Seville oranges and products made from these fruits. Even pomegranate juice may not mix well with some medications.

Grapefruit and these other juice products can alter the effects of many drugs, such as medications for high cholesterol, high blood pressure, seizures or immunosuppressant agents. So don't take drugs with these juices or products made from them unless your doctor or pharmacist approves.

(Source: Mayo Clinic Health Solutions)



“Diet soft drinks, and orange juice did not appear to increase diabetes risk.”

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

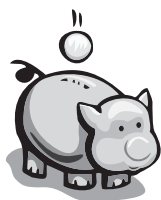
YOUR GREEN CORNER

by Mary Kult

Green and Frugal?

Yes, being frugal and being green can be synonymous as well as each supporting each other.

Being frugal is not the same as being cheap. Frugal is working to have an sustainable lifestyle. Engage conversation with the whole family in how your family can meet the present economic trials and be green at the same time. Can you come up with a few ways you can be frugal and green? Find out what works for you and consider it may not always be easy being green!



Some possible ideas:

- Embrace thrift and shop Goodwill stores
- Check out Craig's list and help yourself as well as the seller
- Avoid processed foods
- Buy locally grown foods
- Make your dinners at home versus going out
- Use leftovers for lunch
- Consider family games versus cable
- If you have an electric water heater consider putting it on a timer for times most used.

- Recycle gifts or clothing
- Have a white elephant party
- Consider community gardening
- Consider line drying your clothes or use racks in the bathtub. This can save on the longevity of your clothes and save on your utility bills. (This is one of the harder areas of being green and you may consider only doing this in the summer time, or only part of your laundry this way.)

Are there any other ideas you can share with the parish? Please email marykult@gmail.com

Good Shepherd Catholic Church

BREAKING BREAD

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