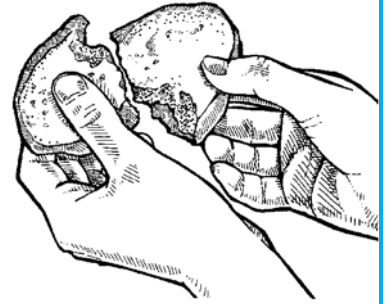


BREAKING BREAD



What You Always Wanted to Know About a Homily, But Were Afraid to Ask

by Deacon Sandy Sites and the Homilist Team

When it comes to Liturgy, we Catholic's have lots of rules. It is really quite remarkable that on any given Sunday or feast day, in the tens of thousands of Latin Rite parishes worldwide, all will use the same seasonal liturgical color, will hear the same scripture passages, and will celebrate a Mass identical in main structure.

Right in the midst of all this uniformity comes the homily. It is anything but exacting. In fact, the probability is that each and every homily delivered in each individual parish will be a unique creation. Bishop Kenneth Untener reminds us of what should be a daunting thought for the homilist. In his book *Preaching Better*, Bishop Untener states:

When preparing for a homily, the very same action of the Spirit is present that was present when the original text was formed.

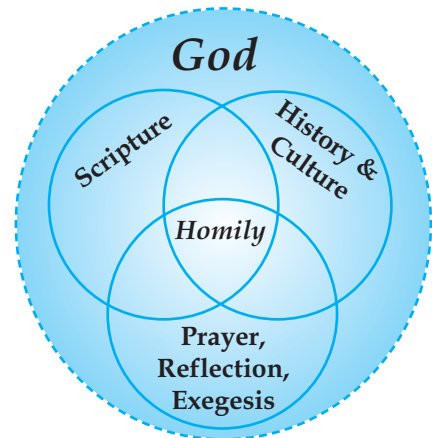
Similarly, according to the United States Catholic Conference of Bishops document *Fulfilled in Your Hearing*:

If the words of scripture are divinely inspired, as we believe them to be, then divine inspiration must be at work when those words are made alive and contemporary to the believing community in and through the ministry of preaching.

We see the uniqueness of each homily play out right here at Good Shepherd. We are fortunate to have five homilists. If all five were assigned the same set of readings to preach on, it is almost certain that each homily would be quite different.

So then, given the freedom of the homilist and the unique nature of each homily, just how does it come together? How does the homilist decide which reading or psalm, or combination of them, to break open? And if an issue of the day is referenced, how is that determined?

Though each homilist might give a little different twist to the following, below is representative of a process that has been taught in recent times at our own St. Francis Seminary.



Pray: Setting a foundation of the action of God in the preparation process, ask God to enlighten the work for the good of the community and ask God to remove the homilist "self" from the process.

Personal Reflection: Identify words, phrases and actions of God in the Gospel that relate to the life experience of the homilist.

Exegesis: Using a variety of resources, research the readings uncovering historical, cultural and theological context.

Where is God: Identify where God was active in the lives of the community in the times that the scriptures were written. Then look for a contemporary example that will help the assembly recognize similarities in our lives today.

The Homily: Having first prayed, reflected and researched, create a communication that

Fr. Kenneth MICH



Deacon Gene CHRISTENSEN



Deacon Sandy SITES



Jane Clare ISHIGURO



Humbled by Our Solidarity with Ellacuria

by Sharon Dall

Sharon, a member of the recent Good Shepherd delegation to Ellacuria, reflects on her experience.



During our last night in El Salvador our delegation had dinner in the hills surrounding the city of San Salvador. The view of the lights below was breathtaking. As I submerged myself in the beauty, I recalled the events of the past week.

I had heard numerous stories of the Salvadoran peoples' fight for justice and recognition of human rights which we in America take for granted. I had learned of the blood shed by courageous martyrs, the slaughter of over

seventy thousand civilians, and about people today bringing about social changes which the ruling classes had denied them for so long. The underlying theme was one of the strength and endurance of a courageous people.

Where was I during '80's, when the poor in El Salvador and those who joined with them were called "terrorists"? Where was I when the U.S., my country, helped contribute to this tragedy by supplying arms to the Salvadoran government and training its

military?

After dinner our bus driver, Santos, shared with us the words of the "acting" nurse in Ellacuria when we donated seven bags of medical supplies. She called the people of Good Shepherd "angels", expressing her deepest appreciation to us. Yes, Good Shepherd, we do make a difference!!! Yes, we are "humbled" in our solidarity with a most gracious and loving people!

Generations - of - FAITH

This new movement of inter-generational learning in the Catholic Church has become known as the Generations of Faith movement. Good Shepherd is one of the parishes that is on the cutting edge of developing inter-generational learning. Our GOF program here at Good Shepherd has been blessed to have a planning team that values experiential learning.

Call the Good Shepherd Christian Formation Department (262) 255-2035 for more information.



Participants at the December Session of GOF learned about Jesus the Son of God by presenting modern day settings of Jesus' miracles, healings and teachings.

Pentecost Mission: An Opportunity to Grow

by Betty Polcyn

The Pentecost Mission at Cardinal Stritch University is a basic adult religious education series. It involves investing eight Saturday mornings from 8:30 to 11:45 to enrich your knowledge of the Church and faith through many different topics.

The topics of the session I attended included: The New Testament: Jesus and the Gospels taught by Dr. Daniel J. Scholz of Cardinal Stritch University, who has also presented for our parish's "In the Spotlight" series. Dr. Scholz is a knowledgeable and engaging presenter. From this lecture I learned the timeline of when Mathew, Mark, Luke and John wrote their Gospels. (Not something included in our Baltimore Catechism lessons.)

Christology: Who Do You Say That I Am?, was taught by Fr. Jeffrey Haines, pastor of St. Francis Cabrini parish in West Bend. A very thoughtful

approach to thinking about faith and our beliefs. Fr. Timothy Kitzke, pastor of Three Holy Women parish, in Milwaukee, led a lively discussion of Sin and Grace.

Fr. Steve Lampe, also a Cardinal Stritch faculty member, discussed The Prophets, and Fr. Andrew Nelson, former rector of St. Francis Seminary, spoke about the very timely topic of Catholic Bioethics.

Jean Marie Weber, the Coordinator of Pastoral Formation at Cardinal Stritch, invited student participation and interaction to explore The Church: Hope & Light of the World. Fr. Steven Avella, Professor at Marquette University, ended the series with a knowledgeable and lively presentation of Church History: The Immigrant Church. Very applicable to today's experiences in the Church.

If you were counting, you

know that was only seven topics. I missed Dean Daniels discussion of Liturgy: Advent, but will attend his presentation in April. All presenters gave a list of resources where information on their subject could be expanded by further reading.

Within the group of students were deaf individuals who were served by two people who translated the presentations into sign language. This was an enhancement for those of us who could hear because it expressed the words in a very beautiful and physical manner. The interaction among attendees was a very positive aspect of attending this lecture series.

Participants were very diverse culturally and came from across the Archdiocese geographically.

The journey of faith and learning has no end!

The Spring Semester for this lecture series began January 23. The themes of the eight sessions are the same with different subtopics. The lectures cost \$25 per session. The Eschweiler New Century Fund will cover the cost - with a request from you. If you are interested in attending, contact Jane Clare Ishiguro at the parish office.

Homily, from page 1

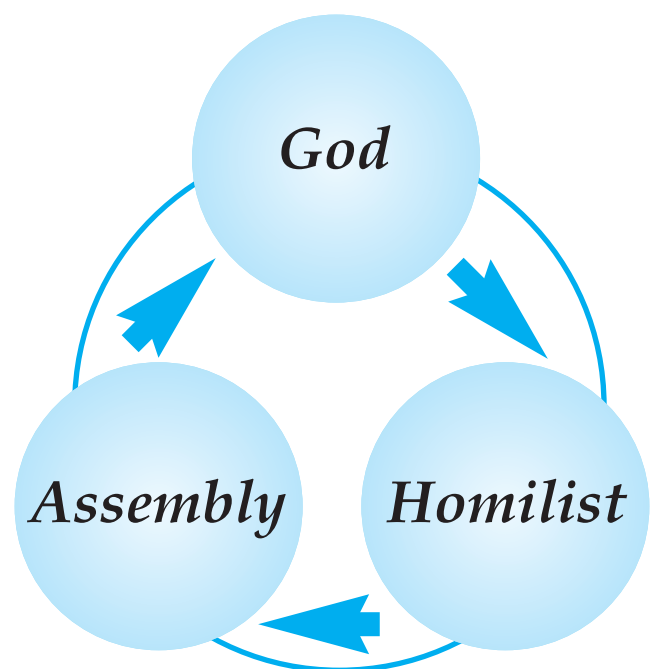
identifies the action of God in life then (in the scripture) and now, and invite the assembly to consider a transformative or salvific awakening in their own lives.

Another critical dynamic is the action and participation of the community. Divine inspiration was not only active in the authoring of the original text and is active in the creation of the homily, but it is also active in the hearing of the community. (Luke 16:21 "Today, this scripture has been fulfilled in your hearing".)

The commonality present in all three; scripture-author,

homilist-creator, and community-participant, is that the action all starts with God - not with the individual.

Please pray for your homilist team (Fr. Kenneth Mich, Deacon Gene Christensen, Deacon Sandy Sites, Pastoral Associate Jane Clare Ishiguro). And know that we will pray for you, the assembly. It is a humbling task we take on. Knowing that our collective action is divinely inspired makes us realize the blessing and responsibility we share.



House of Peace Toy Collection 2009

"I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me..."

Matthew 25:31



Good Shepherd was able to provide numerous gifts to the House of Peace this Christmas. About forty parishioners went down to 17th and Walnut to the House of Peace to help distribute the gifts to about 2,500 children whose families are registered. The House of Peace has been serving the needy in the heart of Milwaukee's Central City since 1968. During this time it has been a beacon of hope for thousands of individuals who were without food or clothing. It has been there to comfort those in despair and to offer help to those who had nowhere else to turn.

Lessons & Carols



The Christmas Festival of Lessons and Carols is a service celebrating the birth of Jesus. The service, which originated in the Anglican Church but has been adapted by other Christian traditions, including Roman Catholic, usually follows the celebration of Christmas. Through biblical readings, the story of the fall of humanity, and the promise of the Messiah and the Incarnation of God through Jesus is told in nine short scripture readings from Genesis, the prophetic books and the Gospels, interspersed with the singing of Christmas Carols and choral music. Potluck dinner follows and activities for children are included. Check it out next year!



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 Face of the Ever-Changing Business of Good Shepherd

by Bryan Ramsey

There are a select few who handle the business of Good Shepherd. Marguerite Thompson is one of those few...handling the “business” business and the “personal” business of the church.

Marguerite has been the administrative assistant for administrative services for the past four years. She is Administrative Services Director Mark Steimle’s right hand woman for processing checks for the parish, posting contributions week-in and week-out and just assisting with the business of Good Shepherd.

Then, there’s the reception aspect of the job that Marguerite loves. “I view my role primarily as being the hospitable face for Good Shepherd, whether in phone or in person, witnessing to our values,” she says. “Anyone who comes into the parish office expects to be greeted by people who have a sense of ministry, and I would say most certainly that whatever face meets people at the door should be a hospitable one.”

Between the three administrative assistants at Good Shepherd -liturgical (Gene Christensen), Christian formation (Shari Rodriguez) and administrative (Marguerite) – there is a collaborative effort to take care of parishioners and others who call or come into the office. She says they are a great

group of people to work with and love to serve their church in any way they can.

“There’s this anticipation of what’s going to happen, because you just don’t know. You need to be prepared for what might walk in the door that day, be it joy or sorrow. I’m raring to go everyday.”

There are always many things that are happening at Good Shepherd. Marguerite knows this well as she spends a lot of time putting together and publishing the weekly bulletin filled with the many ministries, opportunities and messages for parishioners. Besides the daily and weekly tasks, Marguerite attends to a variety of projects that come under the administration category. As well, staff changes have required Marguerite’s attention – acclimating and bringing the newbies up to speed on the way Good Shepherd does business. She also assists in the publishing of this “Breaking Bread” newsletter.

An exciting time, to say the least, and Marguerite has been up to the challenge of the ever-changing business and people of Good Shepherd. “Getting to know parishioners has been a lot of fun. This position offers a wide opportunity for meeting a variety of parishioners and there are such wonderful characters at Good Shepherd.”



Marguerite Thompson
Administrative Assistant

“I view my role primarily as being the hospitable face for Good Shepherd, whether in phone or in person, witnessing to our values . . .”

High Blood Pressure: The DASH Eating Plan

Submitted by Laverne Schoonover, RN



High blood pressure can increase your risk of stroke and heart disease. The DASH (*Dietary Approaches to Stop Hypertension*)

eating plan helps lower blood pressure. It's low in saturated fats, cholesterol and sodium while rich in nutrients from fruits, vegetables and low-fat products.

The standard DASH plan (2,300 mg of sodium) may significantly lower blood pressure, but the low-sodium DASH diet (1,500 mg) is even more effective. Most sodium comes from eating processed foods.

The DASH plan may help prevent high blood pressure, or if it's slightly high, eliminate your need for medication. For more severe hypertension it may allow you to reduce your medication. But don't stop or change your medication without asking your doctor.

If you follow the DASH eating plan, you may also:

- Reduce your risk of heart and blood vessel disease.
- Cut your risk of some cancers.
- Lower your risk of osteoporosis.

For more information on DASH, visit www.nhlbi.nih.gov or call the National Heart, Lung, and Blood Institute Health Information Center @ 301-592-8573.

Important to remember is that if you have high blood pressure, eat less than 1500 mg. of sodium a day. Healthy adults need less than 2,300 mg. per day. To get less sodium:

- Eat more fresh foods, such as fruits and veggies, and fewer processed foods, such as lunch meats, bacon, hot dogs, sausage and ham.
- Chose low-sodium products— compare labels.
- Remove salt from recipes whenever possible.
- Limit use of condiments.
- Use herbs, spices and other flavorings.



“Important to remember is that if you have high blood pressure, eat less than 1500 mg. of sodium a day.”



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

YOUR GREEN CORNER

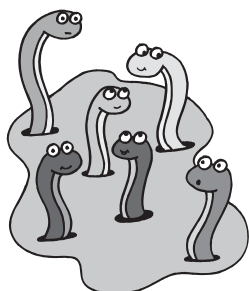
by Mary Kult

Get Ready for Spring!

Here are some ideas for all age groups.

- Save your coffee grounds to fertilize your plants (especially your roses) next spring.
- Save your eggshells to ward off the grubs next summer. Parents, have the kids rinse out the shells, and air dry and place in a paper bag. Better yet make a Lenten promise to eat more hard-boiled eggs and you can skip the rinsing, air-drying and go right to the saving in a paper bag. When the bag is half full, have a smashing party and accumulate until summer.

Anyone interested in starting a worm farm? Email [Mary Kult @gmail.com](mailto:Mary.Kult@gmail.com). It's easy being green (a little messy), but worth it.



Welcome New Members!

Erica & Perry LeTourneau
and son Dylan

Robert & Margaret Kostuch

Good Shepherd Catholic Church

BREAKING BREAD

www.mygoodshepherd.org

N88 W17658 Christman Road
Menomonee Falls, WI 53051
Phone: (262) 255-2035

Mark SteimleEditor
Meriel ChristensenStaff Writer
Mary Ann ErdtmannStaff Writer
Bryan RamseyStaff Writer
Karen CluppertDesign Layout