

BREAKING BREAD



Getting a Little Perspective on Immigration

by Jane Clare Ishiguro

When it comes to the important issues of our day, there is no shortage of information 'out there' competing for our attention. How do we sift through it all? What is true? What is biased? What is in sync with the values of the gospel and our faith tradition?

On the current issue of immigration our bishops have taken an active part in the discussion. The Catholic bishops of both Mexico and the United States spoke with one voice in the pastoral letter: *Strangers No Longer: Together on the Journey of Hope*. In their letter, the bishops acknowledge that our current system of immigration is broken and in need of comprehensive reform.

In writing to us about immigration, the bishops made their priorities clear:

To address and support global anti-poverty efforts

Many migrants leave their homes because they don't have their most basic needs met. The bishops call for international efforts to create and support conditions in which people would not have to leave their homes out of economic necessity.

To expand opportunities to reunify families

Many migrants who are already U.S. citizens and legal permanent residents have been separated from family members because of all the red tape and long delays in the immigration system. Applicants may have to wait 5, 10, 15 or more years to be reunited with their families. The bishops call for serious and effective work in this area to help relieve the stress and difficult struggles families must endure.

To improve temporary workers programs

Our economy depends in part on the labor of migrants. To improve existing programs, which

can be badly run, the bishops recommend a number of steps, some of which are:

- Wages and benefits that do not devalue domestic work
- A path to permanent residency, which is both achievable and verifiable

To encourage broad-based legalization

The bishops state that there should be opportunities for those in the country without proper immigration documentation to obtain legalization if they can demonstrate 1) good moral character and 2) some equities in this country.

To restore due process

The bishops urge the government to revisit laws and policies concerning abusive treatment of immigrants.

To continue the prayerful reflection and our conversation on immigration, go to www.justiceforimmigrants.org. This site contains *Immigration Basics*, *Immigration Q&A* and more!



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Combined Collections

by Meriel Christensen

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. The following three programs are supported during the next quarter.



House of Peace

The House of Peace was founded by Capuchins Brother Booker Ashe and Father Matthew Gottschalk in 1968. It offers direct service, with dignity and respect, to those long-entrenched in poverty and to the newly unemployed poor. In 2009 it offered emergency food (5,398 families) and clothing (5,571 individuals) to those who qualify for these free services. It also offered the services of a University of

Milwaukee medical clinic (1,159 appointments) and a University of Marquette legal clinic (1,156 appointments). A full-time social worker was available for consultation (804 appointments). Our three special events for 2009 were a school supply drive in August (for 514 children), a Thanksgiving Holiday Food Box distribution (1,067 boxes) and a Christmas Holiday Food Box and Toy distribution (1,107 families).

Some people's needs are simple: one mother asked to visit our clothing closet for a dress she could wear to attend a funeral and school clothes for her son; others needed food to get through to the end of the month. Through the generosity of our donors, we were able to help. Financial and in-kind donations are always needed. Opportunities are also available to join the 2,158 volunteers of 2009.

Adult Learning Center

The Adult Learning Center (ALC) is an organization built on success. Their honor graduate, Lavelle Henry, earned his GED and started attending Milwaukee Area Technical College (MATC) last spring. Lavelle had been incarcerated in the past and felt he couldn't obtain his educational goals. He heard about the ALC from a family member and in two years he completed his GED with honors. Lavelle's story is

one that echoes the sentiment that you can achieve in spite of your past circumstances, if you have the proper motivation and support that an organization like the ALC can provide.

The center began 30 years ago with one room, ten students, two Racine Dominican Sisters and three volunteers. Today they have 90 students, nearly 100 volunteers, and a 6,000 foot square area with four classrooms, a learning lab, a library and a

study space. The people at the center work in the spirit of the teachings of Jesus Christ and the principles of social justice.

The Adult Learning Center thanks their friends at Good Shepherd for their past support. The gift of volunteers and generous monetary contributions are vital to the program. For information on volunteer opportunities, call (414) 263-5874.

St. Ben's Community Meal

It all started 39 years ago with a small meal for homeless and transient men. Today St. Ben's serves men, women, and children struggling against the devastating effects of poverty and hunger. The Community Meal itself serves an average of 350 people per night, six nights a week with a total of 106,137 meals served in 2009. They also provide local and out of town bus tickets, among other much

needed items. Assisting people to obtain a Wisconsin ID is a crucial service they offer as the State ID is the passport to needed services for many of our poorest people.

St. Ben's is a direct service and empowerment project that also provides assistance with prescription co-pays for individuals who are homeless or in treatment programs. The co-pays are limited to four per month with

a total of \$24 per person.

Good Shepherd has regularly helped with donations such as hygiene products, socks and underwear, blankets and cold weather clothing. Good Shepherd sponsors the Meal on the third Wednesday of each month. One thing more we can do to walk in the footsteps of Jesus is to volunteer to help serve the meal and to eat and visit with the guests who come to dinner.



A Singles Ministry: Single Souls 35+

by Linda Pletta

A year and a half ago, my teenage son and I moved from Michigan to return to my roots and live close to my family again. I wasn't prepared for how difficult it was to meet other singles or other parents with teenagers. In Michigan, I was very involved in an organization which provided an opportunity for single parents to socialize with other single parents and their children, and find support, companionship and self-confidence. It provided a way for singles to socialize in a group atmosphere, and even for single dads, single moms AND their children to get together on occasion. This group offered many different types of opportunities for me to choose from, and I met many women and men through this group. It was a great experience.

I tried to find a similar group in this area. When I finally found—and then got up the nerve—to attend a meeting which was posted on the group's website, no one

showed up! It turns out that group wasn't well organized, and it really deflated my confidence in trying to search out new opportunities to meet other single parents. I couldn't help but wonder how many others were having the same challenge.

So I thought: *Where does a single person go to meet people without it being a "date"?* My sister, a long time member of Good Shepherd, encouraged me to start a singles group at Good Shepherd. So I called Jane Clare Ishiguro and discussed the possibility of adding this adult formation opportunity to Good Shepherd's programs. I couldn't possibly be the only single person, man or woman, looking for a way to meet new people and socialize in a group setting, could I?

One morning at *Generations of Faith*, I sat with a single mom and her family and she was interested in participating and helping me organize the new group. A few

weeks later, I went to St. Mary's wine tasting fundraiser and met a widowed woman who expressed interest in such a group. My confidence was building and we had our first informational meeting in November.

Our mission is to provide social gatherings under the name *Single Souls 35+*. We have had several people attend our events. Our goal is to offer one or two events a month. Our outings have been to a movie, dinner, New Year's Eve party, community theater and Menomonee Falls Chilly Fest.

If you are single and 35+, whether widowed, divorced or never-married, we invite you to join us at one of our events. Check us out. Tell a friend. Or, if you'd just like more information, feel free to call Linda at (262) 345-5104. We look forward to building this ministry as a resource and support for singles in our community. **Pray for us!**



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January 4, 2010

Pastoral Council Meeting Notes

MEET OUR Pastoral Council



Bob Wachowiak, Trustee

January financial reports were not available due to the holiday. Mark Steimle reported that our expenses were running less than previous year to date. Mark will report regularly on collected Faith in Our Future funds vs. pledges. Mark and team are beginning to work on the next year's preliminary budget.

Several parishioner feedback items were received this month and reviewed by the Council. Direct responses will be provided for several with others being forwarded to the appropriate commissions for response. Several positive comments were received this

month regarding staff preparations and church decorations during this holiday season.

The Christian Formation Commission is considering a breakfast and/or dinner for confirmands and their families. Some type of event with high school graduates is also being discussed. Confirmation retreats are being planned for on-site at Good Shepherd. A Lenten program is being planned for March – volunteers are needed.

The Prayer and Worship Commission is continuing to work on a FIOF expenditure request involving possible modifications to the worship space.

The Pastoral team is beginning discussions regarding potential topics for next "theme" for the parish (ie. Destination Justice, Experience of God).

The next Cluster Council meeting to take place January 5 to determine schedule for the Vision 21 program.

After much discussion and review, we have concluded that Good Shepherd is a vibrant and active parish. We will continue to seek ways to be more inclusive and inviting for all parishioners and age groups. Further discussion focused on publicity, awareness, and communication within the parish and beyond.



Special Olympics



Becca Stelpflug
Special Olympics Swimmer

Joy in the Journey

by Bryan Ramsey

It's been a life full of challenges for Becca Stelpflug. A life that has been nothing but a joy to live, though.

The 19-year-old Good Shepherd parishioner has had a heart of gold for others for sixteen years, according to her mom, Rita. "She sees the good in everybody," says Rita. "If she sees somebody hurting, she'll go over and hold their hand or put her arm around them. She has more empathy for people than most people have."

That heart of gold now is seeing great rewards as Becca is headed for the Special Olympics National Games in Nebraska at the end of July to compete as a swimmer. "When she got picked—I mean the look on her face—if she could have done a cart wheel, I think she would have done it," Rita says.

Becca has cerebral palsy and has been taking part in Special Olympics since she was 8 years old. In addition to aquatics, she plays basketball, golf and bowling. "It's really

kinda cool what Special Olympics has done for Becca," Rita says of Becca's self-esteem and well-being. "She is in an area where she can excel in something and become her own person, and she gets lots of encouragement. It really has made her develop into a super person."

And as for Rita, her chosen family (Becca is the youngest of three sisters that Rita adopted when Becca was four months old) has been a gift that gives her great joy. "I thank the Lord daily. I am so fortunate. These kids are such a treasure and such a delight to have around." Rita, an award-winning Special Olympics agency manager (Area Manager of the Year awarded to her at Lambeau Field this past summer), has spent lots of time with Becca and the other athletes to make a great program. "Well, you volunteer your life away. It's a tremendous experience to work with [these kinds of individuals]."

Now, though, Becca has plenty of work to do by herself to get ready for the National Games. Strict training, literally by the book that her Special Olympics coach sent her, has her working on her stroke, endurance and whatever else she needs to prepare. She has monthly practices with the rest of the 60 Wisconsin athletes and her four aquatics teammates. Rita has her daughter training without her help because a lot of time Becca will be travelling, bunking and training by herself with the team. It's been another great challenge for Becca but, again, one filled with much joy.

Just a few months remain, and a journey that both Becca and Rita have enjoyed to the fullest. "I just hope that people will pray for us, pray for her and wish her well along the way as she continues her journey. All the support she can get whether it's mental, prayerful, whatever, is support she can use I'm sure."

February 1, 2010

Pastoral Council Meeting Notes

MEET OUR Pastoral Council



Marty Hassenfelt, Trustee

January showed a financial deficit due to higher expenses during the winter months. YTD the parish continues to carry a positive variance from the budget. Next month we expect to review the first draft of the 2010-11 fiscal year budget.

Jim reported 5 new parish member inquiries during after mass sessions.

The Discernment Committee has revised and refreshed the mission statement. The schedule has been identified for the recruitment, nomination, and discernment process.

In January, the small Cluster Council group met and

reaffirmed the spirit of working together. The Cluster Council is working to collect information for the Vision 21 process.

It was agreed that Council members would take one of the pre-Mass warm-up sessions each month to share current information with the parish. A standing agenda item will be added to the Council agenda to determine the topic for each month's Warm-up.

There is interest in creating a Public Awareness Committee. We may seek professionals in the field for this committee with a Council liaison. We would seek to focus on external communications – outside the parish.

In the spirit of Destination Justice, the parish anniversary, and Experience of God, the Council, Staff and committees are discerning another theme.

Some Ideas include:

- Service and baptismal commitment
- Time and Talent – "Call to Service", take action on your spirituality, how can I serve?
- How can Good Shepherd interact with the Menomonee Falls community – bring the face of Jesus the community
- Celebrate who we are

Our Vibrant Parish

Ten Signs of a Vibrant Parish by Mark Steimle

Over the past few months the Pastoral Council has been discussing and evaluating Good Shepherd and its mission. As a tool for discussion the council has been using an article by Denise Simeone, published in the National Catholic Reporter titled *10 Signs of a Vibrant Parish*. The article defines a vibrant parish as one that has vitality and a healthy life that others recognize. A vibrant

parish is one that is alive with a pulse that is felt and seen by its own members and witnessed externally by others who know the parishes works, ministries and reputation. The list below are the 10 signs of a vibrant parish.

The Pastoral Council felt very good about how our parish compares to this list. No parish is perfect and not all parishes are able to do well at all the signs listed.

There are always aspects of parish life that could be improved.

How does Good Shepherd compare to the list? I'm sure you can think of many excellent examples. Over the next few months we will be focusing on each of these signs individually and exploring the ways in which Good Shepherd strives to be 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.



Over the next few months we will be focusing on each of the 10 Signs of a Vibrant Parish individually and exploring the ways in which Good Shepherd strives to be a vibrant parish.



2010 Workcamp

Bowl-a-thon

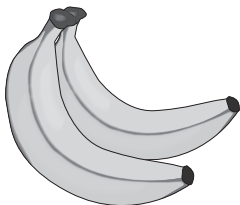


Bananas: For Better Health, Just Peel and Eat!

Submitted by Laverne Schoonover, RN

We know or have been told that our diet should include fruits and vegetables every day.

Did you know that bananas are high on the list of healthy fruits?



Why? It's because they are packed with Potassium, Manganese, Vitamin C, Vitamin B6, and fiber, they are also low in Sodium.

In fact, the FDA allows banana producers to make the following claim:

"Diets containing foods that are a good source of Potassium and are lower in Sodium may reduce the risk of high blood pressure and stroke."

Indian legend says that a banana- not an apple- was the fruit offered to Adam in the Garden of Eden, so bananas are called, "the fruit of Paradise" in India.

Whatever you call them, bananas make a handy, portable, healthy snack!



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



Movie Night

About fifty parishioners enjoyed Family Movie Night on January 23rd using the new video and sound system in Daniels Hall. The group enjoyed the recently released movie, "Cloudy with a Chance of Meatballs."



- Ray Kern and Claire Hyps Kern
- Sarah Neuman

YOUR GREEN CORNER

by Mary Kult

A Smart Way to Keep Birds and Dolphins Safe!

Plastic bottle caps aren't accepted by most recycling programs because they're made from a material that isn't easily recycled. Yet thrown away, the caps end up in landfills, rivers and oceans where birds, dolphins, and other marine life mistake them for food. To the rescue: **Recycle Caps with the Aveda program.**



The Aveda program lets you drop off all your plastic bottle caps—from water, soda, milk, shampoo, ketchup, and other bottles at any Aveda hair salon. From there, they're sent to a special recycler that turns them into new caps! Find an Aveda salon near you at aveda.com.

This easy way of being green was found in the January 11, 2010 Woman's World magazine and submitted by parishioner Alice Hofmann. Thank you Alice for thinking green and I hope other parish members will email me at marykult@gmail.com with other green ideas.



Jackson Joseph Jagmin, son of Joseph and Laura Jagmin

Keaton Matthew Klitzka, son of Amanda Klitzka and Christopher Giacioletto

Dylan Charles Letourneau, son of Perry and Erica Letourneau

Good Shepherd Catholic Church

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