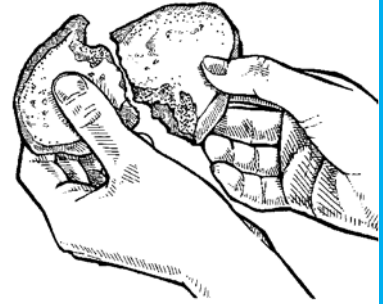


BREAKING BREAD

Good Shepherd Catholic Church



Coming in October!

Celebrating Generations of Faith in a New Age

by Larry Kolb

I was rushing down the hall of the second floor classrooms at Good Shepherd, hoping to catch the last moments of the Generations of Faith session that Sunday. I was a little apprehensive, not yet able to gauge how it had been received by our parish community. Much effort and hope had been invested to unite the various age groups of our parish in a common learning experience.

Generations of Faith was to transcend the old classroom model of learning and introduce a new age of learning for young and old alike ... we hoped.

As I was passing by the child care room, I noticed a young mother picking up her children. She walked out with a little one in one arm while leading her toddler by the hand. As I passed her in the hall she must have known I was one of the helpers for the session. "This is really a good idea," she said, her face glowing with enthusiasm.

"Did you enjoy the session?" I asked. She replied, "Oh, it was great. I think I could get my husband to come to something like this. He doesn't like to go to church much. But I think he'd come with me and the kids if he knew it was like this."



Sometimes God speaks to us through each other. That mother told me our Generations of Faith experience was meant to be. We were on our way. That was in 2007. We had three learning experiences in Generations of Faith last year. With each session we could feel the momentum growing. Some of us came for the free breakfast which was always excellent. Others were there to discover what this new phrase, "Generations of Faith," was all about. Everyone enjoyed the opportunity to come together for spirit-filled discussions and entertaining activities. This was fun. It was the new age of learning.

This year the GOF planning committee has an even more ambitious schedule for Generations of Faith. You don't want to miss the first program:

Praying with Many Cultures. It will be awesome. Families, empty nesters and single parishioners can sign up for one of two Sunday morning sessions in Daniels Hall, October 5 or October 12. Be there for the breakfast at 8:45am Mass will be celebrated at 11am as usual.

If you haven't already signed up, you can get a registration form by sending an e-mail to Ann Castiglione at the Christian Formation office: castiglionea@archmil.org or call the office at (262) 255-2035.

Mark your calendar for future Generations of Faith sessions:

- Nov 16 and Nov 23
- Feb 1 and Feb 8
- March 15 and 22

All sessions will be held on Sunday mornings from 8:45 to 10:45am.

"Generations of Faith was to transcend the old classroom model of learning and introduce a new age of learning."

Thank You! I'm Honored!

By Monica Schultz

Editor's note: Monica was recently presented with the Shepherd's Staff Award for her efforts in social justice.

I just felt the need to write an article and thank all who were responsible for seeing that I received the Shepherd's Staff Award. I was so surprised when Jim Yerger called to give me the good news. Asked when I would like to receive the award, I told

Jim I would call him the next day after I could digest this whole situation. I would like to thank Barb Messerknecht for nominating me and the parish council for affirming the nomination.

It was six years ago that my friend Sharon Ellis called to tell me she was going to pick me up for 4:30 Mass because

she felt I needed a change and should consider joining Good Shepherd again. My parents were members and I graduated from Good Shepherd school in the 60's. I met Fr. Mich and other parishioners and I felt very welcomed. There is a special feeling of community and family here.

We have talked very much lately about the Experience of God. I've experienced God when He led me back to Good Shepherd and when I spent Christmas in Puerto Vallarta's city dump to deliver food and toys to families who lived there.

I experienced God when Brother Dave wanted a "beauty salon" set up where the homeless could get their hair cut and I asked for dona-

tions of a hydraulic chair, mirror, combs, brushes and clippers.

I experienced God when Barb and I were involved in the human trafficking issues. I forgot about those experiences until Sandy Sites read them from the award. I got chocked up and I just said thank you and couldn't say anymore. Everything I have been involved in at Good Shepherd has been an enjoyable learning experience and God has empowered me to join in and serve the least of His brethren.

So again I thank you for the award. I'm deeply honored. It's so wonderful to be recognized for experiencing fun and enjoyment. May God touch your life as greatly as He has mine.



MEET OUR Pastoral Council



Eric Bloedorn

September 8, 2008 Pastoral Council Minutes by Steve Gardipee

Barb Vite from the Archdiocese was in attendance to discuss the upcoming "Faith in Our Future Campaign". Barb began her presentation with an overview of campaign specifics by indicating that the Trust established for campaign monies is a "legal and a canonical trust". All pledge cards will stipulate that all payments are made to the trust in accordance with the 60/40 rule (60 percent goes back to the parish, 40 percent remains in the trust.)

The projected collection is \$105 million Archdiocesan-wide, \$9 million of which will be used to fund the campaign. The collection amount projected at each parish is calculated at one and one half times the annual offertory collection over a three year period. The 60/40 policy stays in place until (or if) the parish reaches 120%, then the ratio changes to 80/20.

The goals of the campaign are to fund faith formation in our parishes and our communities; start the discussion of the true meaning of biblical stewardship; and get all parishes to participate in a common and positive sign of working together.

Good Shepherd's campaign will run January 1-

July 1. There were 12 pilot parishes which cumulatively raised 95% of their benchmarks; 32 parishes in wave one accumulated \$30.5 million or their projected \$34.5 total. After initial parishioner communications, there will be a follow-up committee to provide updates on campaign progress and make contact with new parishioners. Experience shows that there is about 80% return rate on pledges without follow-up; and 92% when follow-up occurs. There will be regular reports to the pastor regarding pledges, collections, and payments. There are five trustees of the trust: Archbishop Dolan, Bishop Skilba, Bishop Callahan, Mary Ellen Stanek and Bruce G. Arnold, legal council for the trust. This trust is set up to ensure donor intent and there are layers of people involved to recommend where the money gets used. The Archbishop is making every effort to be transparent and accountable with a check and balance system and detailed audit procedure in the trust document. Three years is given for the completion of this campaign and all funds will come back to Good Shepherd in a segregated account.

Forgotten Sacraments, PART ONE

By Meriel Christensen

On June 16, 2008 the Notre Dame Center for Liturgy held its 36th annual conference. Sr. Joann, Gene and I went this year to learn more about the “Forgotten Sacraments,” marriage, holy orders, reconciliation and anointing of the sick. Over the next few months we will share some of what we learned. Today we start with Reconciliation.

Jesus claimed to have the authority to forgive sins. He then handed the authority to forgive sins to the Church. (Mt. 16:19; Jn 20:21-3)

Imagine living in the earliest centuries of the church. Serious sin meant going to the bishop in secret to confess and being excluded from the community to show that sins cut people off from God. Your place is in the back of church, on your knees, wearing penitential garb. You stay only through the liturgy of the Word. The assembly prays for you and sometimes the bishop lays

hands on you and you are sent away.

Ah, but it’s not over yet. You are given a penance. It might have to be done in public and it could last for years. You are only reconciled when the bishop gives the okay.

Such was the life of the baptized Christian. So Christians began putting off baptism until they were on their deathbed. Public penance met its doom.

With more and more Christians and not enough bishops the Irish Monks began confessing less serious sins to a priest on a regular basis. Just like today if you slipped you could go to confession again and again. But it was still the bishop who decided what the penance would be according to the sin. Absolution was given after the penance was fulfilled. Thus penance remained a burden. Sometimes a person died before the penance was over. Indulgences could be used to fulfill the penance

An Act of Contrition

*O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life.
Amen.*

SACRAMENT of RECONCILIATION



until those were abused in the 16th century.

The church had begun to forget that forgiveness is an undeserved gift from Christ. Luther rebelled and the Reformation began. Catholics continue to confess to a priest and must confess their most serious sins at least once a year, especially during Lent and the Easter season (1st Sunday of Lent through and including Trinity Sunday).

Because Christ is in the ministry of the priest, as Catholics we go to the priest for help to gain interior healing.

St Pius X parish in Indiana shared their Reconciliation program with us. They offer Rite 1, individual reconciliation and absolution several times during Lent.

Rite 2 is communal with individual confession and absolution. They do this 10 times during the year. The homilist always asks “What am I doing that does not live up to the Gospel?” When it’s time for the examination of conscience they use a separate one for each age group; adults, teens and their young children.

All totaled they hold 32 services each year. It requires a lot of help from fellow priests. They obviously have not forgotten the sacrament of Reconciliation.

In many ways confession is like going to a doctor:

- both actions aim to restore health
- both actions are irrationally feared
- both actions require a certain passive trust
- one goes either for a check-up (once a year) or for continuing visits to the doctor due to a chronic disease.
- The process of healing might be long and painful, and a cure depends upon the patient's cooperation with the one treating the illness.

How You Can Join Fr. Mich's Journey

by Sandy Sites



Parishioner Anne Meyer puts on a post-it note reflection below the map in Daniels Hall beneath a reflection from Fr. Mich on his sabbatical journey. Also looking at the map are, from left, Bob Seay, Maxine Rutowski, Tony Witkus and Ellen Monson.

For the next 3 months we will be tracking Fr. Mich's sabbatical journey via a world map that has been mounted in the northwest corner of Daniels Hall. As he travels to various sacred places, we will post a board containing information and items of interest for each location.

Each board will also include Fr. Mich's "Experience Statements" – words and phrases he has provided, inviting us to connect with experiences of God in our own lives. We will provide Post-it notes allowing you to post your relevant thoughts and experiences on the bottom section of each board.

Please join the journey!



On The Road ...

by Fr. Kenneth Mich

I spent yesterday with the Wats (Buddhist Temples) that abound around the city of Bangkok.

As the day progressed, the thought kept coming back again and again: "What is it in the human spirit that causes peoples throughout the world and across various and diverse culture and religion lines to adorn the buildings that they associate with God with the finest and best that their place and culture have to offer?"

That is certainly the case with the Wats of this city. Resplendent is an inadequate word for them, so to with the few Hindu temples of the city, so to with the

Cathedral of the Assumption in Bangkok; so to with the various Basilicas and cathedrals and many local churches in Europe and the United States.

What is it? Why do we humans strive for beauty in so many ways like in the graphic and performing arts? Why do we have art museums, symphony orchestras and acclaimed architecture rather than just boxes for buildings? There is something about art that touches the human spirit, that inspires, that lifts us up—heart and mind and soul. That is why, I would guess, that places associated with God are so often places of

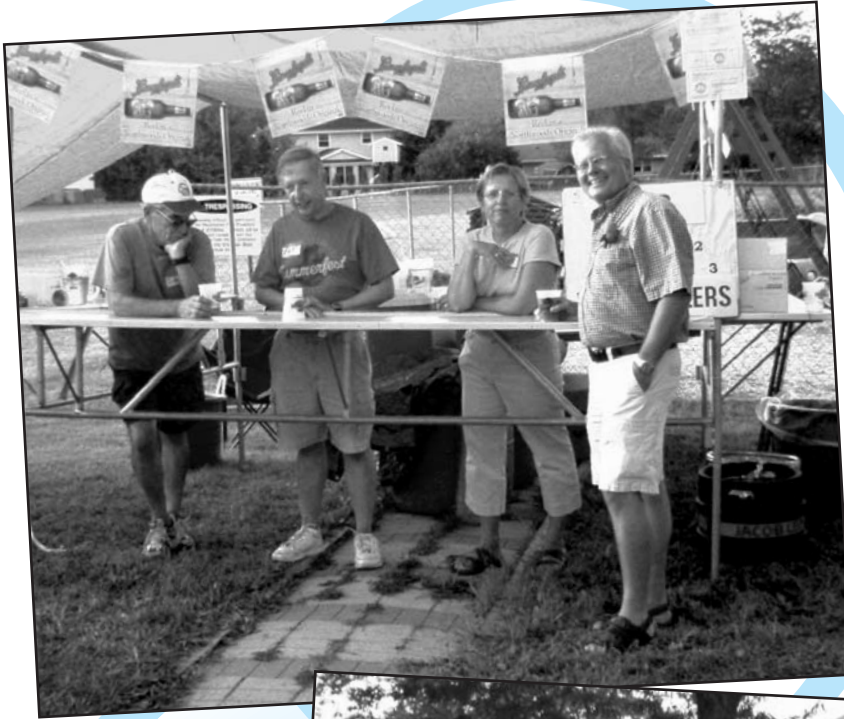
beauty.

Another reason, I suspect, is that the beauty of the place is seen as a manifestation of the wonder of God (Thomistic philosophers would say "an external manifestation of the Glory of God"); the beauty of the place helps us to know something of God. In the midst of the ordinary and routine and predictable and functional and mundane, suddenly there is this out-of-the-ordinary in our midst—this EXTRAordinary is with us in the day to day routines of time.

—Ken, *the peripatetic wide-eyed one*



Parish Corn Roast 2008



Good Eats, Good Drinks

By Meriel Christensen, RN

Good Eats

A 3.5 ounce cooked, 90 percent lean ground beef patty has 9.9 grams of unsaturated fat. So how about a portobello mushroom in your hamburger bun to make your meal healthier, and satisfying?

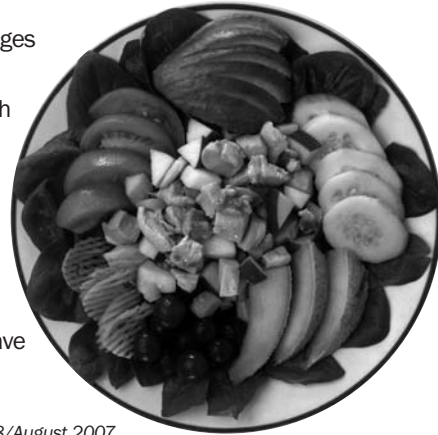
Mushrooms are low in calories, and have virtually no fat, cholesterol or sodium. In addition, mushrooms contain a surprising array of nutrients. In a dish or stir-fry containing 1 cup of chopped, white, raw mushrooms, the mushrooms will contribute about 2.2 grams of protein, almost a gram of fiber and modest amounts of several minerals, including potassium and selenium.

As for vitamins, mushrooms contain fair amounts of niacin and riboflavin. Laboratory studies have shown that several common varieties of mushrooms may have anti-cancer properties.

Good Drinks

Ranked by a group of nutrition experts, these are listed according to their calorie and nutrient count.

- Water—no calories and great health benefits.
- Tea and coffee—no sugar, syrups and creams.
- Low-fat and skim milk. Soy beverages fortified with vitamin D & calcium.
- Diet sodas and other diet drinks with non-caloric sweeteners; offer no nutrients and few or no calories.
- Caloric drinks with some nutrients, such as 100% fruit juices, vegetable juices, whole milk and sports drinks.
- Sweetened drinks such as soda have little if any nutrient value.



Articles from Mayo Clinic Health Letter, July 2008/August 2007

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

YOUR GREEN CORNER

By Mary Kult

More About Plastics: Items of Concern

The new "B" bad word is BISPENOL A. A chemical found in the insides of aluminum cans and lining of baby bottles has been linked to brain and prostate cancer as well as behavioral effects on fetuses, infants and children. Read more on Bisphenol A at www.jsonline.com/chemicalfallout.

Bisphenol A was developed as a synthetic estrogen. It has been used to line food and beverage cans. The chemical is used in the making of reusable plastic water bottles, CDs DVDs DENTAL SEALANTS and EYE GLASSES. The chemical has been linked to cancer, obesity, diabetes and reproductive failures in laboratory animals. Of course nothing yet is conclusive, be alert for further studies.

The good news is that bottles made of Nalgene are safe to use and can be reused. Just think of all the money you'll save and you will be helping the environment as well. There are alternatives for baby bottles but you will have to research that yourself.

It is not always easy to be green.

SHARE A STORY IN YOUR GREEN CORNER

Send your ideas to Marguerite Thompson, parish secretary at margueritet@archmil.org or call (262) 255-2035.



Welcome New Members!

- ❖ Mariclaire Claffey.
- ❖ Mary Lynn Murtaugh.
- ❖ Jim and Kelly Wasserburger, Conner age 9 months
- ❖ Linda Belkowski and Howard Haspel, Tim Haspel age 6. They have moved here from Hudson, NH.
- ❖ Linda Pletta, Michael age 13. Linda is the sister of Karen Cluppert and has moved here from Michigan.



Baptisms

- **Alaina Jane Thomas** daughter of Richard Ross and Colleen Thomas.

Good Shepherd Catholic Church

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