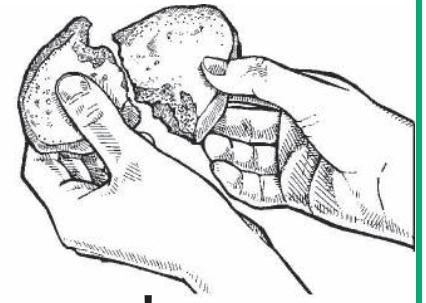


March 2015

Good Shepherd Catholic Church
Newsletter

BREAKING BREAD



The 2015 Annual Bowl-a-Thon A Smashing Success!

by Mary Crawford

Our annual Bowl-a-Thon is the largest "Youth Work Camp Mission Trip" fundraiser of the year. This year it was held on Jan. 25th at Krueger's in Menomonee Falls. The celebrity bowlers, who bowled along with our youth this year, were two of our most famous Good Shepherd team members: Jane Clare, our Pastoral Associate and Sister Joann, our Director of Liturgy & Music. Parishioner donations were made as playful wagers on which celebrity bowler would claim victory. The winner of the bowling game was Sister Joann with a score of 105. There was also a competition for who could collect the most donations. After the first week of donations, Jane Clare was coming out on top, but after making that announcement to the congregation, parishioners pitched in to help Sister Joann pull ahead in the second week and win the donation contest as well. Congratulations to both of our celebrity bowlers and thank you for providing us great entertainment and a prime example of sportsmanship.

This year 32 of our youth will be travelling to Kansas City, KS where they will be working to help make the world a better place for many people in need by helping to restore homes, feed the hungry, and bring assistance to children, the elderly and disabled. The cost is about \$600 per youth, so donations are needed to defray some out of pocket costs and make this trip possible. Over \$1800 in donations have been collected. Thank you to everyone who donated and participated making this event a big success.



S. Joann Julka, Bill Latus and Jane Clare Ishiguro



Some of the Good Shepherd Youth who will be attending the 2015 Mission Trip



The final score

Combined Collections

St. Ben's Community Meal edited by Meriel Christensen

The Community Meal served an average of 329 people per night, six nights per week with a total of 99,415 meals in 2013. In addition, we provide local bus tickets, ID's, eyeglasses, birth certificates, out of town bus tickets, hygiene products, a shower & barber program, and emergency clothing on a regular basis. We have also been assisting people for the last five years by providing copays for medications. Since many of those we help are physically on the street, they face significant health issues. Our main poverty population is African American. Caucasian men and women make up a smaller percentage of those we serve.

Besides financial assistance, St. Ben's could also be supported by the Good Shepherd Community in other ways. You have been long time sponsors of the Meal on the third Wednesday of each month. Parishioners could certainly work with the core group to provide food or become extra volunteers for the Meal that day, providing extra help with beverages, tables, or dishes. In addition, we could use donations of hygiene products like soap, shampoo, deodorant, tooth brushes, razors, etc. Similarly, we distribute a large number of socks, underwear, blankets and cold weather clothing and these items would support our mission very well.

House of Peace edited by Meriel Christensen

The House of Peace began in February of 1968. In the early days, besides offering free pantry food and Christmas toys, the HOP offered programs on African-American empowerment. In 1991 the UWM School of Nursing began the medical clinic at the House of Peace offering tests and information to those without insurance or who are under-insured, and in 2003 the House of Peace welcomed the Marquette University Law Clinic which offers pro-bono legal advice. The need for the poor has grown since the recession with Milwaukee being named the 4th poorest city in the nation, with an unemployment rate of 7.7%. Among the people we serve the unemployment rate is twice or three times the normal.

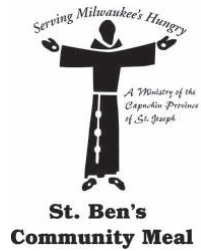
On the third Sunday of Advent, Good Shepherd provides Christmas toys and the House of Peace serves a fellowship meal. This year we were treated to homemade chili made by one of their best and well-known cooks. Besides monetary donations, the House of Peace is in need of gently used clothing for men, women, children of all ages, as well as hygiene items.

We thank you for all you do for us.

Adult Learning Center by Herb Hayden, executive director of ALC

The Adult Learning Center provides motivated adults with basic education, life-long learning opportunities and resources to transform their lives and contribute to their communities, in the spirit of the teachings of Jesus Christ and the principles of social justice.

While difficult to measure, it's safe to say that the Center's programs make a positive socio-economic impact in the lives of individuals we serve, as well as their families and broader community. Some of our graduates go on to pursue post-secondary education, whether that be a job training program, an associate degree from a technical college or a four-year degree from a college or university. Many of our participants are seeking to improve their skills so that they can help with their children's homework. They also want to set a good example for their children about the importance of completing their education. Most of our graduates find that more job opportunities are open to them after completing their GED. They also feel more confident about their skills and that they have something of value to offer to society. We also serve a secondary audience of adults who are seeking to build their basic skills (math, reading, writing), but who either don't have the goal of achieving a GED or don't possess the aptitude to achieve at that level.



An Invitation to HAPPY by Don Williams

HAPPINESS...what is it...why do we "pursue it"...how do we get it?...questions, I'm sure, many of us have asked. In the 4th century, St. Augustine delivered a sermon on the topic in which he said, "There is no man that does not desire happiness, and each one desires it with such earnestness, that he prefers it to all other things...." Fourteen centuries later, Founding Father Ben Franklin scribbled on a piece of paper, "The Constitution only guarantees the American People the right to pursue happiness. YOU HAVE TO CAPTURE IT YOURSELF."

And now, in the 21st century, Academy Award nominated American director Roko Belic, tackles the ever elusive happiness questions in a multiple award winning documentary film simply titled HAPPY! His pursuit of happiness led to a 6 year journey around the world, in which he combined real life stories, with powerful interviews of "happiness" researchers, in a wide diversity of cultures and countries. Incorporating such places as the U.S.A., India, Denmark, and Bhutan, among others, into his film, the end result has been reviewed as "Immensely uplifting," and "The ultimate movie about human beings at their best".

Some topics or questions dealt with in HAPPY that might pique your interest are as follows:

1. Belic believes his film could provide a "formula" to grow happiness if we use as "building blocks" the things we already have, or love to do...that is, appreciating what we have rather than longing for what we don't have.
2. Do the good things that happen to us always make us happy (beware of winning the lottery) and can bad things sometimes lead us to greater happiness?
3. Why is Denmark usually rated as the happiest country in the world?
4. Why does Okinawa have by far the largest percentage of centenarians in the world, much higher than on mainland Japan?
5. And perhaps the most challenging question raised is how might our emotional self be directly connected to our spiritual self.

We, in the Men's Group, see this film as having the potential to uplift our spirit and to grow ourselves, as we transition from the journey of Lent to the joy of Eastertime. So ALL men (that includes young men) from this parish and beyond, are welcome. The first session to view and discuss the DVD of HAPPY is scheduled for March 25th, 2015, at 7 PM at Good Shepherd. We will be viewing Part 2 on April 22. For more details please check the church bulletin for further information and updates.



**Good Shepherd Men's
Group viewing:**

**2011 Documentary
"Happy"**

**directed, written, and
co-produced by Roko Belic**

**Two Sessions:
March 25th & April 22
7 pm at Good Shepherd**

Good Shepherd Continues Reaching Out - in Solidarity with the Poor & Marginalized

by Jane Clare Ishiguro

The Deacon Gene Outreach Committee met in January and discerned donations to the following good ministries: \$1000 to Volunteer Missionary Movement. This organization serves people in Central America through local project partners. Volunteers – with engineering, teaching, building, farming, health care, administration and pastoral skills – serve two years. Working now in Nicaragua, El Salvador and Guatemala and the poorest cities of Africa, VMM reaches thousands in need. For more information, go to www.vmmusa.org

\$1000 to the Kay Lasante 'House of Health' Clinic in Haiti. Recommended highly by our friend Bishop Tom Gumbleton, this clinic serves the poorest of the Haitian poor – treating adults and children and giving them ongoing healthcare. The clinic serves about 900 people per month. It survives on individual and group donation.

\$250 to the Works of Mercy Camp. Works of Mercy is a ministry of the St. Francis Institute Milwaukee of The Province of St. Joseph of the Capuchin Order. Our programs provide ministry to persons with special needs and their families and also invite them to become involved in service to others. www.worksofmercywi.org

The Outreach Committee meets three times a year. The next meeting will be in June. We always welcome suggestions for outreach donations. For a copy of the "Criteria for Outreach Giving", contact Jane Clare – ishiguroj@archmil.org. Please contact Barb Messerknect with your suggestions for outreach giving – jandb@wi.rr.com.

March



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Sunday	Monday	Tuesday	Wednesday
<p>1 8:30 AM & 11:00 AM - Liturgy 9:45 AM In the Spotlight 10:30 AM Catholicism 101 6:00 PM Cathedral Center Meal 6:00 PM Evening Prayer</p>	<p>2 9:00 AM Centering Prayer 9:00 AM Sleeping Bags and More 11:00 AM Faith Sharing Group 7:00 PM Pastoral Council Meeting</p>	<p>3 8:30 AM - Liturgy 7:00 PM Choir Practice 7:00 PM Grief Support Group</p>	<p>4 9:00 AM Film and 6:00 PM Stations 7:00 PM Choir Pra 7:00 PM Doubter Seekers</p>
<p>8 8:30 AM & 11:00 AM - Liturgy 8:30 AM Generations of Faith 9:30 & 12 Blood Pressure Checks 10:30 AM Catholicism 101 6:00 PM Evening Prayer 7:00 PM Gay & Straight in Christ</p>	<p>9 9:00 AM Sleeping Bags and More 11:00 AM Faith Sharing Group 7:00 PM Commissions Meeting</p>	<p>10 8:30 AM - Liturgy 7:00 PM Choir Practice</p>	<p>11 9:00 AM Book Dis 6:00 PM Stations 7:00 PM Choir Pra</p>
<p>15 8:30 AM & 11:00 AM - Liturgy 9:45 AM In the Spotlight 10:30 AM Catholicism 101 12:30 PM Mission Trip formation meeting 6:00 PM Evening Prayer</p>	<p>16 9:00 AM Sleeping Bags and More 11:00 AM Faith Sharing Group</p>	<p>17 <i>St. Patrick's Day</i> 8:30 AM - Liturgy 7:00 PM Choir Practice 7:00 PM Grief Support Group</p>	<p>18 St. Ben's Drop Off Teams 2, 3 & 4 9:00 AM Film and 6:00 PM Stations 7:00 PM Choir Pra</p>
<p>22 8:30 AM & 11:00 AM - Liturgy 9:30 & 12:00 Fair Trade Sale 9:45 AM In the Spotlight 9:45 AM Growing Faith 10:30 AM Catholicism 101 6:00 PM Evening Prayer</p>	<p>23 9:00 AM Sleeping Bags and More 11:00 AM Faith Sharing Group</p>	<p>24 8:30 AM - Liturgy 7:00 PM Cluster Communal Reconciliation</p>	<p>25 6:00 PM Stations 7:00 PM Choir Pra 7:00 PM Men's G</p>
<p>29 PALM SUNDAY 8:30 AM & 11:00 AM - Liturgy 9:45 & 12:15 Welcome Weekend 10:30 AM Catholicism 101 5:00 PM Christian Passover Meal</p>	<p>30 9:00 AM Sleeping Bags and More 11:00 AM Faith Sharing Group</p>	<p>31 8:30 AM - Liturgy 7:00 PM Reader Prep @ GS</p>	<p>1 7:00 PM Choir Pra 7:00 PM Doubter Seekers</p>

Good Shepherd Parish Calendar

	Thursday	Friday	Saturday
Discussion of the Cross Practice S, Thinkers,	5 10:30 AM Communion Service at Menomonee Place 7:00 PM Choir Practice 7:00 PM Ellacuria Sister Parish Committee Meeting	6 8:30 AM Liturgy	7 3:30 PM Reconciliation 4:30 PM Liturgy 5:30 PM Blood Pressure Checks 5:40 PM Generations of Faith
Discussion of the Cross Practice	12 10:30 AM Communion Service at MFHCC 7:00 PM Choir Practice	13 8:30 AM Liturgy 11:00 AM Social Justice Book and Film Club 5:30 PM Cluster RCIA Retreat	14 3:30 PM Reconciliation 4:30 PM Liturgy 5:40 PM Cluster RCIA Retreat 5:45 PM Movie Night
- until 3:30 PM Discussion of the Cross Practice	19 5:00 PM Serving food at the Agape Community Center 7:00 PM Choir Practice	20 8:30 AM Liturgy	21 3:30 PM Reconciliation 4:30 PM Liturgy 5:30 PM Fair Trade Sale
of the Cross Practice Group "Happy"	26 10:30 AM Communion Service at MFHCC 7:00 PM Choir Practice	27 8:30 AM Liturgy 11:00 AM Social Justice Book and Film Club 3:00 PM Decorating for Palm Sunday	28 8:00 AM Reader's Prep @ St. James 3:30 PM Reconciliation 4:30 PM Liturgy 5:45 PM Welcome Weekend
Practice S, Thinkers,	2 10:30 AM Communion Service at Menomonee Place 6:15 PM Friendship Meal (potluck) 7:00 PM Choir Practice 7:30 PM Holy Thursday Mass	3 12:00 PM Private Prayer 7:00 PM Passion of the Lord	4 3:30 PM Reconciliation NO 4:30 PM Mass 8:00 PM Easter Vigil Liturgy 5:30 PM Blood Pressure Checks

Pastoral Council Meeting Notes

February 2nd, 2015

Ruth Bloedorn explained the schedule for the Ignite Parish Mission sessions sponsored by the Four Saints and Good Shepherd - Feb. 15, 16, and 17. She encouraged all to attend.

Barb Murphy distributed a detailed plan for discernment for council members. Members were asked to consider if they could volunteer to attend the information sessions and the final discernment meeting .

Monthly Reports

- Budget - Mark distributed and discussed the Budget Comparison Summary through December 2014.

Expenses are very close to projections. Contributions are close to budget and greater than last year.

Budgets are being prepared by committees/commissions for the March

Finance Council. Approved budget should be ready by the May council meeting for informational purposes.

Commission/Committee Reports

- Christian Formation - They are working on remodeling the nursery and preparing space for youth meetings. Attendance at GOF has been good. Work camps are being organized. A Sunday evening Mass will be held at St. James at 5:30 PM during Lent.

- Prayer and Worship - Mary of Magdala icon was approved. Continuing to deliberate regarding symbolic card offering at offertory. Recommendation: meeting with Sharon Ellis , Tim Nolan, and stewardship committee to continue brainstorming this topic.

Council volunteers are needed for distributing ashes on 2/18 and for foot washing on Holy Thursday.



Parish Director Report

- Synod follow-up - Nine representatives will be attending the District 4 Synod meeting on Feb. 25.

- Lenten Liturgical Plans – Lent will have a quiet focus. Before mass will be a quiet time with no pre mass announcements. Ministers and Presiders will go to their places 15 minutes before Mass. On screen media reflections before start of each service. Catholic Social Teachings will be used for prayers of the faithful. Hospitality will only be on Laetare Sunday (March 15th).

Enhance Your Soul with Musings

by Maggie Brooks



Patton Oswalt said, "I got addicted to the empty endorphins of being online. So I need to dry out and remind myself of the deeper tides I used to be able to swim in - in pages, and celluloid, and sounds, and people."

What are you addicted to? Where do your endorphins come from? Are you reading, listening to music and most importantly are you engaging with people?

What do you think?

Meet *The Erdtmann Family*

By Meriel Christensen

Meet the Family



There is no story about Mary Ann without including Ralph. Pancreatic Cancer took Ralph on December 10, 2000. They had joined Good Shepherd, citing that it was Fr. Fran Eschweiler's homilies, the liturgies, parish commitment to social justice issues and the outstanding hospitality that drew them in. Ralph left his legacy with the stained glass windows at the front of the Sanctuary.

The seven Erdtmann children, Ann, John, Karen, Paul, Lynn, Robert and Matthew, are all married, and they have given Mary Ann 13 grandchildren who range in age from one college student to one new baby. A "date" with Grandma for each one individually has become a tradition.

Mary Ann reads, travels, and plays word games. Movies with friends, taking walks and being out in nature bring her much joy. At the Schlitz Audubon Center you might find her sitting at the shore watching the seagulls and listening to the waves.

Mary Ann and Ralph loved to travel. Their first trip was to Europe. It was their honeymoon. Mary Ann was associate editor of *The Catholic Herald* at the time. She was offered free airfare by an airline if she would write four articles for the paper. One was published in the *New York Times*. What a deal! Who could pass that up?

With 3 weeks in Europe, 10 days in Ireland, and several days each in Paris, Rome and Lucerne, Switzerland, a special thrill was to see Pope John XXIII. Traveling in a motorcade to visit the president of Italy, the Pope was just 10 feet away from them.

Mary Ann has since traveled to the Machu Picchu in Peru, and has marveled at the beautiful scenery of Costa Rica. A Laotian student she tutored arranged a meeting for her to meet and have dinner with his family in Laos. Ellacuria, no surprise, was another of her special trips. Mary Ann's parents were born in Austria and on one trip she met her relatives for the first time. Last summer she went to Guatemala with daughter and son-in-law, Karen and Steve and their son, Diego, whom they adopted from that country.

Ralph and Mary Ann were active in Marriage Encounter and worked with engaged couples. Our Bread for the World Offering of Letters was started by Mary Ann 13 years ago. Being a reader, communion minister, a personal prayer leader, a teacher for GoF, and the leader of Centering Prayer, all keep Mary Ann close to our community of God's people.

In the larger community she is active at the Repairers of the Breach, where she does Centering Prayer, organizes and participates in Brown Bag lunch and joins in reflecting on the Scriptures of the week. Two ladies, refugees from Burma, are tutored by Mary Ann at St. Michael parish. She says, "The experience has deepened my appreciation of other cultures, and the admiration I have for those who had to flee their homelands and start life anew in another culture." Presiding at prayer services at Good Shepherd and nursing homes in the area helps her to stay in touch with the wonders of Scripture and deepens her own faith.

Mary Ann received her degree in Journalism from Marquette University and wrote for local newspapers. After marrying and starting a family she stayed home with the children. When her youngest son, Matt was 8 years old she took the training to be a Montessori teacher and taught for 13 years.

A highlight in her life is her four years in the certificate program for lay ecclesial ministry at St. Francis Seminary, studying under some wonderful professors and meeting some awesome people.



**We need families
to feature in "Meet the Family".
Please contact Meriel Christensen
(414) 353-6376 or meriel1204@att.net**



Your Green Corner By Mary Kult

Raising an Earth Friendly Family

Raising a green family can be a real challenge in this age of convenience, but you can do it. Teach your family to respect nature and teach the family that actions do have an impact on the environment. Involve your family in decision-making and keeping your involvement fun will keep them on the green path. Model green living yourself with the principles of reduce, reuse and recycle.

Involve the family in making green choices at the grocery store. They can read labels and find the least processed foods. Ask them to pick out a new fresh fruit or vegetable that is organically grown and buy mindfully. Look for nontoxic materials in the packing. Look for organic ingredients, sustainable grown or raised ingredients, recycled materials and biodegradable materials. See if you can reduce your garbage to just one bag by recycling. Have a separate bag for plastics and glass and a separate bag for paper. At the end of one day see how much garbage you have collected and check the weight on your bathroom scale. Talk about ways you can further cut back on garbage possibly checking into composting or starting a worm farm. Then in another month do another trash measuring day to see if your efforts have paid off. Suggest the trash measuring exercise to kids teacher's or have a competition with some friends. Walk or ride your bike when possible. Save can or soup tabs. There are baskets at both entrances of church. Unplug lamps in rooms that aren't used regularly. Create a reward system in which you put a little bit of money every time a family member remembers to turn off the lights as they leave the room. Use the money to treat the family to a movie or ice cream. Install timers that turn off lights at a specific time or motion detectors that turn on lights only when someone enters the room. Pack a greener lunch with reusable containers. Arts and crafts offer a lot of great opportunities for recycling, such as egg cartons, old greeting cards, old magazines, cardboard boxes or tubes, fabric scraps, ribbon and yarn ends, milk cartons, cans and buttons.



*"Unless someone like you
cares a whole lot,
nothing is going to get better.
It's not"*
Dr. Seuss, *The Lorax*



Health Bytes By Laverne Schoonover

About Colds

Do you remember when your Mom told you to dress warmly in winter so you wouldn't catch a cold?

Well, Scientists for years have insisted that being cold doesn't make one more susceptible to catching a cold. The reason that colds are more common in winter they've maintained, is that people spend more time in crowded indoor spaces. Now, research suggests that feeling cold may play a significant role in getting sick.

The common cold is caused by the rhinovirus, which one in five people carry in his or her nasal cavity at any given time. Most of the time our natural immune system keeps the virus at bay, but researchers at Yale University have found that when the temperature inside the nasal cavity falls by five degrees, the immune system is weakened and becomes less effective at preventing the virus from spreading.

Researcher, Akiko Iwasaki, stated: "This gives credence to the old wives' tale that people should keep warm, and even cover their noses, to avoid catching colds".



*See!
Mom was right after all!*

BREAKING BREAD

Furthering the spiritual growth of the Good Shepherd Community by providing an inspirational view of parish life.
www.mygoodshepherd.org • Phone: (262) 255-2035
N88 W17658 Christman Rd, Menomonee Falls, WI 53051

Mark Steimle.....Editor
Mary Crawford.....Layout Coordinator
Mary Ann Erdtmann.....Staff Writer
Meriel Christensen.....Staff Writer
Mary Kult.....Staff Writer
Laverne Schoonover.....Staff Writer