

April 2016

# BREAKING BREAD

## Games, Games Everywhere!

by Corinna Ramsey

February was the month for games at Good Shepherd. On February 6th we hosted 55 people of all ages for a Mardi Gras dinner of Jambalaya and Chicken Gumbo followed by an evening of board games and cards. Then, on February 26th, we had our "21" middle schoolers playing group games, Wii and board games in the youth rooms. The game favorite for the night was Human Foosball. We even celebrated Bradley's birthday with ice cream cake.



# Year of Mercy Lent Reflection

by Deacon Sandy Sites

Approximately 80 gathered, some from Good Shepherd, some from neighboring parishes, to be enriched by the wisdom of two holy Capuchins, Fr. Richard and Fr. Marty, as they provided a Lenten reflection on the Corporal and Spiritual Works of Mercy.

Those present experienced liturgy, heard scripture, lifted their voices in praise and song to our all-merciful God, dialogued with each other and told their stories, and contemplated the infinite mercy of our God. The two holy fathers helped all understand the roots of the Works of Mercy, mostly from scripture, and how they are playing out in our personal and communal parish life.

Upon completion of each of the two sessions, the gathering was challenged to continue to reflect and pray this Lent on

how to more fully integrate these holy works into their lives. Many commented on how insightful and inspiring the sessions were.

Let those reading this accept the challenge to continue to reflect and pray on the Works of Mercy this Lent, and all year as Pope Francis has proclaimed 2016 as a Year of Mercy. To assist us, below are the complete list of Corporal and Spiritual Works of Mercy. Take a moment now to review them. Ask God in prayer to help us as individuals, and as a parish, to help establish a culture of mercy in our families, our communities, our work places, our country and our world.

*What does the LORD require of you? To act justly and to love tenderly and to walk humbly with your God. ~ Micah 6:8*  
(Good Shepherd cornerstone)

## CORPORAL WORKS OF MERCY

Feed the hungry  
Give drink to the thirsty  
Clothe the naked (Shelter the homeless)  
Welcome the stranger  
Visit the sick  
Visit the prisoner  
Bury the dead with respect and dignity

## SPIRITUAL WORKS OF MERCY

Instruct the uninformed  
Counsel the doubtful  
Admonish sinners  
Bear wrongs patiently  
Forgive offenses willingly  
Comfort the afflicted  
Pray for the living and the dead

# EXTRAORDINARY JUBILEE OF MERCY

DEC. 8, 2015 - NOV. 20, 2016



"IT WILL BE A HOLY YEAR OF MERCY."

-POPE FRANCIS

# Celebrating the Extraordinary Witness of Women During the Year of Mercy: Black Catholic Sisters in the United States

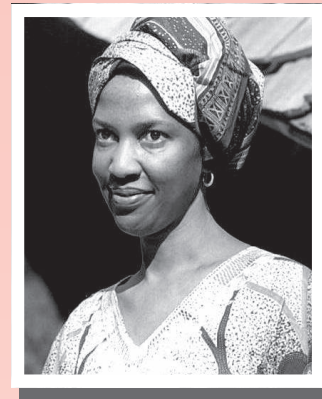
by **Loretta Grow**  
& the “*Women Celebrating the Spirit*” ministry

Did you know that African-American Catholic sisters have been witnesses for justice and peace since 1829? They were barred from joining most white religious communities because of racial exclusionary admissions policies, so responding to the call of Holy Spirit, they established six all-black congregations in the South. A few were allowed to join white Catholic sisterhoods. After WW II and Vatican II more black sisters were accepted into formerly white religious communities. Throughout the years, these sisters bravely worked for Peace & Justice in many ways. Here are just a few.

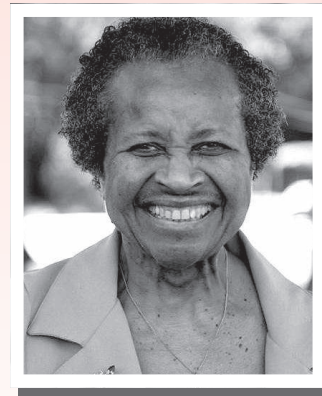


**Sister Antona Ebo**, age 91, has been a civil rights pioneer. The Holy Spirit guided her first to a religious vocation, then to working in hospitals, and in 1965 into joining Rev. Dr. Martin Luther King, Jr. in Selma. She was put in the front of the marching line with five white sisters despite what she describes as tremendous fear. “If they would beat a white minister to death on the streets of Selma, what are they going to do when I show up,” she wondered. But she went to Selma and was asked to speak to the crowd. She said, “I am here because I am a Negro, a nun, a Catholic, and because I want to bear witness.” Throughout her life and today, Sister Antona continues to speak out for the dignity of African-Americans, women and all of God’s creation. “We are all made in the image and likeness of God, so there’s more work to be done by every one of us,” she says.

Other sisters who followed the guidance of the Holy Spirit and did remarkable things:



**Sister Thea Bowman**, Franciscan Sister of Perpetual Adoration, LaCrosse, was born in Mississippi in 1937 and became a Catholic in 1947. An accomplished teacher and scholar until the end of her public ministry, music was the substance of her witness to the world. At her last great performance in 1989 for the U.S. Bishops, she began by singing, “Sometimes I Feel Like a Motherless Child.” That song was her prophetic challenge to the question, “What does it mean to be Black and Catholic?” S. Thea Bowman died March 30, 1990, and there is no end to her witness. There is no end to her story. There is only the voice, the words, the humor, the resilience, there is no turning back. She still calls the faithful to stay “on the journey and to be family.”



**Sister Cora Marie Billings**, Sister of Mercy. Her grandfather worked as a slave and was owned by the Society of Jesus. She was no stranger to racism. The only black child in her class, as she was kneeling with her classmates at the Communion rail to receive the Eucharist, she recalls, “When it came time for me to receive the Eucharist, the priest skipped me.” As an educator she became a campus minister at a Virginia State University. She was the first African-American nun installed in a Virginia African-American parish as a pastoral coordinator. At 75 years of age, as a Sister of Mercy, she continues to live and work for justice because she has hope for the future.

In what ways, like the sisters, are we being called to be witnesses for racial harmony or justice?

(Source: *Future Church*, adapted and used with permission)



# April 2016

## Good Shepherd Parish Calendar

Sunday	Monday	Tuesday	Wednesday
<p><b>27 Easter Sunday</b>  <b>8:30 AM &amp; 11:00 AM</b> Liturgy</p>	<p><b>28 Easter Monday</b>  <b>9:00 AM</b> Sleeping Bags and More  <b>11:00 AM</b> Faith Sharing Group  <b>7:00 PM</b> Building &amp; Grounds Committee</p>	<p><b>29</b>  <b>8:30 AM</b> Liturgy  <b>7:00 PM</b> Choir Practice  <b>7:00 PM</b> Readers Prep at Good Shepherd</p>	<p><b>30</b>  <b>9:00 AM</b> Book Disc  <b>7:00 PM</b> Choir Pra</p>
<p><b>3</b>  <b>8:30 AM &amp; 11:00 AM</b> Liturgy  <b>9:45 AM</b> Easter Egg-stravaganza  <b>9:30 AM &amp; 12 PM</b> Blood Pressure  <b>9:45 AM &amp; 12:15 PM</b> Welcome Weekend  <b>6:00 PM</b> Cathedral Center Meal</p>	<p><b>4</b>  <b>9:00 AM</b> Sleeping Bags and More  <b>7:00 PM</b> Pastoral Council Meeting</p>	<p><b>5</b>  <b>8:30 AM</b> Liturgy  <b>7:00 PM</b> Choir Practice</p>	<p><b>6</b>  <b>10:30 AM</b> Healing  <b>7:00 PM</b> Choir Pra</p>
<p><b>10</b>  <b>8:30 AM &amp; 11:00 AM</b> Liturgy  <b>8:30 AM</b> Generations of Faith  <b>7:00 PM</b> Gay &amp; Straight in Christ</p>	<p><b>11</b>  <b>9:00 AM</b> Sleeping Bags and More  <b>11:00 AM</b> Faith Sharing Group  <b>7:00 PM</b> Commissions Meeting  <b>7:00 PM</b> Deacon Gene Outreach Committee</p>	<p><b>12</b>  <b>8:30 AM</b> Liturgy  <b>7:00 PM</b> Choir Practice</p>	<p><b>13</b>  <b>9:00 AM</b> Book Disc  <b>7:00 PM</b> Choir Pra</p>
<p><b>17</b>  <b>8:30 AM &amp; 11:00 AM</b> Liturgy -  <b>First Communion</b>  <b>9:45 PM</b> Mini-series on "Caring for Our Common Home"</p>	<p><b>18</b>  <b>9:00 AM</b> Sleeping Bags and More  <b>11:00 AM</b> Faith Sharing Group  <b>7:00 PM</b> Finance Council</p>	<p><b>19</b>  <b>8:30 AM</b> Liturgy  <b>7:00 PM</b> Choir Practice</p>	<p><b>20</b>  <i>St. Ben's Drop-off</i>  <i>- Teams 3, 4, &amp; 1</i>  <b>7:00 PM</b> Choir Pra</p>
<p><b>24</b>  <b>8:30 AM &amp; 11:00 AM</b> Liturgy  <b>9:30 AM &amp; 12 PM</b> Flower Sale  <b>9:45 PM</b> Mini-series on "Caring for Our Common Home"  <b>9:45 PM</b> Growing Faith</p>	<p><b>25</b>  <b>9:00 AM</b> Sleeping Bags and More  <b>11:00 AM</b> Faith Sharing Group  <b>7:00 PM</b> Building &amp; Grounds Committee</p>	<p><b>26</b>  <b>8:30 AM</b> Liturgy  <b>7:00 PM</b> Choir Practice  <b>7:00 PM</b> Readers Prep at Good Shepherd</p>	<p><b>27</b>  <b>9:00 AM</b> Book Disc  <b>7:00 PM</b> Choir Pra  <b>7:00 PM</b> Men's Gr</p>

	Thursday	Friday	Saturday
Discussion Practice	<b>31</b> <b>7:00 PM</b> Choir Practice	<b>1</b> <b>8:30 AM</b> Liturgy <b>1:00 PM</b> Coffee Talkers	<b>2</b> <b>9:00 AM</b> Team & Council Formation <b>3:30 PM</b> Reconciliation <b>4:30 PM</b> Liturgy <b>5:30 PM</b> Blood Pressure Checks <b>5:45 PM</b> Welcome Weekend
Prayer Practice	<b>7</b> <b>10:30 AM</b> Communion Service at Menomonee Place <b>7:00 PM</b> Choir Practice <b>7:00 PM</b> Ellacuria Committee	<b>8</b> <b>8:30 AM</b> Liturgy <b>12:00 PM</b> Repairers of the Breach - Brown Bag Lunch	<b>9</b> <b>3:30 PM</b> Reconciliation <b>4:30 PM</b> Liturgy <b>5:40 PM</b> Generations of Faith
Discussion Practice	<b>14</b> <b>10:30 AM</b> Communion Service at MFHCC <b>7:00 PM</b> Choir Practice	<b>15</b> <b>8:30 AM</b> Liturgy <b>1:00 PM</b> Coffee Talkers	<b>16</b> <b>9:00 AM</b> First Communion Practice <b>3:30 PM</b> Reconciliation <b>4:30 PM</b> Liturgy - First Communion
Discussion Practice until 3:30 PM	<b>21</b> <b>7:00 PM</b> Choir Practice	<b>22</b> <b>8:30 AM</b> Liturgy <b>6:30 PM</b> 21! Middle School Youth Group	<b>23</b> <b>8:00 AM</b> Readers Prep at St. James <b>9:00 AM</b> Parish Clean-up Day <b>3:30 PM</b> Reconciliation <b>4:30 PM</b> Liturgy <b>5:30 PM</b> Flower Sale
Discussion Practice Group	<b>28</b> <b>10:30 AM</b> Communion Service at MFHCC <b>7:00 PM</b> Choir Practice <b>7:00 PM</b> Stewardship Committee	<b>29</b> <b>8:30 AM</b> Liturgy	<b>30</b> <b>3:30 PM</b> Reconciliation <b>4:30 PM</b> Liturgy <b>5:30 PM</b> Flower Sale



# Pastoral Council Meeting Notes

March 2016

## Pastoral Council Formation

- April 2 - Pastoral Council and Staff Meyers Briggs follow up with Sharon Ellis.
- April 24th - Care for our Common Home - Spotlight presentation

## Christian Formation:

- Training youth for church ministries.
- Request to use funds from Faith in our Future to help support Inspirio (Tyme Out) retreat center to meet its fundraising goal in order to remain open. Inspirio (formerly Tyme Out) is the only Catholic, youth focused retreat center in the Archdiocese of Milwaukee and has been serving our youth, catechists and young adults for 35 years. Good Shepherd has used Inspirio in the past for retreats. We are requesting to use \$2000 of our Faith in our Future funds as a donation to Inspirio. This is also being presented to the Christian Formation Commission at their next meeting.

## Pastoral Council Discernment:

- Council Members needed to attend information meetings on Tuesday, May 10 and Saturday, May 14.
- Members are needed for attendance at the discernment meeting on Saturday, May 21.
- 3 new members are needed to replace those whose terms are expiring plus one to complete the remaining year of Jenni Kryscio's term.

## Pastoral Care

- Discussion on the Winter Farmer's Market
- Looking at combining Grief Support Group with programs in other Parishes.
- Cards sent to shut-ins.

## Parish Director Report:

- Next survey step – council to retake survey and then it will go to commissions and ministries. Will be presented to parish sometime later in Spring.
- Opportunity to have a "Parish App" - initially 18 month "free trial"; would contain information concerning parish

- Mass times, activities, etc. If proven effective parish could continue to pay for the app.
- Standards of Excellence – Parish invited to participate in an evaluation of organizational and process practices.
- Vision of our future – Worship space enhancements - invite Conrad Schmidt and family funder to our April meeting.
- Vision for our future – Strategic Plan - Vigilia Sexagesimo – "On the eve of the 60th year"; emphasize human concerns; include stewardship, evangelization, building and grounds suggestions; focus on prayer, grace, and Spirit.
- Discussion on Summer Sunday Mass Schedule (One Sunday Mass in July/ August). This experiment does not mean Good Shepherd is closing.

## Enhance Your Soul With Musings

by Maggie Brooks

Nathan McCall said,  
 "Beyond the quest for financial security and  
 personal comfort, what, if anything, are we committed to?"

What are we working hard for, putting our time and energy into,  
 that doesn't fall into those two categories?

What do you think?



# Meet the Ministry

## A Testimonial for the Prayer Corner: A Spiritual Work of Mercy

by Cathy Olig

My sister recently shared on Facebook a memory of a time she went to Mass with my family at Good Shepherd. I remember it well, and I'd like to share her story as it relates to how Good Shepherd provides an opportunity to pray for the living and the dead, a Spiritual Work of Mercy, through the Prayer Corner.

On December 19<sup>th</sup> we had just celebrated Christmas at our home with my parents, sister and her family. We decided to attend 4:30 pm Mass at Good Shepherd together. At the end of Mass, my nephew, Lucas, was interested in visiting the Prayer Corner, which is something that they don't have at their church in Wauwatosa. My sister, Amy, went with him over there to meet with personal prayer partner, Jean Gatton.

After a few minutes, not wanting to be left out, my daughter, Sonya, also wanted to check out the Prayer Corner with me. As we approached, I saw Amy crying and overheard her sharing with Jean. I could tell I was interrupting a moment.

They had just been praying for the many families and patients

at Children's Hospital, for those who have passed away, and for the future of Lucas' own heart. Lucas was born with a congenital heart defect and underwent surgery at just three months old. Now, as a precocious four year old, Lucas is doing so very well, yet another surgery will be needed as he grows older. This often weighs on my sister's mind, as one can imagine.

I overheard Amy say to Jean, "Wow, you really have a gift for words."

Perhaps it was childlike curiosity or the Holy Spirit that nudged Lucas to guide his mom to the Prayer Corner. Either way, I could tell that their shared prayer really filled a need to express what was in my sister's heart and mind. It truly was a gift to share together.

On behalf of my sister, I would like to thank Jean and the other volunteers who share the gift of personal prayer through this beautiful ministry. It is truly a Work of Mercy for which we can all be thankful.



Amy & Lucas Randall at Briggs and Al's Run



Amy & Brian Randall with their sons Nicholas and Lucas



**Health Bytes**  
*By Laverne Schoonover RN*

**10 Health tidbits from Harvard Med School for your consideration:**

- 1) RELAX. The rumor that olive oil turns into “bad” trans fat when used in cooking just isn’t true.
- 2) IT’S TRUE: Breakfast may be the most important meal of the day. But you can ruin it by choosing the wrong cereal. Check the nutritional information. Some cereals boost high dietary fiber (a good thing) but also may contain as much sugar as a glazed donut or lots of sodium.
- 3) DOCTORS find it best to take certain blood pressure pills first thing in the morning after getting up because people are most active during the day and blood pressure tends to climb as the day goes on.
- 4) TO DATE, researchers have found just one sure way to increase biological life span, eat fewer calories.
- 5) TRANS FATS - the kind found in cookies, many margarines and fast food- really are the chief villain of the fat world. Trans fats raise “bad” cholesterol, lower “good” cholesterol, damage the inner linings of blood vessels and are linked to diabetes.
- 6) POTASSIUM can blunt sodium’s tendency to raise blood pressure. But you don’t have to go overboard with supplements; fruits and vegetables supply plenty of this mineral.
- 7) MARATHON running can be skipped. Studies show brisk walking (3 to 4 miles per hour) reduces heart disease and stroke rates as much as vigorous exercise.
- 8) VITAMIN D3 does much more than strengthen your bones. It may protect against colon cancer, autoimmune diseases like multiple sclerosis, and heart disease.
- 9) RESEARCHERS have found that having a piece of dark chocolate with a glass of Merlot contain flavonoids- just like in green tea, may lower your blood pressure.
- 10) RESEARCHERS have also found that red wine protects against colds. Just remember that no more than 1 glass a day for women over 60 and 2 for men of that age is the limit.



***Welcoming New Members:***

- Toni Raffaele***
- Brad and Stephanie Mrozinski,***  
***Paul (7), Josh (5) & Angela (2)***
- David & Amy Karls***



**Your Green Corner**  
*By Mary Kult*

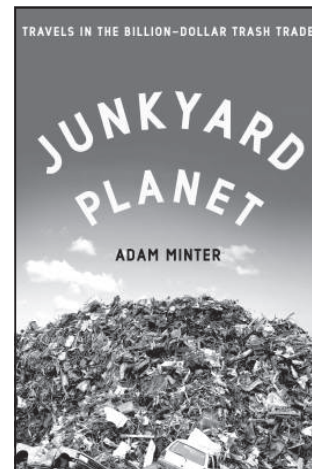
**Junkyard Planet**

Did you ever wonder where the items in your recycling bin land?

Author Adam Minter in his book “Junkyard Planet” traces America’s recyclables and the massive multibillion-dollar profits that China and other rising nations earn from it. What emerges are an engaging colorful and sometimes troubling tale of consumption, innovation and the ascent of a developing world that recognizes value where Americans don’t.

Our newspapers and soda cans travel half way around the world to people and places that clean up what you don’t want and turn it into something you can’t wait to buy.

(Taken from the book Junkyard Planet, check it out at the library.)



**BREAKING BREAD**

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