

May 2016

# BREAKING BREAD

## *Triduum 2016*



*Good Friday*



*Holy Saturday*



*Holy  
Thursday*



*Easter Sunday*

# Foot washing at Repairers

by Mary Ann Erdtmann

Parishioners from Good Shepherd and St. James took part in the annual foot washing at Repairers of the Breach in Milwaukee on Holy Thursday morning. They are: Deacon Sandy Sites, Jean Gatton, Barb Messerknecht, Ken Wolff and Mary Ann Erdtmann from GS and Mitzi McGovern from St. James.

Rev. James West, executive director at Repairers, led us in

prayer. Then Deacon Sandy explained the significance of foot washing following Jesus' example at the Last Supper. We then lovingly washed the feet of the men and women, applied lotion and powder after gently drying their feet. Each was presented with a new pair of white socks. It was indeed a holy and prayerful experience to follow Jesus' command to "Do as I have done for you."



# Spelling Bee

by Corinna Ramsey

We see her smiling face at Good Shepherd every weekend at Mass with her family and now the whole country is going to see the joy of 7th grader, Anna Goveas.

For the third year in a row, Anna earned a place to compete in the state spelling bee with 47 other kids, 8th grade and younger, held in Madison. She did this by competing at her school, the school district level and then in the regional competition.

This year was different though. As the first place winner of the state spelling bee, she will be travelling to Washington DC with her family in May to be part of the National Spelling Bee.

How did she do it? Lots of studying. She studies her lists of words and root words every day for as much time as she can. She also prayed about it. "I was just praying my head off and Immanuel was praying his head off," says Anna.

Her 3rd grade brother, Immanuel, competed in the state spelling bee too, so we may be writing this story again some day with a different Goveas as a winner. There was no definitive answer when asked if Mom or Dad passed on the good spelling genes.

"Pharmacognosy" was the word that Anna spelled to win the bee. To spell it correctly she used her knowledge of similar words and she had seen the word in all of her time studying.

Anna is one of 3 kids from Wisconsin going to the national spelling bee starting on May 24th. On the first day of preliminaries, 50 of those kids will know if they are going on.



Anna is handling it all with grace as she says, "It's more about trying your best while you are there and having fun while you are doing it because it's a once in a lifetime opportunity."

Anna Goveas at the Badger State Spelling Bee Madison Area Technical College's Mitby Theater Madison, Wis., Friday, March 18, 2016. (photo by Amber Arnold with the Wisconsin State Journal)

# Generations of Faith (GoF)

by Corinna Ramsey

Generations of Faith had a successful year of sharing faith, learning more about the Catholic church and having fun.

Seventy-five families (250 parishioners) participated in the sessions held each month, September through May. Families ranging in size from 1 to 7 people joined in a meal during each session. After eating that meal of breakfast or dinner, we prayed, sang, learned, played games, did crafts, discussed, answered questions, asked questions, got to know others and more.

All of this happened in an environment where age does not matter. Participants were included in a level that worked for them. When the topic needed to be broken down on a deeper level, adults and children would break out into their own groups to enrich their faith at their level. This year, members

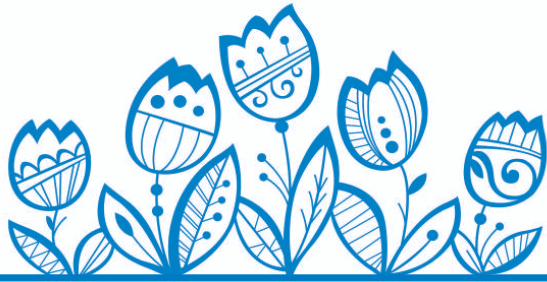
ranged in age from infant to 84 years and everyone had a great time.

Topics such as the creed, the afterlife, the incarnation, reconciliation, sacramentals, mercy and a question/answer session filled the year with learning and sharing opportunities.

We will be ending the year of faith and fun on Sunday, May 15th with 11:00 Mass and a picnic to celebrate the success of our deepened faith, old and new friends and our love for the Risen Jesus Christ.

If you are interested in joining the Generations of Faith program, it is open to all ages and the registration form was mailed to your home at the end of April. If you did not receive one, contact Mike, Corinna or Becky in the CF office to get one or download one from the parish website.





# MAY 2016

Good Shepherd

| Sunday  | Monday   | Tuesday  | Wednesday   |
|---|--|--|---|
| <b>1</b><br><b>8:30 AM &amp; 11:00 AM</b> Liturgy<br><b>9:30 AM &amp; 12 PM</b> Flower Sale<br><b>9:45 PM</b> Mini-series on "Caring for Our Common Home"<br><b>12:30 PM</b> CHWC paperwork<br><b>6:00 PM</b> Cathedral Center Meal | <b>2</b><br><b>9:00 AM</b> Sleeping Bags and More<br><b>11:00 AM</b> Faith Sharing Group<br><b>7:00 PM</b> Pastoral Council Meeting      | <b>3</b><br><b>8:30 AM</b> Morning Prayer<br><b>7:00 PM</b> Choir Practice   | <b>4</b><br><b>7:00 PM</b> Choir Practice<br><b>7:00 PM</b> Doubters & Thinkers                         |
| <b>8</b><br><b>8:30 AM &amp; 11:00 AM</b> Liturgy<br><b>9:30 AM &amp; 12 PM</b> Blood Pressure  | <b>9</b><br><b>9:00 AM</b> Sleeping Bags and More<br><b>7:00 PM</b> Commissions Meeting  | <b>10</b><br><b>8:30 AM</b> Liturgy<br><b>7:00 PM</b> Choir Practice (Both Choirs)                                   | <b>11</b>   |
| <b>15</b><br><b>8:30 AM &amp; 11:00 AM</b> Liturgy<br><b>11:00 AM</b> Generations of Faith<br><b>7:00 PM</b> Gay & Straight in Christ   | <b>16</b><br><b>9:00 AM</b> Sleeping Bags and More<br><b>11:00 AM</b> Faith Sharing Group<br><b>7:00 PM</b> Finance Council              | <b>17</b><br><b>8:30 AM</b> Liturgy<br><b>7:00 PM</b> Choir Practice   | <b>18</b><br><i>St. Ben's Drop-off</i><br><i>- Teams 4, 1, &amp; 2</i><br><b>7:00 PM</b> Choir Practice |
| <b>22</b><br><b>8:30 AM &amp; 11:00 AM</b> Liturgy  | <b>23</b><br><b>9:00 AM</b> Sleeping Bags and More<br><b>11:00 AM</b> Faith Sharing Group<br><b>7:00 PM</b> Building & Grounds Committee | <b>24</b><br><b>8:30 AM</b> Liturgy<br><b>7:00 PM</b> Choir Practice<br><b>7:00 PM</b> Readers Prep at Good Shepherd | <b>25</b><br><b>7:00 PM</b> Choir Practice<br><b>7:00 PM</b> Men's Group                                |
| <b>29</b><br><b>8:30 AM &amp; 11:00 AM</b> Liturgy  | <b>30</b><br><i>Memorial Day - Offices Closed</i>  | <b>31</b><br><b>8:30 AM</b> Liturgy<br><b>7:00 PM</b> Choir Practice   | <b>1</b><br><b>7:00 PM</b> Choir Practice<br><b>7:00 PM</b> Doubters & Thinkers                         |

# Parish Calendar

|                        | Thursday   | Friday   | Saturday  |
|------------------------|--|--|---|
| ctice<br>, Seekers,    | <b>5</b><br><b>10:30 AM</b> Communion Service<br>at Menomonee Place<br><b>7:00 PM</b> Choir Practice<br><b>7:00 PM</b> Ellacuria Committee | <b>6</b><br><b>8:30 AM</b> Liturgy<br><b>5:45 PM</b> Celebration of Ministries         | <b>7</b><br><b>11:00 AM</b> Ladies Tea<br><b>3:30 PM</b> Reconciliation<br><b>4:30 PM</b> Liturgy<br><b>5:30 PM</b> Blood Pressure Checks |
|                        | <b>12</b><br><b>10:30 AM</b> Communion Service<br>at MFHCC<br><b>7:00 PM</b> Choir Practice  | <b>13</b><br><b>8:30 AM</b> Liturgy  | <b>14</b><br><b>3:30 PM</b> Reconciliation<br><b>4:30 PM</b> Liturgy  |
| until 3:30 PM<br>ctice | <b>19</b><br><b>7:00 PM</b> Choir Practice   | <b>20</b><br><b>8:30 AM</b> Liturgy<br><b>1:00 PM</b> Coffee Talkers                   | <b>21</b><br><b>9:00 AM</b> Flower Sale Pick-up<br><b>3:30 PM</b> Reconciliation<br><b>4:30 PM</b> Liturgy - First<br>Communion           |
| ctice<br>oup           | <b>26</b><br><b>10:30 AM</b> Communion Service<br>at MFHCC<br><b>7:00 PM</b> Choir Practice<br><b>7:00 PM</b> Stewardship Committee        | <b>27</b><br><b>8:30 AM</b> Liturgy<br><b>6:30 PM</b> 21! Middle School Youth<br>Group | <b>28</b><br><b>8:00 AM</b> Readers Prep at St. James<br><b>3:30 PM</b> Reconciliation<br><b>4:30 PM</b> Liturgy                          |
| ctice<br>, Seekers,    | <b>2</b><br><b>10:30 AM</b> Communion Service<br>at Menomonee Place<br><b>7:00 PM</b> Choir Practice<br><b>7:00 PM</b> Ellacuria Committee | <b>3</b><br><b>8:30 AM</b> Liturgy   | <b>4</b><br><b>3:30 PM</b> Reconciliation<br><b>4:30 PM</b> Liturgy<br><b>5:30 PM</b> Blood Pressure Checks                               |



# Pastoral Council Meeting Notes

April 6, 2016

## Finance Council Report:

- 58% return on pledge cards.
- Norms addendum were amended to allow trustee to serve as Finance Council Chairperson.
- 2016/2017 budget process has begun.
- Building and Grounds has designated April 23rd as "Cleanup Day".

## Pastoral Council Formation:

- **April 2** - Pastoral Council and Staff Myers Briggs follow up session with Sharon Ellis was excellent. Thanks to Sharon and to all who attended.
- **April 24th** - Care for our Common Home - Spotlight presentation.

## Commission/Committee Reports:

### Christian Formation:

- Soles for Jesus collected about 1000 pairs of shoes and \$1000 for shipping .
- Matthew 25 registrations are beginning; Catholic Heart chaperones filled.

## Pastoral Council Discernment:

- Members are needed for attendance at the discernment meeting on Saturday, May 21 at 10:00 AM.
- 3 new members are needed to replace those whose terms are completed plus one to complete the remaining year of Jenni Kryscio's term.

**Human Concerns :** Epiphany Food Drive and Guest House Supply Drive have been removed from list of giving due to the number of other donation requests during the same time period

## Parish Director Report:

### • Lent, Holy Week, and Triduum affirmations/suggestions

Affirmations:

- Reflection videos
- Easter Vigil graphics
- Pre mass reflection videos
- Prayer of the faithful with silence at the end of each prayer and a sung response
- Youth involvement, as ministers and Listen to the Lord on Holy Thursday
- Chairs in Daniels Hall for Palm Sunday were helpful.
- Soles for Jesus was an excellent Lent almsgiving focus.

## Recommendations:

- Readers preview of the visuals
- Adjust length of New streamers.
- Consider fewer readings for the vigil;
- Revisit performing "Were You There".
- Consistent liturgy times for the Triduum to avoid confusion?

### • **Summer Mass schedule** update

- So far, 9:30 seems to be the best time during July and August.
- This will be only a test; will return to regular schedule in September.
- Will poll all parishioners in parish survey at Masses or via e-mail in May.
- Concern raised as to whether some will go to another parish on Sunday during July/August and perhaps not return.

### • **Vision for our future**

- "On the eve of the 60th year"
- Early stages of strategic plan for our future being discussed with several consultants.
- Entire parish will be involved including one or two town hall meetings.

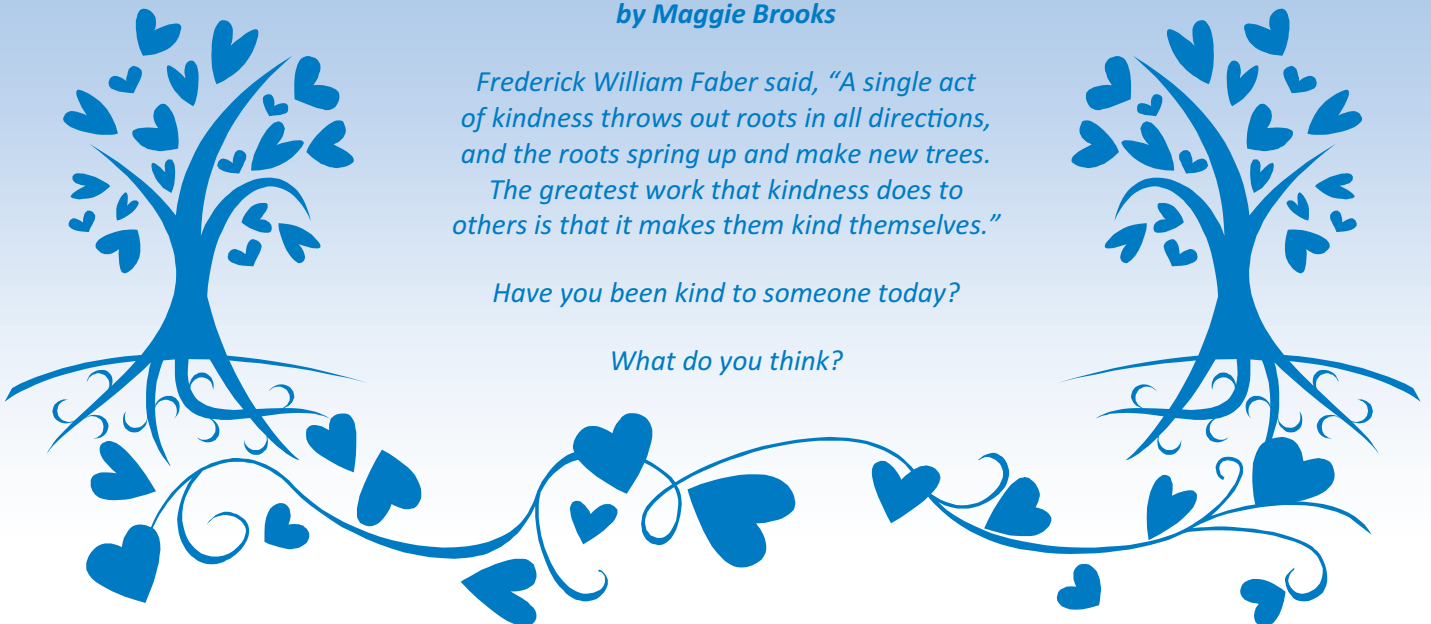
## Enhance Your Soul With Musings

by Maggie Brooks

*Frederick William Faber said, "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves."*

*Have you been kind to someone today?*

*What do you think?*



## Three Saints and a Good Shepherd Cluster (3SGS)

Archbishop ListECKI has recently approved the new 3 Saints and a Good Shepherd Cluster. (3SGS). It is comprised of the roughly 11,000 total members of St. Agnes, St. Anthony, St. Mary and Good Shepherd parishes. We are strong vibrant parishes that best grow when we are in relationship with each other.

Over the years there has been much cooperation and collaboration among the 4 parishes. As we form the 3SGS Cluster we look to maintain existing successful collaborations and look for new opportunities as well.

The 3SGS Cluster will officially launch as the current Pastors and Parish Director assigned terms expire. When fully implemented, there will be one pastor and one associate pastor for Cluster.

Masses, and sacraments requiring a priest, will be supplemented by a pool of help out priests. We already know at Good Shepherd how well this works with our Assisting Priests. Over time, Cluster deacons will collaborate under the direction of the assigned cluster pastor, to preside at baptisms and weddings, preach, and perform other pastoral and liturgical activities when needed across all 4 parishes.

Initially, each parish and its facilities will remain open. All will maintain their own Councils and staffs. When and if considered desirable, the cluster may wish to do some consolidation of Councils in order to allow necessary participation by the cluster pastor and associate. Also, when and if considered desirable, the cluster may wish to consolidate some staff

positions, as vacancies arise. A prime example is the new collaboration between St. Anthony's and St. Mary's schools. The schools will remain independent parish schools but starting in the 2016-2017 school year they will share one principal and work toward common leadership. Embracing opportunities like this will empower the whole Cluster to strengthen the Catholic presence in the Menomonee Falls and Butler areas of the Archdiocese.

Additionally, we have been fortunate to have had much ministry and program collaboration with St. James over many years. St. James has decided to remain a stand-alone parish due to their size. While they are not part of the 3SGS Cluster, an aggressive collaboration plan with them will continue.

As we look to the future, remember that when we look at each other, we see the face of God and as a result we grow in faith, hope, love, and fellowship. The faithful of Menomonee Falls and Butler are blessed to be part of strong faith communities that will seek to live the Gospel for generations to come. With the new 3SGS Cluster, we are improving and enhancing the relationships with neighboring parishes in order to best serve the people of God, constantly striving to bring the faithful into closer relationship with the Lord, and with one another.

Praise God!

**Respectfully submitted by:**  
*Fr. Mark Brandl, Fr. Dennis Budka,  
 Fr. John Burns, Deacon Sandy Sites*

**At times, when we hear a word from God, we tend to use our own intellect to decipher what God wants, when actually what God wants is just simple obedience and faith.**

**By all means, exercise the faith that moves mountains, but know that it is still God who moves the mountains.**

**When things seem to go wrong .....Just P. U. S. H.  
 When the job gets you down.....Just P. U. S. H.  
 When people don't do as you think they should .....Just P. U. S. H.  
 When your money is "gone" and the bills are due.....Just P. U. S. H.  
 When people just don't understand you .....Just P. U. S. H.**

**P=Pray U=Until S=Something H=Happens**





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

**Clean and Green for Spring-cleaning**

Clean doesn't always mean healthy. What's lurking in those liquids, scrubs and sprays may not be good for you. Many of the cleaners can be down right toxic. The most hazardous cleaning products are corrosive drain cleaners, oven cleaners, acid toilet bowl cleaners and anything that contains chlorine or ammonia. A major source of pollution is a class of irritating chemicals called volatile organic compounds (VOCs). These fumes can linger long after your cleaning is completed.

Common symptoms may include respiratory irritation, dizziness, nausea, visual disorders, lack of coordination and memory impairment. 25% of asthma cases can be attributed to cleaning products. The Agency for Research on Cancer found that 21 household cleaning products tested, 18 contained VOCs. Three out of four air fresheners contained VOCs.

Further research showed that, a person cleaning the kitchen, especially on a day ozone levels are high and then remains in the room for another two hours would inhale about 1/4 of the total daily guideline for these VOCs.

Some chemicals are hormone disrupters and are shown to mimic estrogen sensitive breast cancer cell to multiply.

Compounds called TRICLOSAN, found in antibiotic cleansers may not be any more effective at killing bugs than regular cleansers.

In Summary:

1. Watch for labels that say DANGER OR POISON.
2. Avoid products containing chlorine and ammonia.
3. Look for products that list their biodegradable status.
4. Ventilate your rooms during and after cleaning except during high ozone days.

So when thinking spring and listening to the birds going, "CHEEP, CHEEP, CHEEP" THINK, "CHEAP, CHEAP, CHEAP" and use such products as baking soda, vinegar, borax and lemons which uses can be found in previous Breaking Bread articles.



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

**Access to your Medical Records**

According to the U.S. Department of Health and Human Services, your medical records are legally yours to review. However, the HHS reports that some doctors, hospitals, and Insurance companies don't always make it easy to obtain records. So in January 2016, HHS released new guidelines making it clear that Consumers do not have to give a reason for a records request; they can ask for the records by mail or email, and do not have to pick up the records in person; they can have copies of their records even if they've failed to pay their medical bills; and they must not be denied access to their records if a doctor or institution has concerns that the individual will be upset by the information, unless the person is suicidal. For a printed version of your records, you can be charged only for copying costs not for the time an institution spends looking for your information, Check out the guidelines at: [www.hhs.gov/hipaa](http://www.hhs.gov/hipaa).

(Information from: Harvard Health Letter, April 2016)



# BREAKING BREAD

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

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