



June 2016

BREAKING BREAD



"Soles For Jesus is dedicated to sharing the love of Christ by distributing shoes to the under-served people in sub-Saharan Africa.

Soles For Jesus relies on churches, businesses, individuals, foundations and schools to provide the shoes, volunteer assistance and funds necessary to send ocean freight shipments to Africa.

After receiving shoe donations in our warehouse, volunteers come to sort and pack them. During these volunteer events, the shoes are organized by size and packed in boxes. When there are enough boxes packed for a shipment (8,000 pairs), they are loaded into an ocean freight container and shipped to their destination port. Our partners on the ground who receive the shoes are people we know personally. They are respected leaders and pastors in their region, and as they plan each shoe distribution, they are aware of the greatest needs in their community.

After each distribution, we receive exciting photos and reports of lives that have been changed through the valuable gift of shoes. Check out the website, solesforjesus.org, to see how these shoes make it from Milwaukee to Africa."

(from solesforjesus.org)

During Lent, Good Shepherd collected and donated around 1,000 pairs of shoes and \$1,000 for shipping expenses for those in need in Africa. For 2016 these donations were sent to the countries of Tanzania, Zambia and Burkina Faso.



(from solesforjesus.org)



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 3 programs listed on this page are supported during the next quarter.



Ellacuria: 26 years of Solidarity

by Mary Ann Erdtmann

In a spirit of solidarity, we have had a sister parish relationship with our brothers and sisters in Ellacuria, El Salvador, for 26 years. The community of 175 families was named after Fr. Ignacio Ellacuria, one of six Jesuits killed in El Salvador in 1989, along with their housekeeper and her daughter.

Since 1990, through delegations and funding of projects which our sister parish deemed important, we have nurtured our relationship and friendship with them. Our last delegation to Ellacuria was last year and we are currently working to have delegates from Ellacuria visit us in October.

With funds from Combined Collections and the fair trade and coffee sales held four times a year, we have helped fund the construction of a church, additions to the school, a safe water distribution system and anti-delinquency workshops for the youth (gangs are a big problem in El Salvador). A banner of their church, Our Lady of the Rosary, currently hangs in Daniels Hall. Ongoing needs include lack of jobs, health care and funding of high school education.

Our delegates to Ellacuria have been moved by their deep faith, sense of community, cooperative spirit, joy and gratitude.

Good Shepherd Youth Work Camp *by Corinna Ramsey*

Good Shepherd offers two amazing opportunities for youth to serve people in need through work camps. Many of our youth choose to participate in both camps.

This year the Matthew 25 Local Work Camp, made up of 5th–12th grades, will be serving June 20–24 at places such as the House of Peace, St. Ben's, Luther Manor, St. Hyacinth, parishioners homes, the Sacred Heart Center and more. We will even be doing a project that Deacon Sandy will take to the prisoners and staff at the Waukesha County Jail.

Our other camp is through Catholic Heart Work Camp. We will be travelling to Pittsburgh, PA to serve from July 9–15. Youth 7th–12th grades will be doing various projects such as painting, cleaning, weeding, building, working with at-risk children, working with the elderly and more. We are thrilled to see what God has in store for us this summer.

Both camps also consist of many adult chaperones and planning team members who make this all possible. These adults are not charged for their participation so their costs are paid for from generous supporters. Thank you for your consistent prayer and financial support to these ministries at Good Shepherd.

Catholic Charities' Mission Statement: *by Sharon Brumer*

"Inspired by Christ's call to serve, our mission is to provide service to those in need, to advocate for justice and to call upon others to do the same."

Since 1920, Catholic Charities has been the social service arm of the Church in southeast Wisconsin.

Our Mission Statement captures the essence of the work we do. We serve people of all faiths, many of them living in poverty. We respond to the poor and suffering as Jesus did. Our therapists, outreach workers, and case managers help individuals and families struggling through crisis situations.

Meeting the growing needs of the poor is a daunting job – a job no single person or organization could realistically tackle on their own. Yet with your help, our Pregnancy Support, Adoption, Supported Parenting, Adult Day Care, In-Home Support, Refugee Resettlement, Legal Services for Immigrants, Community Outreach, and Behavioral Health Counseling services **are** having a positive impact. **Together**, we **are** changing lives, instilling hope, and leading people to self-sufficiency and a brighter future.

Your financial support enables us to continue working with the poor and vulnerable. And, if you or someone you know needs help, please direct them to our website www.ccmke.org for a listing of offices and program staff.

Cathedral Center Meal Ministry

By Barb Messerknecht

The Good Shepherd Ministry description: to create community on the 1st Sunday of each month with a gift of time, food, fellowship with the women and families experiencing a housing or homeless crisis in Milwaukee.

Personal comments from Good Shepherd Cathedral Center Volunteers:

"We serve young, middle aged, older women, and mothers with children. Our guests enjoy a nutritious hot meal with variety. We observe that food changes the atmosphere to warmth, laughter, and good cheer!"

"I enjoy serving the floor with mothers and their children, they are always so appreciative."

"I look forward to going to serve, it is so rewarding!"

"Going to serve makes me feel good. I have heard the women make comments saying, ""this is like real home cooking or a family Sunday dinner."

"After feeding the clients and packing their lunches for the next morning, we leave the Cathedral with a sense of connectedness with those experiencing crisis in their lives."

It is easy to read or hear comments about homelessness and why people are without a place to call home. But until you meet or are able to serve the homeless and on occasion hear how hard it is...you do not really know. The volunteers go home to their own beds, the Cathedral Center clients share dorm type rooms with strangers possessing habits different from their own. When temperatures are below zero, the Cathedral Center provides emergency cots for women. The clients are grateful for a place to take a shower, do laundry, eat



(volunteers bring in food daily), and receive counseling and assistance to try and get back on their feet. Those not involved in assistance program have to leave early each morning with their small brown bag lunch for a day on the streets of Milwaukee. Children living at the shelter must leave each morning and ride city transportation to attend classes at their schools.

Since the Good Shepherd ministry began to serve the single women and mothers and their children, some of our roles have changed. Usually, 5 -6 volunteers prepare food and travel to the Cathedral to serve the meal and pack lunches for the next morning. Others for different reasons: either donate money to be used for the meal, drop off food in the Good Shepherd kitchen or bring it to the Good Shepherd parking lot @5:45 p.m.. The volunteers usually travel together (carpool) and chat and "catch up" on the way to Milwaukee's East Side. As we return to Menomonee Falls, the tone of our conversation changes when we talk about our experiences with the guests. One thing we know for sure is that we are "Blessed"! Why, because the grateful women and children thank us and so many say, "God bless you" as they leave the dining room.

**Does this type of ministry or opportunity interest you?
Call Becky at the Good Shepherd Parish office for more info.**



Reaching Out with Compassion by Jane Clare Ishiguro

The Deacon Gene Outreach Commission meets three or four times a year to discern the use of outreach funds to support ministries and/or projects that work with and support the poor and marginalized. At the most recent meeting of the commission the following ministries were considered and will be donations from Good Shepherd:

Global Partners, Running Waters ~ \$1750 ~ This ministry provides resources to villages in Central America with clean water, food, education and improved health. This year, they are working on 3 water projects in Guatemala. Water projects there, which were developed some 10-15 years ago, are still working. For more, go to www.globalpartnersrunningwaters.org

Works of Mercy Ministry ~ \$1200 ~ Works of Mercy summer camp provides a week's vacation in a Christian environment for persons with intellectual and developmental disabilities. The camp also provides respite for families who have persons with these disabilities. More than half of the camp participants come from low income families. For more information contact Fr. Al Veik at 414 769 3439 or aveik@thecapuchings.org

St. Joseph Women's Outpatient Center ~ \$1750 ~ Located in the heart of the poorest neighborhoods in Milwaukee, this center, sponsored by the Wheaton Franciscan sisters, offers a monthly Safe Sleep class which teaches parents not only that a safe 'physical' sleeping space is important but that safe environmental space is imperative. Upon completion of the class, families receive a free portable crib. WOC gives away thousands of cribs a year. For more: www.mywheaton.org/sjfoundation



June

Good Shepherd Parish Calendar

Sunday	Monday	Tuesday	Wednesday
29 8:30 AM & 11:00 AM Liturgy	30 <i>Memorial Day - Offices Closed</i>	31 8:30 AM Morning Prayer 7:00 PM Choir Practice 7:00 PM Readers Prep at Good Shepherd	1 7:00 PM Choir Practice 7:00 PM Doubters & Thinkers
5 8:30 AM & 11:00 AM Liturgy 9:30 AM & 12 PM Blood Pressure 6:00 PM Cathedral Center Meal	6 11:00 AM Faith Sharing Group 7:00 PM Pastoral Council Meeting	7 8:30 AM Liturgy	8 10:30 AM Healing
12 8:30 AM & 11:00 AM Liturgy 9 AM & Noon Offering of Letters 9:15 AM & 12:15 PM Welcome Weekend 7:00 PM Gay & Straight in Christ	13 9:00 AM Vacation Bible School 11:00 AM Faith Sharing Group 7:00 PM Commissions Meeting	14 9:00 AM Vacation Bible School 8:30 AM Liturgy 7:00 PM Choir Practice	15 <i>St. Ben's Drop-off</i> - Teams 4, 1, & 2 9:00 AM Vacation
19 8:30 AM & 11:00 AM Liturgy - Baptisms	20 <i>Matthew 25 Work Camp</i> 7:00 PM Finance Council 7:00 PM Deacon Gene Outreach Committee Meeting	21 <i>Matthew 25 Work Camp</i> 8:30 AM Liturgy	22 <i>Matthew 25 Work Camp</i> 7:00 PM Men's Group
26 8:30 AM & 11:00 AM Liturgy	27 11:00 AM Faith Sharing Group 7:00 PM Building & Grounds Committee	28 8:30 AM Liturgy 7:00 PM Choir Practice 7:00 PM Readers Prep at Good Shepherd	29



Save the Date - 8/13/16 is the Corn Roast!

Planning is underway for Corn Roast!
If you'd like to be part of the committee, please join us!

**Contact Nancy Hassenfelt at 262-253-1245
or Cathy Olig at cmolig@yahoo.com or 262-388-9004.**

	Thursday	Friday	Saturday
ctice , Seekers,	2 10:30 AM Communion Service at Menomonee Place 7:00 PM Ellacuria Committee	3 8:30 AM Liturgy	4 3:30 PM Reconciliation 4:30 PM Liturgy 5:30 PM Blood Pressure Checks
Prayer	9 10:30 AM Communion Service at MFHCC	10 8:30 AM Liturgy	11 3:30 PM Reconciliation 4:30 PM Liturgy 5:30 PM Offering of Letters 5:45 PM Welcome Weekend
until 3:30 PM Bible School	16 9:00 AM Vacation Bible School	17 8:30 AM Liturgy 9:00 AM Vacation Bible School 1:00 PM Coffee Talkers	18 3:30 PM Reconciliation 4:30 PM Liturgy - Baptisms
Camp oup	23 <i>Matthew 25 Work Camp</i> 10:30 AM Communion Service at MFHCC 7:00 PM Stewardship Committee	24 <i>Matthew 25 Work Camp</i> 8:30 AM Liturgy	25 8:00 AM Readers Prep at St. James 3:30 PM Reconciliation 4:30 PM Liturgy
	30	1 8:30 AM Liturgy	2 3:30 PM Reconciliation 4:30 PM Liturgy 5:30 PM Blood Pressure Checks



Pastoral Council Meeting Notes

May 2, 2016

Finance Council Report

- Agenda and Personnel Committees are being formed. The Finance Council will need a new Pastoral Council representative; Debbie Bowers volunteered.
- Eschweiler New Century Fund By-Laws being updated and clarified; will be sent to parish when completed.
- Mark presented a Summary report of the final approved 2016-17 parish budget.

Pastoral Council Formation:

- Formation is a requirement for being on the Council. Ideas for Fall Formation are welcome.

Commission/Committee Reports

Christian Formation:

- Report on various activities: Easter cards for elderly, Youth involvement in Holy Week services, Earth Day walk, and Work Camp fund raiser.

Pastoral Council Discernment:

- Information and Discernment sessions to be held on May 10, 14, and 21. Seven parish members expressed interest in coming to the information meeting.
- Trustee position was open for self appointment at all Masses. No one applied. Bill Latus has agreed to continue as Trustee.
- Outgoing members decided that they didn't want a gift. They were happy to serve.

Prayer and Worship:

- Investigating installing a Peace Pole at Good Shepherd - "May Peace Prevail on Earth" in different languages.

Parish Director Report

Suggestions from Council Members:

- Council recommended that the upcoming General parish survey be presented before the end of May and returned by the end of June and the Town Hall meetings be held in September.
- First Sunday in June was suggested for new member installation and out bound/incumbent member blessing at Mass

Enhance Your Soul With Musings

by Maggie Brooks

An anonymous African chant says, "All you tiny thinks, Bless the Lord."

How tiny are you? Our sun is 93 million miles away. Its diameter is 10 times that of the Earth. In our galaxy there are between 50 and 100 million stars. There are at least 50 billion other galaxies! Given the expanse of the universe, how tiny are you?

What do you think?



Pope Francis: “The Joy of Love”

by Fr. Marty Pable, Capuchin

I was asked to write a brief commentary on Pope Francis’ reflection on the two synods of bishops held in Rome on the status of marriage and family life in today’s world. In both 2014 and 2015, bishops gathered from all over the world and shared their reflections for a month on both occasions. The pope promised that he would write his own commentary later: “The Joy of Love” was published in April of this year.

We must note first of all that the pope has fulfilled his promise of leading the Church by means of dialogue rather than top-down imposition: a Church that listens to many voices: bishops, priests, deacons, religious, laity, as well as “secular” voices from the physical and social sciences.

One of the pope’s opening statements is that “Our God in his mystery is not solitude but a family (the three Divine Persons) The family is thus related to God’s very being” (n. 11). He goes on to note that marriage is of divine institution, not merely civil or human. Ordinarily, the couple’s sexual union will result in the conception and birth of children, to whom parents pass on not only their genetic code but also their spiritual heritage, their faith.

In n. 34 the pope challenges the idea that each individual can act arbitrarily, as if there were no truths, values or principles to provide guidance, and everything is permissible. “The ideal of marriage, marked by commitment to exclusivity and stability, is swept aside whenever it proves inconvenient or tiresome.” Later he gives a stinging critique of the modern tendency to indulge in shallow relationships without real love or commitment (nn. 39-40).

Pope Francis shows he is profoundly aware of the stresses many families are under because of unjust conditions (n. 44). He reminds society of their obligation to care for people with disabilities and special needs (n. 47), as well as for elderly and dying persons.

In the next section (n. 54) the pope speaks out strongly against “the shameful ill-treatment to which women are sometimes subjected: domestic violence and various forms of enslavement....” In the same paragraph he condemns “the exploitation and commercialization of the female body in the current media culture” (pornography).

In Chapter Three (nn. 58-88) Pope Francis reviews previous Church documents on marriage and family life. He stresses the strong foundations of Christian marriage: permanence, life-long fidelity, and openness to new life.

Chapter Four (nn. 89-164) is a long and beautiful meditation on “Love in Marriage,” based on St. Paul’s letter (1 Cor.13:1-13). The pope affirms the goodness of sexual love (nn. 152-53), but also warns against abuses, even within marriage. Sex can become “the occasion and instrument for...the selfish satisfaction of personal desires and instincts”. In our own day, sexuality risks being poisoned by the mentality of “use and discard”.

Chapter Five begins with a reflection on the importance of children in marriage. This is followed by a fine section on preparing couples for marriage and pastoral care for the newly-married, as well as help and support for single parents.

Finally, in Chapter Eight, Pope Francis offers hope and guidance for couples who are in “irregular” situations: married only civilly, or simply living together without marriage, or divorced. For the first two groups, he wants the Church to treat them pastorally and kindly, in hopes that they will eventually ask for the Sacrament of Matrimony. In nn. 296-312 the pope calls for a case-by-case assessment of those mentioned above, conducted by priests or others who are qualified, to see if their unions can be sacramentally recognized (blessed) by the Church. Earlier he reminded us that he has already made the obtaining of annulments less complicated. Apparently he is leaving to bishops in their dioceses the details of how these assessments are to be conducted. The response to the pope’s document has been generally favorable. It is seen as balanced: faithful to traditional Church teachings on the one hand, but sensitive to the real-life situations of people on the other. Some are disappointed that the pope provided no opening for same-sex marriages. “There are absolutely no grounds,” he wrote, “for considering homosexual unions to be in any way similar ... to God’s plan for marriage and family.” On the other side, some think the pope was not forceful enough in opposing artificial birth control. The dialogue, I’m sure, will continue.





Your Green Corner
By Mary Kult

**Cheap, Cheap and Cheap --- Eco Friendly Tips for Spring
Homemade Cleaners**

Baking Soda provides grit for scrubbing and reacts with water, vinegar or lemon by fizzing, which speeds up cleaning time.

Borax: disinfects, bleaches and deodorizes and is especially helpful with laundry mixes (should not be used around pets, children or if pregnant).

Distilled white vinegar disinfects and breaks up dirt; choose white vinegar over apple cider or red vinegar, which can stain.

Hydrogen peroxide disinfects and bleaches.

Isopropyl alcohol disinfects, although it can irritate skin.

Lemons will cut grease and adds a wonderful scent, try it in your garbage disposal.

Olive oil picks up dirt and polishes wood and the cheaper grades work just as well. Use a half-cup of white vinegar and a few drops of olive oil for dusting and polishing.

Vegetable based [liquid castile] soap is also an all purpose-cleaner.

Washing soda [sodium carbonate] is a stain remover, general cleaner and helps unblock pipes. It should be handled with gloves due to its caustic nature.

Plain water with a little vinegar or tsp. of lemon juice is as effective at cleaning glass as commercial glass cleaners.

SURPRISE: YOUR BATHROOM IS NOT THE MOST BACTERIAL LADEN ROOM IN YOUR HOME—IT’S THE KITCHEN!

BATHROOM CLEANERS CAN BE EXTREMELY TOXIC.

SO, use a paste of baking soda and water to scrub toilet bowls. Lemon juice will remove stains from porcelain, while isopropyl alcohol is a disinfectant. For tougher jobs use borax.

Pour one cup of borax and a quarter cup of distilled white vinegar or lemon juice to the toilet bowl. Let it sit then brush and flush.

To disinfect drains, pour one to two cups of vinegar down the drain twice a week. Ordinary vinegar will kill up to 99% of bacteria. I also use vinegar once a month in the dishwasher and run through the rinse cycle to keep iron from building up.

More research is needed to judge if enzyme cleaners are safe.

(Information found in the book "Illustrated Green Guild" by National Geographic)



Welcoming New Members:
Brian Gitzlaff & Brittney DiSalvo,
Mia 4 yrs., Landon 1 yr.



Health Bytes
By Laverne Schoonover RN

**8 Health Revelations You Need to Know --- from the
doctors of Harvard Medical School**

1. Did you know that caffeine can linger in the body for up to 12 hours? Avoiding caffeinated coffee, tea and soft drinks after lunch may help you sleep better.

2. Did you know that cooking with coconut oil can add a nice flavor to your food, but that it also seems especially potent at boosting HDL, the “good” cholesterol levels but it does have more saturated fat than butter, and you should limit your saturated fat intake for health reasons.

3. Macular degeneration is the main cause of severe vision loss in older people. Here are 6 prevention tips: 1) don't smoke, 2) wear sun glasses, 3) eat kale and spinach, 4) Exercise, 5) Eat fish and nuts, and 6) keep your weight down to avoid diabetes.

4. Certain exercises can keep you from shrinking as you age, especially ones that strengthen the back muscles and improve posture.

5. Aspirin and Ibuprofen are not so good together. Ibuprofen seems to cancel out aspirin's ability to protect the heart.

6. The risk of obesity jumps almost 25% with each two-hour increase in daily television watching.

7. Feel younger than you are? You should. Researchers calculate that 70 year olds today are equivalent, healthwise, to 65 year olds who lived 30 years ago.

8. Potassium can blunt sodium's tendency to increase blood pressure. But you don't have to go overboard with supplements: fruits and vegetables supply plenty of this mineral.

BREAKING BREAD

Furthering the spiritual growth
of the Good Shepherd Community

by providing an inspirational view of parish life.
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