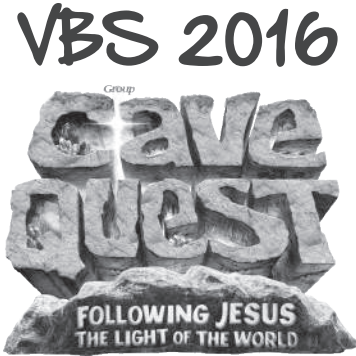


August 2016

BREAKING BREAD



God is on the Move with Matthew 25

by Corinna Ramsey

June 20-24, you may have seen some neon green shirts around town. 45 youth and 21 adult chaperones shared Jesus to anyone they encountered through the Matthew 25 work camp. Here are just a few of the thank yous that we have received:

Thank you very much for serving the community with us. Your enthusiasm and excitement was such a blessing to our guests, staff, and fellow volunteers. The hygiene drive and distribution was a great success. One hundred and four families received hygiene items. Thank you so much!

Sincerely,

~Gerri S. Howard

(Admin Director for the House of Peace)

Thanks to all who helped weed, spread compost, remove blackberry bushes (Thanks, Dave!), get a truckload of mulch from Germantown recycling and many other chores. Annie, the dog, had a great time helping. You are welcome to come back and share in the fruits your labor when the tomatoes and peppers are ready-or to visit Annie (and us)!

Again, thanks for your help!

Virgine and Joyce

(Good Shepherd parishioners)

I just wanted to let you all know that the service your Youth Group did at our School Sister of St. Francis Campus was GREAT! The young people worked diligently, politely and with a refreshing joy. They spread the wood chips and raked them well. They accomplished a lot of work which was on the work order plan for our maintenance men to get done. Joe Grueneberg and his men are grateful for your help. Thanks to your chaperones, too. Hope their muscles were not too sore from moving the wheel barrels. So glad the weather cooperated. Thank you for your gift of service. You will be remembered in the prayers of the Sisters.

May all of you be blessed.

~Sister Marcian

(Sacred Heart Facility Director)

We at Luther Manor, once again, were humbled and delighted to have the wonderful sea of green disembark from the bus this morning with students excitedly invading our property! What fun and excitement you all bring to our older adults! Thank you for gardening, escorting, game playing and sharing your wonderful and diverse talents with the older adults who call Luther Manor home. You are blessed to be a blessing...may Matthew 25 be imprinted on your hearts every day as you do good and make a difference. Thank you once again!

~Lori J. Schultz (Youth & Family Volunteer Specialist at Luther Manor)

Good Shepherd Reaching Out

by Jane Clare Ishiguro

The following donations from the Deacon Gene Outreach Committee were discerned at our June meeting.

\$2000 to the New Sanctuary Movement (NSM) to support their good work with and for immigrants. The NSM works with and supports families who are faced with the many difficulties surrounding deportations. It also works for comprehensive immigration reform.

\$1500 to the Marquette University Center for Peacemaking for a symposium on non-violence and peacemaking. The Center empowers students and the wider community to explore the necessary skills to become informed spiritually centered, non-violent peacemakers. Violence affects all people – especially the poor and powerless. The symposium

will educate participants to extend the peacemaking process into the world and local communities. The Center for Peace making has also offered to help sponsor our delegation from Ellacuria, El Salvador.

If you have any suggestions of ministries/projects that work with or for the poor and marginalized that you would like the committee to consider for an outreach donation, please contact the committee's coordinator, Barb Messerknecht - jandb@wi.rr.com.



The Journey

From a Mother's Eyes

by Corinna Ramsey

Recently, Good Shepherd was able to obtain an AED. At that time, many of our parishioners were trained in CPR and the use of the AED. We encourage others to seek training because one never knows when the need may arise and a life may be saved. We are very blessed to have the Bilello family here at Good Shepherd. No doubt you have heard us pray for Kylie in Masses. This is a segment of her Mom's account of what happened to Kylie.....

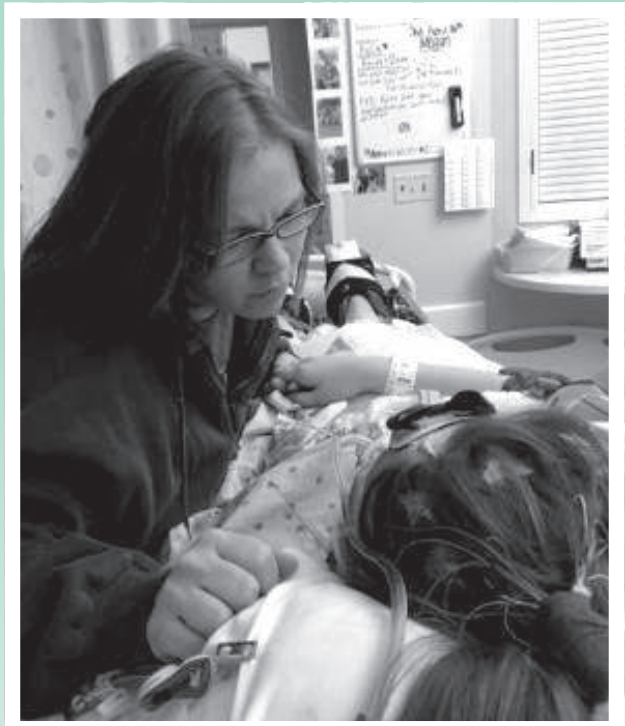
At approximately 3:30 on April 14th my normal, hectic, crazy life changed forever. I've spent the last months trying to figure out what my new normal is and why God chose me to be the one at Kylie's side on that afternoon. I know that we may never know why I was the one to start performing CPR on Kylie.

We had a staff meeting at work. I came back to my office and saw Kylie's backpack thrown behind my desk. She always loves going to visit the kids. Around 3:15 we all prepared for our tornado drill which was the first time I had seen Kylie that afternoon. The tornado drill ended and Kylie helped the teachers line up their kids. After everyone was settled in their classes Kylie came back to my office with me so that she could start heading home.

A minute after Kylie left, Nancy who is the Director of the center also left. She quickly returned after finding Kylie laying on the ground. I heard her say "Get Dana, Kylie fell." As I came out of the building I could see her laying next to one of the cars in the church parking lot so I just ran. I yelled to call 911 and I picked up Kylie's head to try and get her backpack off of her so I could lay her flat. I can remember yelling her name and telling her she couldn't die. I started compressions on her and was yelling for help. Becky got down on the other side of Kylie and said she would do compressions and I should do the breaths. I can remember breathing into Kylie's mouth and praying that I was doing the right thing. I did start doing compressions and breaths again at another point.

I was told that I was the one who yelled for the AED but I honestly don't remember that. I do remember Leanne bringing the AED to me and me attaching the AED pads to Kylie's chest. The next thing that happened was the EMT, police and firefighters were there and pulling me away before I had to administer a shock to my own child. I kept thinking that this can't be happening to me, this is my baby girl. She's healthy, she plays sports, she's a good kid, why her?

The next few hours were a whirlwind as Becky and I were whisked away in a police car. We arrived at Community Memorial Hospital where they put us in a small room with chairs while we waited for the doctors. I begged the nurse to tell me why I couldn't see her after a few minutes and the nurse told me that Kylie wasn't there yet.



The nurse came to take Keith and I back to see Kylie before they took her to CT. I was overwhelmed walking into her room to see about 15 people working on her.

The doctors told us that the transport team from Children's Hospital was on their way and that Kylie would be going to the cardiac ICU. We arrived in ICU at about 6:30 p.m. and were finally able to go back and see her around 8:30 or 9:00 that night. Kylie was snuggled in her bed with a cooling suit on, a breathing tube, IV, ART line, blood pressure cuff and so many other machines that I can't remember.

Around 10:00, Dr. Singh, one of the cardiologists came out to tell us that Kylie had a hole in her heart.

As the days wore on I anxiously waited for the doctors' updates and they seemed cautiously optimistic about what we would be facing. Ultimately they were able to tell us that Kylie had a blood clot that went where it didn't belong and caused her heart to stop. We found out later on that she also had a blood clot that went to her brain and showered her brain so there are areas of damage there.

We are now weeks after Kylie's surgery and her cardiac arrest and I am still, at times, a basket case. I am trying to give Kylie back some of the freedom that she had before her cardiac arrest.

I drive to Mequon 3 times per week to take Kylie to Occupational therapy, Physical therapy and Speech therapy. We have been taking weekly trips to Community Memorial Hospital for Kylie to have the INR level checked in her blood, plus visits to Neuropsychology, Cardiology, Hematology.

continued on page 7...



August

2016

Good Shepherd Parish Calendar

| Sunday | Monday | Tuesday | Wednesday |
|---|---|--|--|
| 31 <i>School Supply Drive</i> 9:30 AM Liturgy | 1 11:00 AM Faith Sharing Group 7:00 PM Pastoral Council Meeting | 2 No 8:30 AM Liturgy - Brown Memorial 10:00 AM | 3 |
| 7 <i>School Supply Drive</i> 9:30 AM Liturgy 10:30 AM Blood Pressure Checks 6:00 PM Cathedral Center Meal | 8 11:00 AM Faith Sharing Group 7:00 PM Commissions Meeting | 9 8:30 AM Liturgy 8:00 AM Mt. Olympus Trip 7:00 PM Choir Practice | 10 10:30 AM Healing |
| 14 9:30 AM Liturgy 7:00 PM Gay & Straight in Christ | 15 11:00 AM Faith Sharing Group 7:00 PM Finance Council | 16 8:30 AM Liturgy | 17 <i>St. Ben's Drop-off</i> <i>- Teams 3, 4, & 1</i> |
| 21 9:30 AM Liturgy | 22 11:00 AM Faith Sharing Group 7:00 PM Building & Grounds Committee | 23 8:30 AM Liturgy 7:00 PM Choir Practice | 24 7:00 PM Choir Practice |
| 28 9:30 AM Liturgy 11:00 AM Confirmation Orientation for 10th & 11th Graders | 29 11:00 AM Faith Sharing Group | 30 8:30 AM Liturgy 7:00 PM Readers Prep at Good Shepherd | 31 |



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

| | Thursday | Friday | Saturday |
|---------------|--|---|---|
| | 4 10:30 AM Communion Service at Menomonee Place 7:00 PM Ellacuria Sister Parish Committee | 5 8:30 AM Liturgy | 6 School Supply Drive 3:30 PM Reconciliation 4:30 PM Liturgy 5:30 PM Blood Pressure Checks |
| Prayer | 11 10:30 AM Communion Service at MFHCC | 12 8:30 AM Liturgy | 13 3:30 PM Reconciliation 4:30 PM Outdoor Liturgy - (<i>Bring a lawn chair.</i>) 5:30 PM Corn Roast |
| until 3:30 PM | 18 | 19 No 8:30 AM Liturgy - Funeral Mass in the AM 1:00 PM Coffee Talkers | 20 3:30 PM Reconciliation 4:30 PM Liturgy |
| ctice | 25 10:30 AM Communion Service at MFHCC 7:00 PM Stewardship Committee | 26 8:30 AM Liturgy | 27 8:00 AM Readers Prep at St. James 3:30 PM Reconciliation 4:30 PM Liturgy |
| | 1 10:30 AM Communion Service at Menomonee Place 7:00 PM Ellacuria Sister Parish Committee | 2 8:30 AM Liturgy | 3 3:30 PM Reconciliation 4:30 PM Liturgy 5:30 PM Blood Pressure Checks |



Pastoral Council Meeting Notes

July 11, 2016

Corn Roast Update:

Nancy Hassenfelt reported on the progress of the Corn Roast. She thanked Tony Witkus for the "Corn Roast Bible" that she and the team are following. Corn Roast is Aug 13 and preparations are well under way.

Prayer & Worship:

Discussed proposal for new chairs for Mary of Magdala chapel. The chair material will be "crypton" fabric in a color that complements the chapel space.

Separate Note: Sr. Joann is working with Daune Sheperd to purchase the Freelance chairs. The proposal was approved and sent to Finance Council.

Finance Council:

The Council did not meet in June, but completed work on the changing of the bylaws for the Eschweiler New Century

fund. There will be town hall meetings later in the year to explain the fund and how it is used.

Arleen Mantel and Deb Bowers will be the Pastoral Council liaisons to the Finance Council.

Pastoral Council Formation:

Aug 31 is the date for the next formation activity, helping with the dinner at St. Ben's. Also, Oct 26, speakers from Rich Harter's team at the Archdiocese will be coming to GS to speak on the "nones" young adult ministry. Sharon agreed to work with new council members on the Meyers Briggs process.

VOP Update/Discussion:

Any new VOP forms collected should be put in Jeff's mailbox.

Stewardship:

The new commission has 3 co-chairs: Brian and Kathy Young, and Meg Latus. They will need a representative from the Pastoral Council.

Parish Director Report:

The three cluster priests and Sandy met to discuss various topics including having a future "chief of staff" position for the cluster that can do scheduling and other administrative duties.

The next cluster meeting will include Bill Latus, Linda Belkowski, Mike Crain, and Deacon Sandy.

The Conrad-Schmidt presentation on our worship space design has been delayed. A next step after the presentation may be to contract for actual renderings (for a fee).

New parish directory. There are several on-line options that may be considered.

Survey results: The overall sense is that people find GS welcoming and friendly. There are more young families than expected. The results will be made available to the parish in the future and there will be several town hall meetings to discuss.

Enhance Your Soul With Musings

by Maggie Brooks

Joseph Goldstein said, "A friend's son was in first grade. The teacher asked the class, 'What color are apples?' Most answered red. A few said green. Kevin, my friend's son, said, 'white'. The teacher explained that apples could be red, green or sometimes golden, but never white. Kevin said, 'Look inside.'"

How often do we "look inside", be it a person or an issue? Or do we only look at the outside?

What do you think?



Meet the Ministry Gay and Straight in Christ

A Transgender Person's View of Transgender

by Ann Castiglione

On Sunday evening, May 15, 30 people came together in Daniels Hall to share a meal and expand our understanding of what it means to be transgender. Elena, an active practicing Catholic who happens to be transgender, led us through her inside view of being a male to female transgender.

From Elena we learned that transgender is how you feel, how you think, what makes you "you". Scientists agree that this is not a choice, it is inborn. A person who is transgender knows at a very young age that their spirit, their human understanding, does not match their body. Elena knew from little on that her "boy" body didn't make her feel right. She felt much more like a girl. It is important to understand that being transgender has nothing to do with orientation. Orientation refers to sexual attraction.

There are many different types of transgender people, just as there are many different types of people. Each of us is unique, yet created in the "image and likeness of God." Sadly, transgender people are still subject to much harassment, discrimination, and violence. The studies indicate that around 17% of transgender people are assaulted in school and 32% are harassed. These numbers may actually be low because many transgender people are afraid to report incidents. The average rate of suicide among all people is 4.6%, and among lesbian, gay or bisexual people it ranges from 10 – 20%. Among transgender people, however, the suicide rate is at least 41%! (The price of being true to yourself is high.)

After Elena spoke with us and answered many questions, Sr. Clarice closed the evening. She is a Racine Dominican who has worked with transgender people for many years and currently works at the Racine LGBT center. She assists transgender people spiritually and (on a practical level) with doctor visits. It is still legally possible to discriminate against transgender people when it comes to medical coverage. Sr. Clarice shared that her early calling was working with LG and B people (Lesbian, Gay



and Bisexual), but in NO WAY was she going to work with the "T"! She argued with God for several hours one weekend, and God won. She now spends most of her time and energy helping the "T" population. She has made many friends, she loves her work, and she is passionate about bringing justice and understanding to transgender people.

Sr. Clarice left us with the question, "How did this evening affect you?"

It was very educational and gave me a greater insight and understanding of the trials and struggles (both physical and mental) that transgendered persons experience. It greatly increased my empathy for them in the situations they encounter; especially now with the restroom issue. As Elena said: "Do I go into the Women's room and risk being arrested or go into the Men's room and risk getting beaten up? So when I am going out, I do not drink and hope I return in time." What a sad predicament to be in! (Fred Weber)

I will really try to look past people's looks to the heart of the person and realize that God loves us all. To get to know someone as a child of God and not as a "label". (Jean Gatton)

Elena's in depth presentation, along with her personal story of being transgendered from MTF [male to female], gave me a little more understanding of this mystery; a mystery to those of us not having the same experience, feelings, etc. of a transgender person. Listening to Elena, I gained much more acceptance and respect for her and others like her. I will not judge, only love each as the child God made in His image and likeness, yet having individual qualities, traits, inclinations and gifts. I have seen the good God has created in the people I have encountered all my life. And on Sunday evening I saw the goodness in Elena. Because of my Faith I will accept and love Transgenders in the same manner as any other fellow human being. (Carol Weber)

continued from "The Journey from a Mother's Eyes" page 3 ...

I now watch Kylie like a hawk, especially in situations where it is loud or later in the day when she might be getting tired. I am slowly learning how to help Kylie when she is feeling overwhelmed, tired or when her brain is feeling "lost"(that's how she told me her brain felt).

I'm still adjusting to my new normal but I'm happy to have the opportunity to make this adjustment instead of having to adjust to a life without Kylie. -Dana Bilello

As you look at this Breaking Bread, you will see Matthew 25 work camp and VBS pictures. These are both events that Kylie was able to participate in fully due to Dana, CPR and our God.

This is just an excerpt from Kylie's Caring Bridge. To read more about Kylie, visit www.caringbridge.org.



Your Green Corner
By Mary Kult

BUILDING AWARENESS

The world is a fascinating place with many teaching moments. As we and our children develop curiosity, we find how one teaching moment can lead to others.

One summer project can be gathering several different leaves and spray them with a little water. You will see different water patterns. Observe how some leaves are waxy and repel water. Other leaves are furry and have little hairs to push the water off. Yet others may have funnels to channel the water to the ground. Can you find some that collect water in a vase shaped container?

Another summer project is to make a flower “blush” and see the path water takes. Color some water with some red vegetable dye and stand a daisy in it. The dye will gradually be sucked up through the plant and it will take on the red tint. The little vessels carrying the fluid will be clearly marked by the dye. Try this with a fleshy thick-stemmed geranium cutting and then slice the stem to have a look at a cross section both vertically and horizontally.

A third project could be to watch leftover tops of carrots; parsnips, pineapples or potatoes grow. Grow them in a shallow container with a little water in it. Cut the carrot or root vegetable with an inch of flesh remaining on the top. Soon you will have had a jungle on your windowsill.

Mindfulness practice is a great way of practicing and building awareness. Have both you and your child concentrate on one item in nature for 3-5 minutes and then describe the item. Can you concentrate on one item without your mind traveling to other things?

See what other fascinating things the world holds for you.

YONDER SEE THE MORNING BLINK,
THE SUN IS UP AND UP MUST I,
TO WASH AND DRESS
AND EAT AND DRINK,
AND LOOK AT THINGS
AND TALK AND THINK.
~ A.E.HOUSMAN

Projects found in the book “NATURE WATCH” by Adrienne Katz



Health Bytes
By Laverne Schoonover RN

BLOOD PRESSURE: your posture matters

Hypertension, is called the “silent killer” for a reason. You don’t know you have it until it’s detected by having your blood pressure taken. This is why dedicated nurses here at Good Shepherd offer that service to you on a regular monthly basis. Why not take advantage of this service after the Masses on the first full week end of each month.

Sometimes your pressure might be high at the doctor’s office but not when you monitor it at home. That could be because of the “white coat hypertension”, a spike in blood pressure can occur if you get nervous at your doctor’s office. Or your nurse or doctor simply may not take it correctly. Here’s how to do the test right, whether at home or in the doctor’s office:

Double check your drugs. Certain medications, such as over-the-counter decongestants, prescription amphetamines, and the steroid prednisone, can increase blood pressure, so make sure your physician knows all the drugs you take.

Go to the bathroom first. A full bladder can raise blood pressure by as much as 15 points systolic (the top number) and 10 points diastolic (the bottom number).

Sit correctly. Your back should be straight and supported, with you seated on a chair rather than an examining table. Your feet should be flat on the floor, no crossed legs, your arm supported on a flat surface, the upper arm at heart level.

Measure twice. If your reading is high, blood pressure should be measured again later in the exam, when you’re more relaxed. The lower reading is usually more accurate.

Check the cuff. Measurements taken over clothing, unless an automatic monitor is used, or with too small a cuff can boost blood pressure by as much as 50 points.

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/Content Coordinator
Mary Ann Erdtmann.....Staff Writer
Meriel Christensen.....Staff Writer
Mary Kult.....Staff Writer
Laverne Schoonover.....Staff Writer