



Good Shepherd Catholic Church

Newsletter



Dec. 2018

BREAKING BREAD

Game Night



Confirmation Sponsor Day



Women Celebrating the Spirit

Joyce Rupp: 'Coming Out of Exile'

by Barb Finley for Women Celebrating the Spirit

"At that time I shall be your guide, at the time when I gather you in" Zep 3:11-20.

In October, Joyce Rupp, noted retreat leader and author, conducted a one-day retreat at Siena Center in Racine which several parishioners attended: Loretta Grow, Carol Harder, Mary Ann Craig, Barb Messeknecht, Sue Manthei, Jane Clare Ishiguro, and Barbara Finley. We share our retreat reflections below.

Loretta: Joyce defined exile as a metaphor for changes in life that cause a sense of loss, of being away from our center, our spiritual home, or our self. It is experiencing something missing spiritually, a sense of wandering in the unknown. Joyce said some causes of exile include a life transition, loss of a loved one, relationship failure, a sense that God is missing, and strong emotions like guilt or sorrow. Exile creates barriers to our longing for a deeper relationship with God.

Joyce suggested several paths out of exile: believe you have inner strength to call upon; reflection and journal writing; a companion on the journey to support and accompany you; different forms of prayer; and saying, "I will be gentle with myself, love myself, and rock myself like a newborn baby."

Carol: Exile for me means any time you are not being your true self. And that is made more difficult if you have not spent time to find that true self. There are so many ways people are told what to do, what to think, and who they are. It is sometimes hard work to get to the core of your being. If you can get yourselves out of exile and back to your core, I think you find a real, true basis for your beliefs and actions that brings courage and peace.

Mary Ann: I enjoyed the quiet times we had to reflect on Joyce's talk. I am also enjoying several of her books that have daily prayers and reflections for different seasons of the year: "Anchor for the Soul" and "Prayers to Sophia" are two that I really like.

Barb M: Joyce led us in prayer, song, and provided us with words of wisdom to love ourselves and others with compassion. She taught us how to go deep within ourselves to recognize the spots where we might be in exile. Amazingly, her words allowed us to share life issues with strangers attending the retreat. Our spiritual life requires change and a lot of work.

Sue: There are many kinds of exile—homeless, refugee, and imprisoned. Less obvious forms of exile include unhappy relationships, poor health, and limitations of aging. Some part of us is often in exile. What aspects of our culture keep us captive? We must recognize our exiles and our need to come home—returning to our roots.

Jane Clare provided her favorite Joyce Rupp quotes: "We are moving away from whatever holds us in bondage, away from that which keeps us un-free and does not allow us to access the best of who we are." "We are coming home to that place within us that longs for our acceptance and understanding, coming into the embrace of our own nurturance and compassion."

Barbara F: Joyce encouraged us to love our neighbors and ourselves. She suggested we accept ourselves as we are, telling ourselves, "I'm not good at everything. I'm not the best, but I'm good enough." Her advice: "Surrender the fear of what others think of you. Be yourself."

The following Joyce Rupp books are available through Good Shepherd's Library Book Share:

- ⇒ God's Enduring Presence
- ⇒ Little Pieces of Light
- ⇒ May I Have This Dance?
- ⇒ Open the Door
- ⇒ Prayer: (Catholic Spirituality for Adults)
- ⇒ Praying Our Goodbyes
- ⇒ My soul feels lean: poems of loss and restoration
- ⇒ Your Sorrow is My Sorrow
- ⇒ Joyce Hutchinson and Joyce Rupp on Grief
- ⇒ May I Walk You Home & Now That You've Gone Home
- ⇒ Not in the library, but highly recommended:
- ⇒ Fly While You Still Have Wings
- The story of Joyce and her mom
- ⇒ Out of the Ordinary: Prayers, Poems and Reflections for Every Season – excellent source

The Siena Retreat Center in Racine on the shores of Lake Michigan has a great variety of retreat offerings throughout the year. To see a catalog, please call 262-898-2590 or visit www.SienaRetreatCenter.org.

Note:

Good Shepherd provides some reimbursement for retreats. For details, please call Jane Clare at 262-345-3898.



Pastoral Council Meeting Notes

October 1, 2018

Commission Spotlight – Christian Formation

Mike Crain and Corinna Ramsey provided the update. The focus of Christian Formation is bringing people into closer relationship with God, with Jesus.

- Over the past 6 years there has been an upward trend in participation in GoF (Generations of Faith). Goal is to maintain but also to continually grow participation while keeping content fresh. The Growing Faith portion of GoF is designed to provide the elements of the faith at an age-appropriate level for younger people. Our GoF program is open to the entire parish.
- Listen to the Lord occurs every weekend EXCEPT GOD weekends.
- Vacation Bible School (VBS) is offered for the elementary school children. Last year 150 children participated, and 40 high school age students assisted the 40 adult volunteers.
- Matthew 25 is a local work camp for 6th grade - 12th grade students. Last year 64 teens and 38 adult volunteers participated.
- Catholic Heart national workcamp is for 8th grade - 12th grade students. Last year there were 33 students and 8 adult volunteers.

- Youth Group (6th-12th grade) provides social activities and takes place once per month.
- Young Adult (20s and 30s) programming promotes Brewing the Faith, the College Care Connection, and Brew City Catholic (website).
- The parish app is a primary source of communication, along with Facebook and Instagram. Twice per year Christian Formation holds a Parish Game Night for all parishioners.

Parish Director Report

Staff evaluations are underway and are expected to be complete by the end of October.

Discussion

Feedback from 9/22 Joint Leadership Gathering with St. James and Good Shepherd – This was a good informal opportunity to meet with counterparts. Suggested that we share rosters at future gatherings so that communications and exchange of ideas can be on-going. It's important that we share the "why" of what we are doing with the parish-at-large (collaboration, sharing gifts, etc.).

Stewardship Commission - Discussion was held regarding the New Life Ministries display that was the focus in September. Saturday had a lighter attendance. Sunday was more successful. Next hospitality hosting by Stewardship will be November 17-18 (Holy Happy Hour).



The Latest from the Outreach Committee

The Outreach Committee considered four organizations for a donation. The committee discerned donations to three of the four:

Casa Maria Catholic Worker House ~ \$1500 Casa Maria provides emergency shelter to those who are homeless. Our donation will be used toward rent, appliances, car repair and/or other financial needs to help families stabilize and move out on their own.

Center for Development in Central America ~ \$1500 The CDCA works with the poor in Nicaragua. They survey and listen to the needs of the poor and connect them with necessary resources. Their main areas of focus are: sustainable agriculture, sustainable economic development, health care & education.

International House ~ \$1000 The International House in Milwaukee gives shelter and support to refugee families, helping the families to move to more permanent housing and become self-supporting. The School Sisters of St. Francis (Sr. Joan's community) sponsors and supports this ministry and Lutheran Social Services serves the families there.

The organization we considered, but decided not to support financially, was the Waukesha Community Dental Clinic – with clinics in the city of Waukesha and Menomonee Falls.

Our research led us to believe that the clinics are sufficiently funded by various donors, including large health care organizations. It is good to know, however, about this valuable resource for low income individuals in our area.

Our next Outreach meeting will be in January 2019. If you would like to recommend a group, ministry, or organization that works with and supports the poor and marginalized, please contact Barb Messerknecht – jandb@wi.rr.com or Jane Clare jshiguoi@archmil.org



Health Bytes
by Laveme Schoonover RN

THE POWER OF PRAYER

We are living in troubled times, every week we hear of some awful event taking place in our country. Stress is a normal part of life, but too much of it can have results that affect our very well being. Guided Imagery is one method that can help us to relieve stress.

Imagery is the thought process that we use to invoke our senses. We can use it to see in "the mind's eye" or to conjure up the aroma of favorite foods. Guided imagery however, sometimes referred to as visualization, has been used by cultures throughout the ages as a healing tool. It relies on memories, dreams, fantasies and visions to serve as a bridge between the mind and the body.

Today, guided imagery is an important tool in treating a variety of health problems. It provides benefits and poses no risks. It is used in medicine to help with a variety of conditions and diseases from stress to pain and the side effects of cancer.

How to do it....

Step 1: Relaxation

To create a desirable image, clear your mind of all chatter and ego-based distractions, loosen tight clothing and find a comfortable and quiet place. Once you are comfortable and quiet, begin taking slow, deep breaths and releasing all random thoughts as you exhale.

Step 2: Concentration

Now, focus your attention on your breathing as a means to clear your mind. If your mind wanders, acknowledge the thoughts, and release them slowly and effortlessly as you exhale. Then refocus your attention on your breathing.

Step 3: Visualization

Now combine a desired image with an intention and for the next several minutes, keep your focus on this image. You may find your mind wandering, this could happen often especially during the early stages of visualization. When it does, bring your focus back by using a slow, deep breath.

Step 4: Affirmation

A positive affirmation coupled with the image you have created will help to create a positive message that will be stored and easily recalled at a later time. Combining an image with a word or phrase may help to engage both sides of your brain.

Source: Mayo Clinic Guide to Alternative Medicine



Your Green Corner
by Mary Kult



SAVE THE DATE DECEMBER 2nd 2018
GOOD SHEPHERD'S ANNUAL FARMERS MARKET

WHY HOST A MARKET?

- ⇒ Help local farmers sell their products and generate a 100% kick back on their income during the winter months.
- ⇒ Build a faith community that purchases sustainably raised products.
- ⇒ Share in a delectable nutritious meal prepared by the Confirmation students and support them in their faith process.
- ⇒ Foster community and stewardship by promoting economic
- ⇒ Justice for the farmer.
- ⇒ Support the Harvest Of Hope, which supports farm families with emergency needs.
- ⇒ Be a part of the conversation about thoughtful growing practices and healthy eating.
- ⇒ We hope you will mark your calendars and be a part of Social Justice for the farmers and building the Good Shepherd community

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