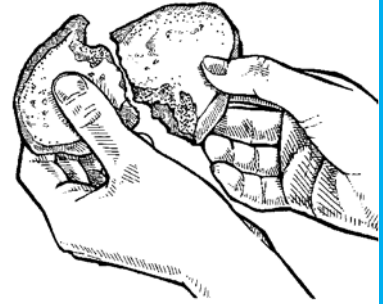


BREAKING BREAD



Celebrating 20 Years With Our Sister Parish in Ellacuria

by Mary Ann Erdtmann

Twenty years ago (1989) in El Salvador, the people of Ellacuria returned to their village after many years of exile in refugee camps. That same year our sister parish relationship with Ellacuria

other donations, we have sent funds for the construction of their school, a safe water distribution system and their new church dedicated on Oct. 7 of last year and named Our Lady of the Rosary. (A banner of the church hangs in our worship space, a gift from the Ellacuria community.)

Last December, Fr. Mich visited Ellacuria as part of his sabbatical journey. He encouraged them, as they celebrate their 20th anniversary, "to not only look at what still lies ahead, but also to look back with satisfaction at what they have already accomplished."

"When I heard the stories of the atrocities they have experienced during their capture and exile during the civil war and of the abject poverty they have had to struggle with, I might have made the mistake to think they would have become a defeated people. The opposite was true!

"They are a resilient and determined people who (with the help of others like Good Shepherd Parish) have built a vibrant and resourceful community that offers hope and encouragement to its 600 members," Fr. Mich observed.

We wish our brothers and

sisters in Ellacuria heartfelt blessings and we hope to continue our sister parish relationship for many years.

Here is an excerpt from a Jan. 14 letter from the Ellacuria community:

First, we want to tell you that we were happy and grateful for the visit of Father Ken in December. His visit strengthened our faith.

We are happy to say that our families are finishing the harvesting of crops, thanks to God.

We are preparing for election days of Jan. 18 and March 12, and ask God that they be democratic and transparent elections. We ask for your prayers.....

...Jan. 13 began the new school year. We as a community were very worried that we had eleven youth who want to study at the university. The community can only provide for the high school students and three university students.

We hope that one day they will reach their dream of going to college and not have to emigrate to help their families and the community.

Note: An anonymous donation of \$1080 was made to the Central America Study Committee which was forwarded to the Directiva for the college scholarship fund.



Fr. Mich visited our sister parish in El Salvador in December 2008.

began. (Their village name honors Fr. Ignacio Ellacuria, one of six Jesuits martyred in San Salvador in 1989).

A delegation from our parish will attend the official celebration in Ellacuria in October.

Our relationship with our brothers and sisters in Ellacuria has been one of solidarity. Through the annual Central America Study Committee craft sales, Combined Collections and



Scripture Reflection Grounds Peace and Justice Efforts

by Mary Ann Erdtmann



Jesuit Fr. Simon Harak led the Justice and Peace retreat held in February.

In our work for peace and justice, we should do the same things that Jesus did, which is the work of the Holy Spirit, Jesuit Fr. Simon Harak urged those attending the recent Justice and Peace retreat at our parish. Fr. Harak is the director of the Center for Peacemaking at Marquette University.

Reflecting on passages from Scripture, Fr. Harak pointed out that Jesus never turned people away. Jesus healed. Jesus united and liberated. Jesus asked us to love each other as he loved us. By his crucifixion, he showed us that the power of death is not as great as the power of God. Jesus died so that we

could have the Holy Spirit.

Of the retreat, participant Joan Plumley said, "Fr. Harak opened our eyes to the Scriptures in new ways, giving us fresh insight and understanding. He taught us to look at the concrete reality of the Word of God, helping us to find meaning we didn't know existed." She added that "With a good balance of teaching, personal reflection and group sharing, we came away with new energy and inspiration for the justice work we are engaged in."

In his citing of many New Testament sayings, parishioner Jean La Dew, noted that Fr. Harak "showed the Holy Spirit acting in situations where He

was not specifically mentioned." Fr. Harak, she said, emphasized "speaking truth to power in our world situation even to the point of death. We were to be the one dying, not the opponent." Jean appreciated that "at least a third of the retreat time was spent in silence and meditation."

Monica Schultz, another retreat attendant, noted that Fr. Harak "encouraged all of us to 'be real not spiritual', to get in touch with the Holy Spirit, 'the breath of God'. His references to different Scripture readings really brought about many 'AHA' moments for myself."

Good Shepherd Reaching Out

by Jane Clare Ishiguro

Three causes were chosen for financial outreach support at the last quarterly meeting of the Outreach Committee:

\$2000 to Hebron House

which offers a number of needed services in Waukesha. It provides shelter, financial counseling and no interest loans. Hebron House also helps expedite social security benefits and provides a safe haven for the mentally ill. 90% of their guests are employed in low paying jobs that do not provide a living wage for themselves and their families. The Hebron House staff do follow up on guests after they leave. There are many volunteer opportunities. Go to www.hebronhouse.org or call Anita at 262-549-8720 Ext. 112.

\$250 for this year's Workcamp. This is \$50 each for new workcampers.

\$3000* to be given to the Iraqi Student Project to help provide a college education to an Iraqi student – along with a scholarship given by Alverno College. The educated student will return to Iraq and share her new skills to rebuild her country. Our outreach support will go to help cover health insurance, transportation, books, etc. Casa Maria Catholic Worker house will provide room and board. This student will be invited to the parish to share her story. For more information, go to <http://iraqistudentproject.org/>. *NOTE: This donation is on hold until the student is ready to come to Milwaukee and

enroll in Alverno College – pending visa approval, etc.

May Outreach Considerations

The following causes, some or all, will be considered at the May Outreach meeting:

- St. Michael's students in the Cardinal Stritch University ministry training program.
- Workcamp follow up – any Good Shepherd students in need?
- CALGM – (national) Catholic Association of Lesbian and Gay Ministry
- Foundation for Self-Sufficiency in Central America
- Peacemaking Group at Marquette University
- Food for the Hungry.



February 2, 2009
Pastoral Council Minutes
by Steve Gardipee

Mark Steimle reported that we are currently under budget primarily because personnel expenses have been down. Mark reported that for the coming budget process, there would be a pension contribution increase and a projected 10% increase in health care costs with a slight increase in salaries and wages. The budget process begins soon and is expected to be completed in June.

The Council Discernment sub-committee will start reminding parishioners of the upcoming Council openings and will encourage parishioners to serve on the Pastoral Council. The Council is currently looking for three members through the customary discernment process; the Trustee positions are elected.

Dave Christensen reported on Generations of Faith indicating that the classroom formation of the past will be discontinued and GOF will be the primary Christian Formation vehicle. Several issues are being reviewed including the timing of GOF with respect to Mass time conflicts, space and equipment required for the programming, and the cost for each family's participation. The parish GOF website will be boosted to include more parent resources for their children, as ultimately the parents are the primary teachers of "religious education" for their children.

A new process for funds disbursement from the Eschweiler-New Century Fund is moving forward that will be announced soon so that the

parish can more easily submit requests for fund usage.

In endorsing a green parish proposal, Mary Kult of the Pastoral Care Committee reported several aspects of the parish will be reviewed such as the paper used.

A greater focus on Archdiocesan and local parish support for its Catholic Schools is coming, according to directives being prepared by the Archbishop. There is a task force to look at consolidation of the schools in Waukesha County and how they would be supported. Fr. Ken reported that the suggestions are that we would not be able to donate to specific parishes of our choosing, rather it would be more of a structured program for the entire Archdiocese.

*MEET OUR
Pastoral
Council*



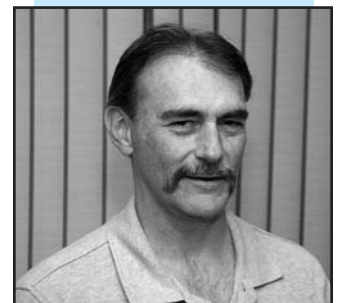
Jim Wrocklage, Trustee



Marty Hassenfelt, Trustee



Mary Kult



Larry Kolb

March 2, 2009
Pastoral Council Minutes
by Steve Gardipee

Faith In Our Future co-chair Greg Goss updated the council on FIOF activities. The case statement summary was submitted and did not require changes from the Archdiocese, so the team will work to finalize the statement. Contact team assistant recruitment and training is taking place in March. Contact team members will be calling parish members during March and April on behalf of FIOF—and will NOT be asking for contributions—but will make parishioners aware of upcoming events and ask parishioners if they have any special prayer intentions.

Mark Steimle provided projected budget numbers for the next fiscal year. He indicated that present giving levels are down about 7.5% with larger than expected expenses that outpaced donations in February. Similar to past budgets, there has been consistent frugal spending throughout all the commissions.

In Cluster Council news, members are still working on plans for accommodation of just four priests beginning in 2011-12. Discussion regarding support of cluster schools arose. Based on the former Archbishop's recent

letter, financial support from all parishes without schools is planned to occur in the future. There is a general understanding of the need to support cluster schools; however, it is not certain what the specific expectations will be. This discussion was tabled until more information is available on the archdiocese's expectations.

The Council will review and discuss the results of the recent parishioner survey. A summary of comments from the survey are available on the parish website.



Water Quality and Juan Valdez: A Honduran Mission Project

by Mark Rapant, Parish Member

What do water quality and Juan Valdez have in common? Well, four civil engineering students from Marquette University's chapter of Engineers Without Borders and two Wisconsin professional engineers, found out while assessing the condition

of the market. The sale of coffee beans is the primary source of income for these families.

The goals of our mission project are to first assess the condition of the existing potable water system, (installed approximately 20 years ago), then recommend repairs, design an extension of the system to an additional 30 families, fundraise for new materials, and help to construct the water system renovations.

The source of the village's water is two small spring-fed streams originating in the mountains above the village. The water distribution system consists of a small dam where the water is collected, a storage tank where it is treated with chlorine, and a 3-mile buried PVC pipe which carries the water to outdoor wash basins at about 50 homes.

During our week there, we surveyed and evaluated the water distribution system with members of the village, tested the quality of the water, and measured the quantity of water available at the source. We also interviewed about 50 of the 80 families living in the village.

Unfortunately, the assessment found that the water distribution system was malfunctioning at numerous locations, due to inadequate maintenance. So, the water supply to all homes was inconsistent and potentially inadequate to provide the recommended daily minimum of 25 gallons for adequate health and hygiene for each of the 400 villagers. The water was also contaminated and not being effectively treated by the

disinfection system. Many families indicated that their children often had intestinal illnesses.

Initially, the Villages' Water Council had a lot of questions about how we could assist them in improving and expanding their water system. After 5 days of discussions with the Water Council members, a 5-day survey of the water distribution system, interviews and an open meeting with the village families, a friendship and trust relationship was developed.

A written agreement was then prepared and signed by all parties in the village. It outlined the roles and responsibilities of each party in this endeavor.

We enjoyed visiting with the village residents, learning about their lifestyle and the coffee growing and harvesting process. We also enjoyed playing soccer and other games with the children as well as making balloon animals for them.

Our Wisconsin Team will use the information obtained from this first assessment trip to develop options to improve and expand the water system. Additional trips are planned to Joyas de Carballo to present the options to the village Water Council. After preferred options are selected cooperatively by the village and the Wisconsin designers, the final design will be completed. Construction will then begin to improve and expand the water supply, and the disinfection, and distribution systems. Most of the construction labor will be provided by the villagers.

The Lord has given me many talents and I'm honored to be able to use these talents to assist his people in need.



Mark Rapant (standing, third from left) is shown with the project team, including members of the village Water Council and Marquette students.

of a potable water supply and distribution system in the village of Joyas de Carballo in the coffee growing mountains of central Honduras.

As an architect and civil engineer; I provided mentoring assistance to the student team in that village during the first week of January.

The villagers in Joyas de Carballo grow and harvest coffee berries during the months of December, January and February. The coffee berries are picked by hand after they turn red. The outer peel of the berry is then removed to expose two coffee beans. The villagers use their potable water system to wash the coffee beans, which are then loaded into sacks. Many villagers use their burros or horses to transfer the beans to

For additional information regarding this project, including volunteer and/or funding assistance, please contact Mark at Mark.Rapant@Graef-USA.com or 414-217-5556.

Thy Will Be Done

By Karen Quinette & Sharon Ellis

How many parishioners feel they have some understanding of the Faith in Our Future capital stewardship campaign? As co-leaders of the prayer, or spirituality aspect, of Faith in our Future, we, Sharon Ellis and Karen Quinette, would like to give you a synopsis of Faith in Our Future from our perspective.

In a nutshell, Faith in Our Future is a capital stewardship campaign that ultimately asks people to make a financial commitment to their church. A legal trust fund has been set up that is separate from all other Archdiocesan funds. This separate legal trust fund is to be used for specific initiatives that focus on education and faith formation for children and adults. A board of trustees consisting of seven people, three bishops and four lay persons, will direct the

funds on an ongoing basis. 40% of the money raised will go to archdiocesan level initiatives, 60% of the money comes directly back to Good Shepherd Parish for specific initiatives we have identified.

As leaders of the prayer team, we, Sharon and Karen, feel that even greater than the financial initiative, this is an opportunity for general healing of some of the wounds that members of our church may still be feeling as a result of recent discouraging events that have occurred in the Catholic Church. Faith in Our Future is an opportunity for moving forward, for letting go, for recommitting, for bringing renewed energy and vitality to our church. It is an opportunity to build connections and to remind ourselves of the sense of community that church involvement can bring

to our lives.

The essential part of all of this, of Faith in Our Future, is prayer. We place our trust in God as we live in the present and also envision what the future can hold. As we deepen our faith and enhance our spirituality we look to the Grace of God to guide us. We set aside time for daily prayer and reflection so that we may be aware of God's presence in our lives, and so that we may actively listen for God's will for us. Ultimately, our daily prayer is, "Thy will be done!" This simple, but powerful prayer will be the prayer theme for the Faith in Our Future campaign at Good Shepherd Church. We invite the entire parish to pray it daily along with the Faith in Our Future prayer team so that together we can renew the life of the church!

FAITH
IN OUR FUTURE

www.faithinourfuture.org

"Faith in Our Future is an opportunity for moving forward, for letting go, for recommitting, for bringing renewed energy and vitality to our church."

Vitamin D: Help For Your Immune System

By Marilyn A. Freund RN, MSN, APNP



Vitamin D is receiving a lot of medical attention recently

because of its benefit in improving immune system function. It also is being used in prevention and treatment of osteoporosis and seasonal affective disorder. It may have a role in preventing cancer of the breast, colon, pancreas, prostate, and skin. Some studies suggest that combined use of calcium plus Vitamin D, but not either supplement separately, can help reduce the risk of colon cancer.

The American Cancer Society showed at its 2008

annual meeting that women with breast cancer who have had their cancer removed and are now on chemotherapy had a 50% improved survival if they were taking Vitamin D 2000 IU per day.

Vitamin D is actually a hormone derived from cholesterol by the activation through sunlight of a cholesterol molecule in the skin to make Vitamin D prototype. It acts on genes to turn them on. Having sufficient Vitamin D is crucial for cell types to mature into the intended mature function.

The body makes Vitamin D from sunshine. Caucasians make about 10-20,000 units of Vitamin D after 15-20 minutes of mid-day sun exposure in June. That is when the

sun is directly overhead.

The average Caucasian woman drops her Vitamin D level from 35-40 in the summer to about 20 in the winter. People who live in the tropics have a Vitamin D level of about 60. When the Vitamin D level drops below 32, it is known now that the white cells can't kill germs. It could be projected that levels drop below 32 for the population approximately October 1 which is about 1 month after children go back to school and get out of the sun.

White cells can't mature into killer white cells when the Vitamin D blood level is below 32. When it is above

continued on back



HealthBytes, continued

32, a protein called cathelicidin is put out that is a natural antibiotic. In Finland, there was a 50% decline in upper respiratory infections with blood levels of Vitamin D greater than 32.

Vitamin D3 (cholecalciferol) is 3 to 10 times more potent than Vitamin D2 (ergocalciferol) and has more prolonged effects.

The official safe upper limits for Vitamin D3 daily intake are as follows:

- **Infants 0-12 mos:** 1000 IU
- **Males and females 1 year and older:** 2000 IU
- **Pregnant and nursing women:** 2000 IU

For the sake of safety, it is recommended that a Vitamin D blood level be drawn and monitored by a physician, nurse practitioner, or physician assistant. When taken at recommended dosages, Vitamin D appears to be safe. However, at an intake

level of 40,000 IU daily, Vitamin D can cause dangerous elevations in blood calcium levels. Do not take Vitamin D unless recommended by a primary care provider if there is a diagnosis of sarcoidosis or hyperparathyroidism or are taking the following medications - calcium-channel blockers or thiazide diuretics, which could lead to excessive calcium levels in the body.

Risk Factors for Vitamin D Deficiency

- Inadequate intake of Vitamin D in the diet
- Limited exposure to sunlight
- Strict vegetarianism
- Elderly – as a person gets older, the skin makes less Vitamin D. By age 70 the skin makes 25% of what it made as a 20 year old
- Kidney disease
- Syndromes that cause fat malabsorption like celiac disease or Crohn’s disease
- Certain medication such as phenytoin (Dilantin), primidone (Mysoline), and Phenobarbital for seizures; corticosteroids; cimetidine (Tagamet) for ulcers; the blood-thinning drug heparin; and the antituberculosis drugs isoniazid (INH) and rifampin may interfere with Vitamin D absorption or activity
- Obesity – Vitamin D collects in fat tissue and the obese have higher risk of becoming Vitamin D deficient

YOUR GREEN CORNER

Remodel Our Way of Viewing the Earth

by **Mary Kult**

According to Albert J. Fritsch, S.J. in his book, *Renew the Face of the Earth*, EASTER IS THE SEASON TO REMODEL OUR WAY OF VIEWING THE EARTH. Resurrection means action. Once we have perceived the power of the risen Lord, we cannot turn back. The earth teaches us to be sensitive to a wide variety of messages. The question is how will we channel our new spring spirit into meaningful action?" Some ways might be:

- Teach our children or grandchildren about littering and how this effects our earth. Adopt your street and pick up any litter and or write a letter to your neighbors on how you can keep your neighborhood clean.
- Google safe means of fertilizing your yard and or garden.
- Spring house cleaning: Include the whole family in de-cluttering the house and garage.
- Use “green” cleaning products that are safe for the environment.
- Plant a vegetable and or flower garden and reap the rewards.
- Save the birds: Cut the plastics rings into small pieces that are found on 6 or 8 packs of beer, soda, and water. These plastic rings are also found on boxes of juice and milk. These rings left intact can be detrimental to the life of small animals.

Hopefully our response will be:

Yes Lord, I'm Listening!

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



Good Shepherd Catholic Church
BREAKING BREAD

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