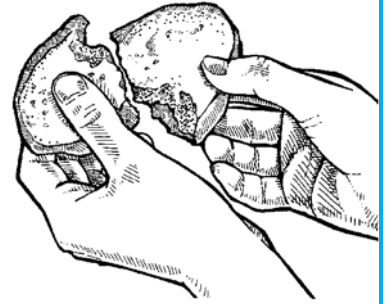


BREAKING BREAD



For 40 years: Thank you, God; Thank you, Church

by Kenneth Mich

Because May 23 is the 40th anniversary of my ordination to the priesthood, I was asked to write an article for "Breaking Bread". Among the content suggested was the question: *Why did I want to become a priest?*

into people's lives? So twelve years later (in 1970) I was ordained a priest.

While in the seminary, the Second Vatican Council took place, and the Catholic faith that I already loved so much was now even more lovable. Council decrees spoke of the universal call to holiness and the role of all Catholics to be the Church in the modern world, active in transforming the whole world into the Kingdom of God on earth as in heaven—how exciting!

"From my youngest years, my parents instilled in me that I was to help people."

Continued on page 7



" ... In what way could I ever hope to help people more than by bringing the benefits of our Catholic faith into people's lives?"



I entered St. Francis Minor Seminary in Milwaukee as a freshman in high school, moving there from my family home in Racine—but "why" was the question. From my youngest years, my parents instilled in me that I was to help people. In those formative grade school years that meant I was to shovel the elderly neighbors' snow and cut a number of lawns (not to get paid, but to help), to pitch in at parish and school projects, to take food that mom made to neighbors, etc. That orientation to help people, combined with a very strong love of our Catholic faith which was rapidly growing in me, added up, in my young mind, to what seemed an obvious conclusion—become a priest. In what way could I ever hope to help people more than by bringing the benefits of our Catholic faith



Lenten Play: We Were There, Were You?

by Meriel Christensen



Ten weeks ago a group of seventeen agreed to portray the Passion of Christ in the play, "We Were There." After many rehearsals the stations were performed on both March 30 and Good Friday, April 2. About 600 people were in attendance. Here are some thoughts from a few cast members.

"The play gave me an opportunity to feel the Passion in a new way and to understand more fully who Christ is in my life."

GENE CHRISTENSEN

Cast & Crew Members:

Suzanne Foster, Director

Mark Rapant

Randy Ellis

Mary Esselman

Bob Wachowiak

Ruth Bloedorn

Meriel Christensen

Tony Burns

Eric Bloedorn

Dave Christensen

Jane Goesch

Jeff Bloedorn

Gene Christensen

Karen Quinette

Greg Goss

Bryan Ramsey

Randy Ellis

Michael Ellis

Brianna Bloedorn

Bridget Rabuck

Larry Kolb

Sr Joann Julka

Lorrie Maples

Corinna Ramsey

Dawn Goss

As we practiced our parts, I became very passionate about my part, and Peter's role in the Passion of Christ. I hope that we changed the hearts of those individuals that attended the presentations." MARK RAMPANT

People have been calling me and saying what a truly Lenten devotion service it was and that it made Lent a reality. One even said it really saved her mentally and spiritually. MARY ESSELMAN

As someone who leads the liturgy all dressed up, hanging on the cross under-dressed was a new experience, a metaphor for one's spirit before God. Doing it with a parish community I love and a super-supportive cast was like a heartfelt evening prayer. FR. JOSE

As Caiaphas, the High Priest who was one of the officials who condemned Jesus to death, I was moved as the emotions grew by each vignette of the Passion. BOB WACHOWIAK

I played Judas. Our director, aiming for a theatrical quality production deserves a good amount of credit for motivating and challenging us. Still, it can't be denied that the Spirit played a big part by providing the gifts, drive, and teamwork to accomplish what we did! RANDY ELLIS



"... It can't be denied that the Spirit played a big part by providing the gifts, drive, and teamwork to accomplish what we did!"

"As I listened to the Passion reading on Good Friday evening it took on a whole new life." MERIEL CHRISTENSEN

The Anonymous Woman, an ordinary "housewife", turned out to be rather self-righteous. She appeared to be doing good work, yet believed it didn't make a difference and cared little for the men being crucified. So, in keeping with my character, I would rather not give you my name!

I was moved by the Spirit. Much like "The Roman Centurion," I felt a transformation from being myself to being part of something very special, to gaining a deeper insight for the Passion of our Lord Jesus Christ. GREG GOSS

Playing the role of Mary was humbling and deeply enriching. To experience the emotions she may have felt during her life with Jesus helped me to relate with her as a real woman. The people of this scripture now leap off the page and come alive. KAREN QUINETTE

Tom Dueppen Impressed with Ellacuria's Emphasis on Education

by Mary Ann Erdtmann

For parishioner Tom Dueppen, our sister parish in Ellacuria is becoming like a second home. He recently returned from a two week visit to Ellacuria, his sixth. He was impressed with progress in many areas, particularly with the priority the village places on education. "There is now a permanent education committee, which is part of the Directiva (the village's elected governing body)" he pointed out.

"They know what's really important," Tom said. Their own school in Ellacuria goes up to ninth grade and 26 of the 28 young people of high school age attend the 2-year high school in the neighboring village of Los Flores.

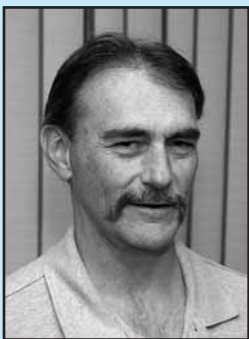
Fourteen students from Ellacuria attend the National University of El Salvador in San Salvador. They live in a house rented by the Directiva. "The students are living on financial shoestrings," Tom stated. "These students realize that they are the new leaders of their nation and they will not disappoint their parents and community who are making great sacrifices for them."

Ellacuria now has 180 families, three times the number of refugees who settled there 21 years ago, according to Tom. It recently completed a new community center, where villagers can gather for meetings.



Alfredo Aleman, Francisco Alvarengo and Anabel Ricinos, relax in the kitchen of their home in San Salvador, where they live while studying at the National University of El Salvador.

MEET OUR Pastoral Council



Larry Kolb

March 1, 2010

Pastoral Council Meeting Notes

Mark Steimle reported that February expenses exceeded incomes, but that on a YTD basis the financials remain at a positive surplus. Council reviewed an initial look at the working budget for fiscal year 2010-2011.

Three new Voice of The Parish items were received from parish members and referred to commissions for appropriate action. Jim Yerger provided a summary document and reviewed the status of inquires and responses.

The Pastoral Care Commission is now meeting on an every other month schedule. The Pastoral Council Discernment

Committee has published an initial schedule for this year. The Christian Formation Commission and the GOF planning teams are working on the season wrap-up event. The Prayer and Worship Commission discussed the suggestion of rescheduling the order of Council vs. Commission meetings. P&W concluded that the current schedule works.

The Pastoral team is continuing its informal review of what each commission/ministry is currently doing.

Jim Yerger and Tom Dueppen are participating in the small committee

(Pastoral Council members only) of the Cluster Council.

Prayer and Worship has submitted a request to install a hand railing on the back side of the altar. It was confirmed by the Council that this expenditure is in the spirit of the Faith In Our Future objectives.

We moved the start date of Pastoral Council pre-mass "warm-ups" to April 25 in order to avoid the current Lenten season. Possible topics include: budget and council discernment.

The Corporal Works of Mercy was raised as a possible theme for the next parish focus.

Dead Sea Scrolls and the Bible

by Bryan Ramsey

It's not often that 2,000-year-old artifacts make their way to this area in such a huge exhibit – Dead Sea Scrolls and the Bible: Ancient Artifacts, Timeless Treasures at the Milwaukee Public Museum. You'd better believe that in the tradition of Good Shepherd's quest to enlighten and enrich parishioners, a bus load took part in a pilgrimage of sorts to take a look.

"The patience and energy these people put into making this available for us," said Vivian Hughes, of the detail and care it must have taken to research such an incredible project, "taking little, tiny scraps and putting them together, I thought it was just fantastic." Some

pieces were as big as the tip of a pencil and were reconstructed into full documents, using new technology to determine what was written on some of the scrolls.

The whole experience was kicked off with a presentation by Marquette University's pre-eminent Dead Sea Scrolls scholar, Dr. Deirdre Dempsey, who talked about the history and importance of as well as the politics surrounding the scrolls. "That presentation was priceless," said Katie Hiemer.

Armed with that knowledge then, many said it was great to experience and see the exhibit with fellow parishioners and be able to talk about and break apart what they were

learning and experiencing. Not to mention, they didn't have to drive downtown and hunt for a parking spot.

"I just have so much more reverence for Scripture, now, even more than I had before, because it goes back all of those years and years – even before Christ – and we have it here, and that's wonderful," said Vivian.

There was a sense of respect and awe with which some aspects of the exhibit were experienced. "I've experienced that in a couple of other places," said Katie. "One was on the [USS] Arizona and the other at Lincoln's tomb down in Springfield."



"You'd better believe that in the tradition of Good Shepherd's quest to enlighten and enrich parishioners, a bus load took part in a pilgrimage of sorts to take a look."

Dead Sea Scrolls and the Bible: Ancient Artifacts, Timeless Treasures is on exhibit through June 6 at the Milwaukee Public Museum. Reserve tickets online for future dates at www.mpm.edu or phone (414) 223.4676.

FAITH
IN OUR FUTURE

UPDATE: Faith In Our Future as of March 31, 2010

Good Shepherd is in the "follow-up" stages of the Faith In Our Future campaign. We are heading toward the end of our first year of the three year pledge participation period. The following is an update of total pledges made and received as of March 31.

Total Pledge Amount	% of Pledged Received	Total Collected	Good Shepherd Portion
\$299,316.10	30.9%	\$92,468.25	\$55,481.07

Reconciliation Focus of Cluster Mission

by Mary Ann Erdtmann

Reconciliation was the focus of the recent cluster mission. The presenters, Fr. Don Hying, rector of St. Francis Seminary, and Sr. Fran Cunningham, director of the Milwaukee Archdiocesan Office of World Mission Ministries, used images, Scripture and questions for dialogue to help participants deepen their awareness of the reconciling power of Jesus in their lives and in society.

Using the image of the Garden of Eden, Sr. Fran noted that everything was in harmony in the garden. “And the desire for harmony will always be with us,” she said. We see signs of that desire in our hunger for community and our desire for peace.” She stated that reconciliation helps to bring us back to harmony.

“Christianity is about reconciliation,” Fr. Hying emphasized. Jesus entered this world to redeem it. He compared Jesus entering our world to our becoming an ant in an ant community.

Parishioner Nancy Hassenfelt was challenged to think of herself as part of an ant hill “and to remember that I am but a small part of a larger community. These images helped me to have a better understanding of what God wants for me in my life,” she said.

“Our success in reconciliation depends on our ability to love ourselves,” Sister Fran said. “Feed the wolf that encourages you to forgive yourself,” she urged. “Take time to develop spirituality. Without a sense of prayer, we can’t forgive

ourselves.”

In living our reconciliation in society, Fr. Don stated that “salvation in Jesus is a communal event. The Gospel must be translated in ways that affect the political order.”

The mission gave parishioner Judy Zunk “a good perspective of reconciliation on a personal, people to people and societal level. Each night I was inspired to come back for more”. For those not able to attend the mission, Judy recommends borrowing videos of the presentations. Contact Gerry Wolf at St. Agnes, wolfg@archmil.org.



“Take time to develop spirituality. Without a sense of prayer, we can’t forgive ourselves.”

40 Years, from page 1

During my first seven years at St. Veronica Parish in Milwaukee, I was asked by the Archdiocese to study for a doctorate in preparation for being a faculty member at the Seminary—but parish life was so exhilarating and exciting, I asked to stay in parish ministry. Then, after five years at St. Joseph Parish in Waukesha, I was assigned to the faculty of St. Francis Seminary as director of formation for the college age seminarians. I

found those years, too, were full of grace.

But then, it must have been a mid-life crisis. I found myself asking what else is life about. So, in 1987 I left the priesthood and moved to San Diego to find out. Those years were good and beneficial to me, but after six years I was hearing the call again—the call to return to priesthood. In the summer of 1993, I was assigned to St. Frances Cabrini parish in West Bend and in 1999, by the grace

of God, to Good Shepherd Parish.

Why did I come back? For the same reasons I had as a child entered the seminary: in my mind there is still no better way to help people than to somehow facilitate the working of God in their lives—a God who is so wondrous that our every contact with God stretches us in new ways to a more full life.

Thank you, God. Thank you, Church.



GALATIANS 5:13, NIV

Stress Prevention

Submitted by Laverne Schoonover, RN

Few of us realize that daily stress is another key risk factor for heart disease other than smoking, high blood pressure and high cholesterol. Stress can damage the heart and arteries even in people who are otherwise healthy.

Recent studies have shown that chronic stress and anxiety can predict future cardiovascular events (such as a heart attack), more than any other risk factor.

Effect Of Stress

Chronic stress increases vascular resistance, the main cause of high blood pressure, it also increases the activity of platelets, which tend to clump together and trigger most heart attacks. Arterial inflammation results because of high levels of cortisol and adrenalin.

So it is important to try to manage stress, but how do we do it? There are traditional methods that help, such as Yoga and Tai Chi, but may be too complicated for most people. John M. Kennedy MD has devised a simple approach that anyone can do in about 15 min. a day. Dr. Kennedy is the Clinical Associate Professor at the UCLA Med Center and specializes in Cardiology and wellness methods. The method goes by the acronym of BREATHE, which stands for: *Begin, Relax, Envision, Apply, Treat, Heal and End.*

- **Begin:** Pick a time of day when you won't be interrupted for 15 min.
- **Relax:** Sit or lie down, focused on only your breathing; inhale slowly and deeply through your nose. Then exhale just as slowly through your mouth. Each should take about 7 seconds. Repeat 7 times.
- **Envision:** Take a few minutes to think of something pleasant and soothing. Studies using PET scans show that people who can imagine they are performing an action, activate the same part of the brain as actually performing that action.
- **Apply:** It's up to you when and how often you perform the relaxation exercise. Most people can find 15 min. a day to apply a method that reduces stress.
- **Treat and Heal:** Don't consider this a chore; it's more like a spa treatment.
- **End:** The results are long lasting. People who practice this for a few weeks will find themselves dealing with unexpected stressful events productively and in a calm focused manner.

Added thought: Our own Mary Ann Erdtmann's weekly 20 min. Centering Prayer Sessions offer a great opportunity to reduce stress.

To find out more about this subject, visit www.the15minuteheartcure.com.



"Our own Mary Ann Erdtmann's weekly 20 min. Centering Prayer Sessions offer a great opportunity to reduce stress."



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

YOUR GREEN CORNER

by Mary Kult

April Showers Bring May Flowers

Little bunnies are fond of tulips. They especially like the new buds. To deter these furry friends from eating your new tulips, you can boil up some **cayenne peppers**, put the liquid in a spray bottle and spray the tulips, especially when they are in the bud form. You will need to repeat after each rain.



In an effort to conserve water, you may want to consider using **rain barrels**. The spring rainwater that is collected can then later be used for your flower and garden watering needs.

It's not always easy being green.



- Philip Diderrich and Shelley Garneir Diderrich, Violet age 2
- Joyce Guinn

Good Shepherd Catholic Church

BREAKING BREAD

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