



# Awaken

the soul & let your spirit fly

A bimonthly publication of Good Shepherd Catholic Church ~ steadfast in awakening our true being in God.

## FOR THE LIFE OF THE WORLD JOHN 6:51

10<sup>th</sup> National Eucharistic Congress  
summons to the faithful to "GIVE JESUS"

**“We** should not keep Jesus to ourselves,”  
Cardinal Luis Antonio Tagle says  
underscoring *“that is not discipleship,  
that is selfishness.”*

In his message delivered at the closing Mass of the 10<sup>th</sup> Eucharistic Congress in Indianapolis, the head of the Dicastery for Evangelization in Rome further punctuated “the gift we have received we should give as a gift,” proclaiming Jesus zealously and joyfully “for the life of the world.”

Cardinal Tagle attended the massive event at the request of Pope Francis. He read the papal blessing and offered firm words for 60,000 pilgrims convened in the heart of the country and all Catholics, *everywhere*. He spoke candidly – *emphatically* – that Jesus in the Eucharist *is* the fulfillment of Jesus’ mission. The faithful, as *Eucharistic Missionaries*, are summoned to continue the work of Jesus and recognize the enormity of the gratuitous gifts of Jesus; to examine one’s capacity to receive the gift worthily and then to *give Jesus* to others in acts of gratitude and self-giving.

*“In the fullness of time the  
Father sent his eternal Word who  
became flesh through the Holy  
Spirit... He came as a life-giving gift.”*  
—Cardinal Tagle

“We’ve been commissioned to go out,”  
Father Michael says of these concluding  
remarks and the “sending” forth of ALL  
Catholics to “GO! GO! GO!” in the words of  
the Cardinal.



### EUCHARISTIC REVIVAL TIMELINE

Commencing on the Feast of Corpus Christi in May 2022 and continuing to June 2023, **dioceses** across the country first launched the Revival pushing out content and plans to their local churches.

From June 2023 to July 2024, **parishes** continued with the messaging directing attention to restoring and understanding the Real Presence of Jesus in the Eucharist.

Now, commencing with the “sending” that occurred at the Eucharistic Congress, the country enters into the third year of Revival – the **national year of sending, the year of mission** – with a Holy Spirit-inspired renewal that manifests in a groundswell of self-giving-discipleship, turning hearts to Jesus like never before.

(Story continues on page 4)



PAUL & MAUREEN SMITH

## Patience, Kindness

*Vital Virtues  
for every relationship*



Married for over 30 years, Paul and Maureen Smith celebrate and honor their relationship every day. They hone two particular virtues – *patience and kindness* – as “life-giving” gifts to each other as spouses but they also see these virtues as vitally necessary in *every* human encounter.

### *Radiate Patience*

“In God’s terms, I think **patience** slows us down” activating a deeper trust in Him, Maureen construes hinting that human nature seems “quick to judge” and react. Paul agrees. “The world today is very polarized,” he says suggesting that political and social topics, as examples, often seem to trigger the opposite or contrary vice to the virtue of patience: *impatience or anger*.

“Many people just react,” Paul explains altogether missing the opportunity to exercise patient virtue and neglecting the chance to give someone the dignity that comes with listening. “Listen to understand, not to respond,” he advocates clarifying that “maybe we don’t agree but at least we have the patience to understand where they’re coming from.”

“God has a grand plan, right?” Maureen adds emphasizing that patience also means having faith and trusting in God. “It really is a spiritual gift that helps us work through the hurdles of life,” she says alluding to prayer as a powerful reinforcement of patience.

“Taking a deep breath is the simplest thing,” Paul comments confident that breathing in and pausing often can be the perfect antidote to difficult circumstances or encounters.

**Kindness**, too, resonates with the couple who attribute their affinity to this virtue to their respective mothers. “It was just expected,” Paul remembers as one of eight siblings. One of six Maureen recalls her parent’s words that “there’s always a little bit of Jesus in everyone’s eyes.”

“My mom would say, ‘We need to be Christ-like,’” Maureen mentions and that has carried on in our marriage and to our chil-

dren.” Parents to four adult children, Paul and Maureen convey that life can be hard and messy enough without kindness! The virtuous nature of kindness has the power to buffer bitterness, avert envy, and gently break down modern society’s greatest woes. “If we could all just be kind, the world would be such a better place,” Maureen insists.

“I’ll never forget about all the people that rallied around us,” Maureen says with appreciation for friends and loved ones who demonstrated kindness to their family through the years.

“*Kind words can be short and easy to speak but their echoes are truly endless*,” Maureen says reading aloud a Mother Teresa quote. The effects of kindness *are* endless, she is sure, when “you treat people the way you want to be treated” or “show it on your face with a smile.”

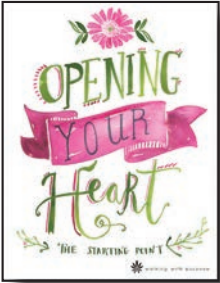
Paul and Maureen laugh as they remember one of the readings from their wedding decades ago, 1 Corinthians 13:4, “*Love is patient, love is kind.*”

“It’s kind of funny because I didn’t think about that before now,” Maureen says realizing that patience and kindness have been infused in their marriage from the very beginning. ✝

# Let's Go

GROW IN FAITH  
& DISCIPLESHIP!

Visit [GSCCEG.org](http://GSCCEG.org) to learn more about upcoming events.



## WOMEN'S BIBLE STUDY

Long-awaited, this 22-week Bible study for women follows the noteworthy "Opening Your Heart" program by Lisa Brenninkmeyer, the Catholic author, speaker and evangelist behind the *Walking with Purpose* movement. Designed to walk with women as they read and study scripture, small groups will convene weekly in private homes. If you hunger for the Lord and seek to open your heart, this offering is for you and begins with a meeting on Saturday, Sept. 14. Sign up soon to be placed in a small group.

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## A Symphony of Prayer

### ARE YOU STRUGGLING WITH PRAYER?

Yet, you know *prayer is the answer* to a disciples' deeper relationship with Jesus. In preparation for the coming worldwide Church Jubilee of 2025, Pope Francis invites us to immerse ourselves in a symphony of prayer. Join in these 1.5-hour mini-retreats designed to help you welcome the Holy Spirit into your heart, and the love and mercy of Jesus. **Aug. 28, Sept. 25, Oct. 30 and Nov. 22** in the Church.

[Visit the parish website for complete details and sign-ups.](#)



## What is Radiate Love?

Radiate Love is a celebration of marriage and family! The Bishops of California invite families to radiate their love and convey the beauty of the Sacrament of Matrimony and its fruits in service to the larger community. Visit the website for resources for couples, families, young adults, parishes and ministries.

[CATHOLIC.ORG/RADIATELOVE/](http://CATHOLIC.ORG/RADIATELOVE/)

## Steve Angrisano

Steve Angrisano is an internationally recognized Catholic composer, presenter, and evangelist. He has traveled around the world for over two decades, connecting head to heart, renewing faith and inspiring young and old alike, while sharing his unique blend of humor, story, and song.

COME. JOIN TOGETHER WITH THIS PASSIONATE MUSIC MISSIONARY. THEN...

## GO MAKE A DIFFERENCE

**09-19-24**  
September 19, 2024

Thursday, Sept. 19  
6:30 to 8:00 p.m.  
Good Shepherd Catholic Church

This event is FREE.

visit [gscceg.org/blog/steve-angrisano](http://gscceg.org/blog/steve-angrisano)



## Feeding Hunger's Many Faces...

Sep 21, 2024 | 6 pm - 8:30 pm

Good Shepherd Catholic Church  
9539 Racquet Court, Elk Grove

TICKETS & INFO  
• SCAN QR CODE  
• CLICK LINK BELOW



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GSCCEG.org  
for sign-ups & details!  
Hosted by  
Parish Life Activities  
Ministry in the  
Father Philip Wells Hall

**Saturday, September 28, 2024**

**CIAO! COME! LET'S BREAK PASTA TOGETHER!**

# GOOD SHEPHERD PILGRIMS MOVED TO NEW HEIGHTS AS



## Eucharistic Missionaries

(Continues from page 1)

“His words are missionary discipleship in a nutshell,” Father Michael explains of Cardinal Tagle’s edict... *Christ’s edict.*

Those July days culminated in stoking Good Shepherd’s contingent of travelers all of whom left Indianapolis “on fire” with their faith. Renewed and strengthened to enter the third year of the Eucharistic Revival ... *the year of mission*, they carry their joy forward to the parish.

Parishioners **Steve and Carmen Ramirez** caught glimpses of heaven throughout their experience. “Carmen witnessed the arrival of the Juan Diego pilgrims,” Steve shares of how she happened upon their

arrival at St. John the Evangelist Church across the street from the convention center. Even though without a ticket, a nun invited her inside for Mass and the papal blessing offered by Cardinal Pierre, Apostolic Nuncio to the USA. “The presence of Our Lord and the Holy Spirit were palpable throughout the Mass and it brought tears of joy when she recalled the experience,” Steve conveys.

**Rose Marcelino** indicates “a sense of gratitude from the time I arrived, to see thousands of faithful Catholics, young and old...and families with young kids. It brings such joy know-

ing that God truly is love, and there is a longing for Him.” She also appreciated the impressive lineup of keynote speakers and how each “shared their personal encounters with the Lord with such reverence, humility and joyfulness.”

**Donna Gutierrez** of the Eucharistic Revival Committee agrees noting how fellow committee members attended one of many distinctive “tracks” for breakout sessions designed to facilitate the needs of all ministry types. “The EMPOWER sessions gave us practical tools to become *Eucharistic Missionaries*,” Donna explains pointing to “deeper roles in spreading the Gospel.” For every pilgrim, standout messages penetrated their hearts. Donna shares that the message of “repentance is

May 22 | Cathedral of the Blessed  
Sacrament



The earliest days of the Eucharistic journey began last May with about 70 Good Shepherd parishioners processing to the Cathedral of the Blessed Sacrament. Almost 20 of these pilgrims continued two months later to Indianapolis connecting with 60,000 pilgrims, all converging from the four corners of the continent.



Gathered for daily Mass on July 17, Good Shepherd parishioners joined in solidarity with Eucharistic Congress pilgrims praying that the Holy Spirit would ignite the fire of revival in the hearts of the faithful, to the ends of the earth, for the life of the world.

**“Your Christianity is for the world...Our Christianity is not for us. We eat the Body and drink the Blood of Jesus which you have been offered ...for the world.”** Bishop Robert Barron, Keynote Eucharistic Congress

# NATIONAL Eucharistic Congress

revival" struck her as the vitally important first step in sharing the Gospel. "Repent to be healed...to live in the living water of love," she says confident that this essential encounter of love is what prepares disciples to "go out."

Nightly Adoration of the Blessed Sacrament gave pilgrims personal, intimate time with the Lord, even though surrounded by tens of thousands of other adorers, seeking healing and love.

**Leela Mattathil**, Eucharistic Revival Committee member "felt the true presence of Jesus" in those moments when she "looked at Jesus and Jesus looked at me." She tells of "unstoppable tears" of gratitude and grace. Leela hopes to see "12 Hours of Adoration" at Good Shepherd Parish soon so that more parishioners can encounter Jesus this way.

**Cion Pasion** also expressed her joy to participate in Adoration and "to receive the gift of the Eucharist... the gift to be shared" with others.

For **Vickee Devera**, the procession, exposition and Adoration were "breathtaking and it felt like heaven already... Loving it all." Vickee comments on the "magnificent, huge monstrence" overcome by its sheer size and radiance to shine for all to see.

Pilgrims also enjoyed many Catholic artists, exhibits and an expansive exposition hall.

**All routes converged to meet Jesus in Indianapolis!**



Among some of the first Good Shepherd parishioners to arrive in Indianapolis.



Good Shepherd's Eucharistic Revival Committee: Leela Mattathil, Marbe Agmata, Donna Gutierrez and Ninfa Campomanes. Not pictured: Julie Danielson

- \* For more Good Shepherd pilgrim insights visit: [GSCCEG.org/eucharistic-revival](https://GSCCEG.org/eucharistic-revival)
- \* Visit the Eucharistic Revival website for overviews on the congress, pilgrimage and plans going forward: [eucharisticrevival.org](https://eucharisticrevival.org)
- \* Many keynote presentations can be viewed on [EWTN's YouTube channel](https://www.ewtn.com).



Pilgrims had the opportunity to meet and hear many Catholic evangelists, speakers and authors including (from top left to right): Chika Anyanwu, Chris Stefanick, Edward Sri, (bottom row) Johnnette (Benkovic) Williams, Montse Alvarado, Patrick Madrid and Dr. Tim Gray.

# Here I am, Lord, Send Me! Isaiah 6:8

## Father Michael's Eucharistic Congress Experience



“It was like a new Pentecost,” reports Father Michael, just days after the momentous week in Indianapolis for the Eucharistic Congress. Awe-struck at the transformation of Lucas Oil Stadium, he describes the prominence of the the Holy Spirit and the representation of a dove emblazoned on an image like stained glass.

**It felt like heaven** — “It felt like heaven,” Good Shepherd’s pastor stressed, repeating the words of Bishop Andrew Cozzens who offered the metaphor in a homily.

“To see all these believers in one place...for the Lamb that was slain,” Father Michael says still effervescing with excitement. He refers to the beauty of seeing so many Catholic faithful present but also to the more than 1,000 priests and seminarians, hundreds of bishops and countless religious sisters all convening “to be with Jesus.”

Father Michael details how it took 30 minutes for the clergy to process into the stadium, “all directed to Jesus,” and with the “communion of saints.” Father paints a picture of various religious congregations and orders slowly moving in the multitude, standing before the throne...before

*the Lamb*, reminiscent of Revelation 7.

“To receive the Eucharist is the closest we can get to heaven,” Father Michael correlates citing “a profound moment spiritually.” He extols the richness of the American Church gathered in a way not seen in the United States for decades, if ever like this.

**The dignity of the priesthood** — Some of the most gripping moments for Father Michael came during encounters with the laity, pouring out support and love amid processions. He shares of how children with “eyes bugged out,” fixed upon the endless stream of priests.

“People – strangers who do not know me – would be crying, ‘Don’t give up Father,’” Father Michael shares genuinely touched by the connections made and an overwhelming sense of gratitude expressed by pilgrims toward the clergy. He sensed their keen awareness of the suffering that the priesthood has endured in the modern world, their wholehearted understanding and desire to celebrate the dignity of the priesthood, and a true purity of faith in the knowledge that priests bring Jesus in the Eucharist to the faithful.

“I have never experienced that love,” Father Michael says moved deeply in his heart by the workings of the Holy

Spirit. He is convinced that these days will produce new vocations and continuing graces for the Church.

**Graces received** — “I cried a dozen times,” Father Michael discloses of his days in Indianapolis. He lists off numerous experiences and settings that took his breath away, stirring tears.

The week offered several occasions for Father to participate in the “priests’ track” of sessions, celebrate Spanish Masses, and break bread with Good Shepherd parishioners, fellow diocesan pilgrims, newly ordained Bishop Rey Bersabal, and well-known Catholic evangelists and musicians.

“The music was amazing,” Father says of the artists and vocalists who shared their gifts. He speaks highly of all the organizers, adding “God bless them” for all the obvious energy and talent involved in “pulling off” an event of this magnitude.

“It was total confirmation, a bomb of grace,” he says offering a tremendous visual of grace exploding to the ends of the earth. “It lines up perfectly with what we’re doing at Good Shepherd...*missionary discipleship*,” Father Michael emphasizes indicating “there is no going back for us.” †



# Walk With One

Instilling in hearts and minds that the mission of the Eucharistic Congress is just beginning, planners launched **Walk with One** as pilgrims planned to return to their homes. The initiative appeals to everyone to "walk with one" person to a new or renewed experience of God's love.

*Where do I start? How do I invite someone to be closer to Jesus?  
To lean into faith?*

Encouraging a "heart-to-heart" approach, four steps, or stages of accompaniment can bring someone you love to Jesus.

**STEP 1: IDENTIFY** Identify someone in a spirit of humility whom God is calling you to accompany.

**STEP 2: INTERCEDE** Intercede for that person in communion with the Holy Spirit, praying for the grace to be able to accompany the person whom the Lord has laid on your heart.

**STEP 3: CONNECT** Connect in Eucharistic friendship, looking for ways to build a deeper relationship and practicing the art of empathetic listening.

**STEP 4: INVITE** Invite that person on a path most suitable for him or her, following the promptings of the Holy Spirit to find the next concrete step towards a personal relationship with Jesus.

*"By virtue of our baptismal calling, the Lord is sending each of us to give witness to his saving love."*

Find examples and resources at [eucharisticrevival.org/walk-with-one](http://eucharisticrevival.org/walk-with-one)

## FATHER MICHAEL TO SERVE AS CHAPLAIN FOR CALIFORNIA NATIONAL GUARD

### Congratulations!

On Saturday, August 24, 2024, Good Shepherd Parish pastor Reverend Michael Vaughan took his *missionary discipleship* to new heights becoming Chaplain for the California National Guard.

Following the celebration of the Vigil Mass, a commissioning ceremony conducted in the

Narthex involved officers from the Guard. Father Michael took an oath to uphold the purpose and duties of the chaplaincy which include *"caring for the spiritual well-being of Soldiers regardless of their religious backgrounds, ministering to their needs and helping them meet challenges in areas like religion, morals, and morale,"* according to the Chaplaincy's website. Similar to all reservists, Father Michael will offer time each month to his chaplain's post as well as a few consecutive weeks each year with the troops. He *also* will maintain his ministry as pastor of Good Shepherd Parish.

"Being at the Eucharistic Congress and especially attending Benediction at the Indiana World War Memorial ... it tied back to this chaplaincy appointment for me," Father Michael says of those stirring moments in adoration before the Blessed Sacrament. The monstrance was placed high above the pilgrim crowd with the landmark's neo-classical columns serving as the backdrop.

In those July moments, Bishop Andrew Cozzens (chair of the National Eucharistic Congress) prayed to Jesus and appealed to thousands to bring Jesus to others as Eucharistic missionaries. *"There are millions of people in our own states, in our dioceses, who don't yet know You,"* Bishop Cozzens said.

The message still resounds with Father Michael who easily recalls his own military service from 1987 to 1991 in Germany and Afghanistan with the United State's Army 3<sup>rd</sup> Armored Calvary Regiment.

"They do *not* have priests!" Father Michael says of the California National Guard, clearly affected at the thought of troops lacking in spiritual care. Recalling his own "in-field" conversion and baptism Father Michael is motivated to go beyond his "comfort zone to save souls." Kneeling before the Blessed Sacrament that day Father Michael reflected on his now-widened missionary territory. "We have so much work to do," he submits. *Humbled... Inspired... Evangelized... Sent.*





**GOOD SHEPHERD CATHOLIC CHURCH**  
**9539 RACQUET COURT**  
**ELK GROVE, CA 95758**  
 Pastor: Rev. Michael Vaughan

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*Awaken* **Practice the faith ...**  
**THE SOUL**

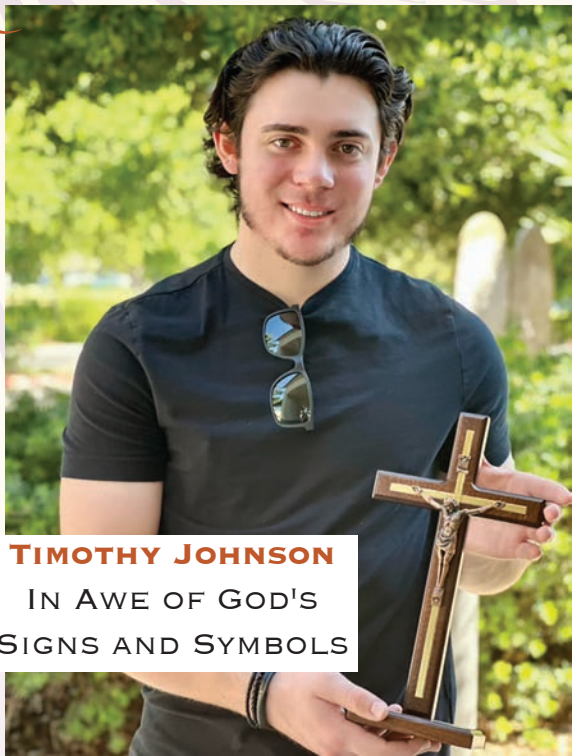
As a young man, Timothy Johnson, 19, is wide awake to the reflected glory of God. He sees Christ's hand all around him, leaving "no room for doubt in my faith," he says enthusiastically. "That's the beauty of it," Tim affirms of the fire in his heart that began as a small ember about a year ago. It is "like recognizing all the messages we are given, day in and day out," he testifies of his increasingly well-tuned awareness.

"For the longest time, I was lukewarm...I just didn't care," Tim admits remembering a vague belief "but I didn't know the slightest thing about Jesus Christ and I didn't really give him a chance."

Then a college sports injury sidelined him. "It was a blessing from God," Tim feels now in hindsight. After a successful baseball career at Franklin High School, the young athlete sensed something seemed off in college. A torn meniscus gave him time to figure it out.

"It was brutal, because I really love baseball, but Christ kept telling me, 'This is not your calling,'" Tim says of his six-month journey, experiencing what he describes as "a huge transformation."

"Baseball was my false God. I didn't want to harden my heart for baseball. I wanted to live for Christ," Tim confesses.



**TIMOTHY JOHNSON**  
 IN AWE OF GOD'S  
 SIGNS AND SYMBOLS

Last June, Tim's mom gave him a large crucifix for his birthday and prompted him to have it blessed. "The crucifix is the most meaningful image in the world to me," he conveys movingly adding, "It is a beautiful reminder that this man, the son of God, Jesus Christ, died for me."

Tim recognizes with awe the sacramental graces in his life, and the love that has always surrounded him. He talks about special holy objects and their significance to him. Another crucifix on his bookshelf, blessed

by Pope Francis. A blessed rosary from his late grandfather, who had served as a deacon in Albuquerque, New Mexico. A confirmation gift from his great-grandmother imprinted with scripture, "...by this we know that we remain in Him, and He in us." (1 John 4:13)

"OK, where do you want me to be, what do you want me to do?" Tim echoes the prayerful questions he asked of God. The answer came. Tim was accepted to travel with [NET Ministries](#) from August 2024 through May 2025, "going around America, just preaching the Gospel to everyone who will listen!"

"It has taken a lot of prayer and a lot of fasting from the world," Tim says citing Luke 11:10 as powerful scripture encouraging him to "knock and the door will be opened."

"I was talking with Jesus and asking, 'I just want to see the beauty of the world,'" Tim explains. He walked from the church into the Garden of the Divine Shepherd to be greeted by a butterfly, something he had not seen "in such a long time." It rested right in front of Tim posing as an apt symbol of the world's beauty on display. "It let me take something like 30 pictures of it," Tim says marveling at the moment. "I know He has healed me, and he has made my life worth living," ready and excited to step out with Net Ministries.