



Awaken

the soul & let your spirit fly

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

PUT OUT INTO DEEP WATER AND LOWER YOUR NETS FOR A CATCH LUKE 5:4

Working together as intentional missionary disciples

When Jesus asked Peter to “*Put out into deep water and lower your nets for a catch,*” a hint of reluctance emanates from Peter’s voice. Jesus *knows* that “a catch” awaits but Peter expresses doubts based on his own exhausting night of hard work. And, still, no fish. Yet, Peter does as Jesus commands. He moves to deeper water, lowers his nets, and to his surprise, he is astounded with abundance.

Father Michael Vaughan relates this Gospel story to modern-day disciples.

“We have to go out,” Father Michael insists describing the metaphorical deep water as the beginnings of a personal and parish action plan for intentional missionary discipleship. The “action” is supported by the parish community and its vast—*deep*— sea of ministries.

For both individuals and ministries “it means taking risks and stepping beyond our comfort zone,” Father Michael explains adding that “working together in community” allows parishioners to take the necessary steps to journey forward as intentional disciples.

“We’re in motion,” he stresses summarizing the need to “move from maintenance to mission.” The phrase aptly illustrates how a parish must *move beyond* the idea of simply maintaining buildings and the status quo to a parish that fully embraces the missional call of every baptized Christian. To **encounter** Jesus, **accompany** others on their faith journey, invite people to **community** and make and **send** disciples on mission to make *more* disciples ALL represent the ever-rippling effects of collaborative “motion.”

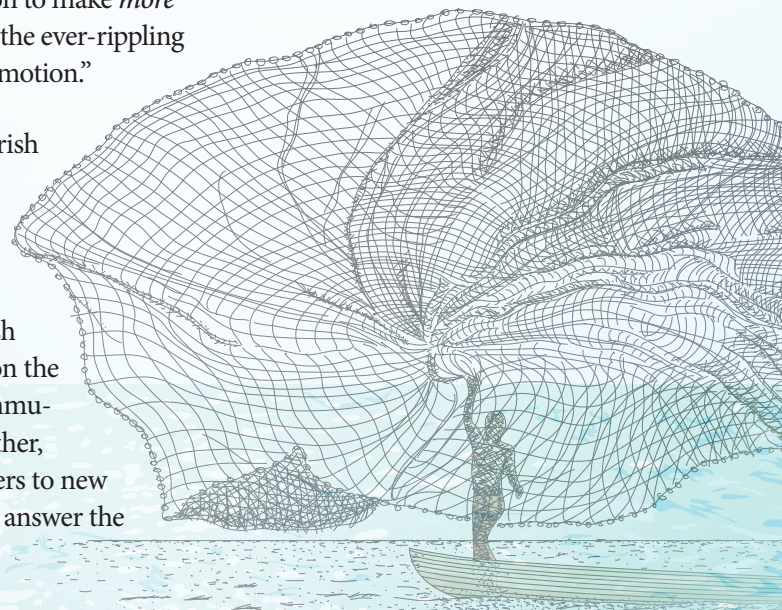
Now, in the midst of parish planning to nurture and revitalize Good Shepherd Parish now and for years to come, the pastor sees the parish focused and “working on the spiritual” life of the community, catechizing each other, and bringing parishioners to new spiritual heights as they answer the call to holiness.

“Put out into deep water and lowering nets for the

catch” becomes not only words for contemplation, but words of intention and responsibility to usher authentic spiritual conviction within the community.

Jesus knows that “a catch” awaits. For Good Shepherd, its newly formed ministry alliances stand ready to guide us into deep, spiritual water.

(Story continues on page 4)



**Missionary Disciple
Prayer for our Parish**

Father, You invite each of us to share in the life and ministry of your Son, Jesus. Send your Holy Spirit to form our parish as a community of missionary disciples. Teach us how to hear Jesus, to love Jesus, and to share your gift of salvation with everyone we meet.

Through the witness and intercession of Mary, guide me to deepen my commitment as a disciple of Jesus.

Lead our parish to grow as an intentional community, committed to go and announce the Gospel of the Lord. We ask these blessings in the name of your Son, Jesus Christ.

Amen.



The words of our parish prayer have become familiar now, settling into hearts and minds over the past year. Parishioners pray these words after communion for the grace to grow as missionary disciples...to drop their nets and become **intentional** in living out the baptismal mission.

Intentionality in *anything* requires a deliberate movement in one's mental state. Chris Stefanick wrote about it in his book *Living Joy* using the Greek word *metanoia* and citing its literal translation of "change your thinking." In a faith context, *metanoia* refers to a spiritual conversion prompted by profound repentance and God's grace.

The transforming reality of *metanoia* then combines human will and God's grace to make – **to convert** – the baptized into missionary disciples fully responsive to God's call.

To Hear Jesus To Love Jesus

Towards an ever-deepening
relationship with Christ

THRESHOLDS of Conversion

Catholics often hear the term "convert" and think of people choosing to come into the Church, leaving another faith practice, or having been unchurched, atheist or agnostic. Yet, conversion can be –and is– also experienced by cradle Catholics and Christians who cross thresholds of conversion on their way to missionary discipleship.

Identified through interview research at UCLA in the 1990s by campus minister Doug Schaupp, Catholic author Sherry Weddell later wrote on the thresholds in her books on discipleship. Most important, she points to "a living relationship with Christ" as vital to transmitting the faith. She quotes Pope Benedict XVI who said,

"Faith is above all a personal, intimate encounter with Jesus ...only in this way does one learn to know him ever more, and to love and follow him ever more."

To know, hear and love Jesus personally and intentionally begs an everyday question — *have I crossed these thresholds of conversion?*

Future issues of *Awaken* will look at each of the thresholds in the context of pre-evangelization and evangelization, the prequels to discipleship and mission. Knowledge of the thresholds equips us to grow in faith and accompany others, enlivening if not activating all that we are made for.



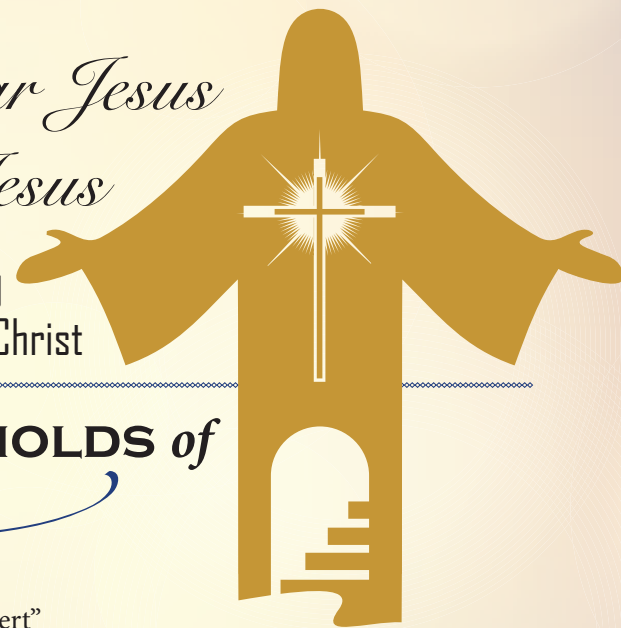
Initial Trust - A positive association with Jesus Christ, the Church, a Christian believer, or something identifiably Christian. The bridge of trust moves people closer to God.

Spiritual Curiosity - A sure intrigue with Jesus, his life and his teachings, with varying intensities from simple awareness to powerful desire.

Spiritual Openness - An openness to the possibility of personal and spiritual change.

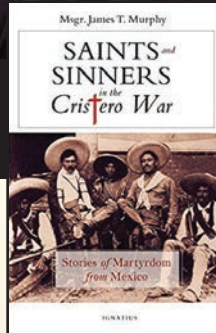
Spiritual Seeking - A pronounced movement from passively seeking God to actively seeking to know God.

Intentional Discipleship - A decision to "drop one's nets," committing to follow Jesus in his Church, reordering life accordingly.





Join Monsignor James T. Murphy
as he presents stories of martyrdom
from his book



SAINTS AND SINNERS in the Cris+ero War

Save the Date!

Thursday, July 14, 2022 | 6:30 p.m.
Good Shepherd Catholic Church

[Sign up to attend on the parish website - GSCCEG.ORG](http://GSCCEG.ORG)

When Monsignor Jim Murphy retired in 2014 after 45 years of priestly service to the Diocese of Sacramento he knew he would take time to write. The result? *Saints and Sinners in the Cristero War*—a compelling book and an important story for every Catholic. In it, the author spotlights severe persecution of the Catholic Church in Mexico, less than 100 years ago.

In the book's *Forward*, Most Reverend Jose H. Gomez, Archbishop of Los Angeles writes, "We are living in a secular age and a globalized society that more and more functions with indifference or hostility toward religion... It is especially in these times that we need to recover these lost stories of our recent history."

Msgr. Murphy spent a number of years studying, interviewing and immersing himself in the facts and details, capturing the history of courageous heroes and martyrs protecting all that they held dear – their Catholic practice and faith in Jesus Christ.

¡Viva Cristo Rey!

This evening with Monsignor Murphy will leave the audience with a desire to know and learn more.

- Gain historical and religious insight into holy heroes who defended the Catholic faith to the point of martyrdom.
- Hear about a saintly standout—*Father Toribio Romo González*—and his significant familial ties to Sacramento (and whose relic is placed in the altar at the Cathedral of the Blessed Sacrament).
- Learn of measures taken by the Knights of Columbus to support Catholics in Mexico.
- Discover how "the women's brigade" played an integral role in standing up for the faith.
- Understand the international stage leading up to, and following, the Cristero War of 1926-1929 and how U.S. relations were impacted, including how San Antonio, El Paso and Los Angeles became refuges for exiled priests and bishops of Mexico.



Good Shepherd Conference

St. Vincent de Paul Conference Acknowledged

Kudos to St. Vincent de Paul (SVdP) Good Shepherd Conference for its recent nomination for the City of Elk Grove Mayor's Volunteer Awards.

Conference president Judith Marshall shared her gratitude and noted that while the Conference was not selected, the nomination meant so much as did the formal letter of congratulations from Mayor Bobbie Singh-Allen.

The award program encourages and commends the volunteerism and impact of local entities whose contributions benefit the Elk Grove community.

Richly blessed to have a local SVdP Conference aligned with the Good Shepherd parish, the faith community recognizes SVdP's good work and volunteerism as **exemplary missionary discipleship – loving God and others through service to the poor...through the works of Jesus.**

Within the Outreach/Parish Life Ministry Alliance, SVdP welcomes food locker volunteers and donations. Visit the parish website to learn more about SVdP membership.

NEW MINISTRY “ALLIANCES” RIPPLE ACROSS THE LIVING WATERS OF BAPTISM

We are flowing, spreading, changing, growing

(Continues from page 1)

Ministry alliance coordinator Maria Serpa views the new ministry alliances as a “communication tool” to effectively share information in and among alliances.

“An alliance chair will be responsible for two-way communication,” she says mentioning how chairpersons for each of the six alliances will meet monthly to share information from their respective ministries but also carry information back to ministry leaders within a given alliance.

Father Michael modeled the concept after a neighboring parish which experiences success with its own collaborative ministry.

“Issues are caught, we hear every voice and there is follow-up,” he says noting a certain brilliance that comes from ministries working together within their own alliance and with other alliances with the shared goal of missionary discipleship.

Alliances are groupings of ministries with a common focus or purpose. Descriptive titles make the purpose of an alliance’s work clear and it becomes easy to quickly see how the alliances direct their ministerial energy.

Father Michael and Maria point to the importance of collaboration in and among alliances. As an alliance exists to support the same “categories” of *ministering disciples*, it also simultaneously recognizes that the work of its ministries flows and spreads, intersecting and collaborating with other alliances in a positive ripple effect.

The resulting spiritual waves expand and touch the lives of growing and maturing disciples (e.g., those seeking catechesis, one hungering for a spiritual encounter with Jesus, one moving through stages of conversion, or those seeking to serve and love God and neighbor).

This fluidity of resources, ideas and action prompts efficient intentional missionary discipleship and fosters a profound spirituality rooted in knowing and loving Jesus.

The alliances produce vital fruit according to Father Michael not the least of which is “recognizing gifts and talents.” He values this as a critical pathway to help

disciples discover the Holy Spirit in their own lives.

He commends the alliance chairs for leading and monitoring opportunities and needs. He also cites “efficiencies” that naturally develop when ministries share and collaborate. Lastly, he says “talent doesn’t get lost”



The gift of ministry

Ministry life gifts every parishioner with the opportunity to give and receive the abundance of the Holy Spirit’s endless generosity. Entering the deep spiritual waters of ministry sends ripples outward. Lower your nets for a catch!

- Alliances collaborate and unify the beautiful diversity of ministry participants who are changing and growing in mission.
- Ministries develop and foster disciples’ gifts and talents.
- Disciples grow intentionally in love and service, responding to their baptismal call to “go and make disciples of all nations.”



Rev. Michael Vaughan, Pastor



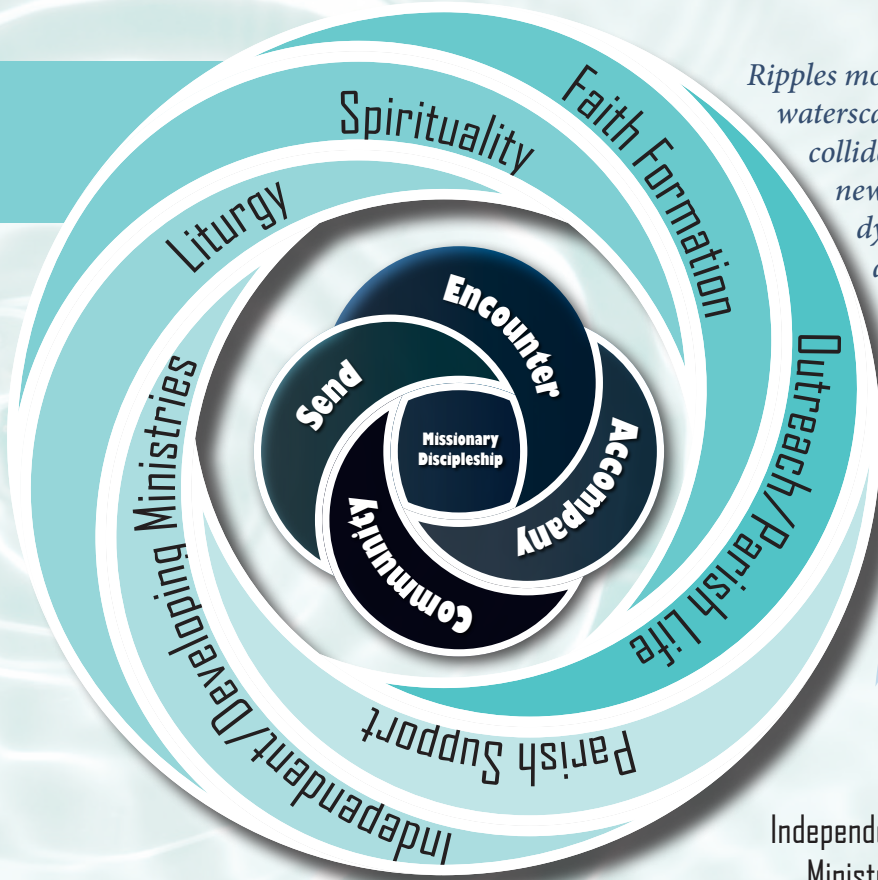
Maria Serpa, Ministry Coordinator

as alliances make it their business to hone talents in small group settings which foster creativity, hospitality, fellowship and stewardship.

*I am a mission
on this earth;
that is the reason
I am here in this
world.*

(*Evangelii Gaudium/
The Joy of the Gospel 273*)

Ripples move outward as circular rings changing the waterscape and creating dynamic synergies as they collide and cascade. Similarly, Good Shepherd's new ministry alliances ripple outward creating dynamic spirituality and growth for intentional disciples and the larger parish community.



Jesus stood up and exclaimed, "Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says: 'Rivers of living water will flow from within him.'" John 7:37-38

Liturgy Alliance



- Altar Servers
- Art & Environment
- Extraordinary Ministers of Holy Communion
- Homebound/Hospital Ministry
- Lectors
- Mass Coordinators
- Music Ministry
- Ushers/Greeters
- Martha Ministry
- Sacred Silence Adoration

Independent/Developing Ministries Alliance



- St. Vincent de Paul Good Shepherd Conference
- Knights of Columbus Laguna Council
- Columbiettes
- Stewardship Committee
- Filipino Community Leadership Committee
- Come & See Ethnic Masses Committee
- Ecumenical /Inter-religious affairs

Outreach/Parish Life Alliance



- Evangelization Outreach Ministry
- Elk Grove HART/Winter Sanctuary
- Veterans Ministry
- Parish Life Activities
- Works of Mercy/Homeless
- Elizabeth Ministry
- Respect for Life
- Life Runners
- Sharing & Caring Seniors
- St. John Caregiver Support Group
- Lazarus Ministry
- Hearts of Compassion Bereavement Ministry
- Vocations Ministry
- Jail Ministry

Faith Formation Alliance



- Baptism Ministry
- Kinderchurch
- Children's Liturgy of the Word
- Children's Faith Formation
- 1:8 Confirmation Preparation
- Rite of Christian Initiation of Adults
- The Grove Youth Ministry
- Fiat Young Adult Ministry
- Catholics Returning Home
- Wedding Ministry
- Couples for Christ

Spirituality Alliance



- Cursillo
- Divine Mercy Charismatic Group
- Holy Spirit Novena
- Our Lady of Perpetual Help Devotion
- Santo Nino Prayer Group
- St. Josephine Bakhita Black Catholic Ministry
- Our Lady of Fatima Prayer Group
- Soldiers of St. Michael the Archangel

Parish Support Alliance



- St. Michael Ministry
- St. Isidore AV/Tech
- Garden Ministry

A committed missionary knows the joy of being a spring which spills over and refreshes others.

(Evangelii Gaudium/The Joy of the Gospel 272)



Faith Formation Alliance



I alone cannot change the world, but I can cast a stone across the waters to create many ripples.

Fruitful Discipleship

... blooms year-round in Good Shepherd's ministries.

Learn more as we feature one of our ministry alliances in each issue.

Then the angel showed me the river of life-giving water, sparkling like crystal, flowing from the throne of God and of the Lamb down the middle of its street. On either side of the river grew the tree of life that produces fruit twelve times a year, once each month; the leaves of the trees serve as medicine for the nations.

Revelation 22:1-2

FAITH FORMATION A GOAL OF LIFE We are always learning

The [Faith Formation Alliance](#) includes ministries which focus on catechizing from “womb to tomb”, sharing the faith — *evangelizing*—every age, throughout life.

Often there is a tendency to view “faith formation” as strictly related to instruction for youth and sacramental preparation. Yet faith formation occurs through several formal ministries which exist to facilitate growth and maturity in faith, and to help disciples make Christ the center of their lives. The Faith Formation Alliance guides all its catechetical ministries in their unique purposes while also working to accomplish cohesiveness for the benefit of the learners. The Alliance also collaborates with ministries in other alliance groupings whose own work encourages catechetical growth.

Youth focused ministries include **Kinderchurch**, **Children’s Liturgy of the Word**, **Children’s Faith Formation**, and **1:8 Confirmation Preparation**. Bridging the waters as individuals begin to own and embrace their faith are the **The Grove Youth Ministry** and **Fiat Young Adult Ministry**.

In support of the family and the “domestic church,” the **Wedding Ministry** imparts the Church’s love for the family and guides couples as they prepare for the sacrament of matrimony. The **Baptism Ministry** reaches parents and godparents as they delve into a greater understanding of

DO YOU FEEL CALLED TO CATECHETICAL MINISTRIES?

Opportunities abound in catechetical ministries. If you would like to consider being a catechist, contact the Office of Religious Education. Training and commissioning occurs early in September.

the magnitude of the gift of baptism and the beginnings of all the sacraments of initiation. **Couples for Christ** is an international movement focused on strengthening Christian values in the family.

Catholics Returning Home welcomes Catholics who have received their sacraments of initiation but have been away from practicing their faith, or feel distanced from the Church or its teachings. It offers catechesis as one pathway to spiritually renew one’s faith.

The **Rite of Christian Initiation of Adults (RCIA)** serves those who desire full initiation into the Catholic Church — the unbaptized, those converting from other faith practices or those who have received Christian baptism but seek Catholic communion. Often, RCIA marks the beginning of a powerful spiritual conversion for those who seek and find Jesus and his Church.

WHAT IS CATECHESIS?

“Catechesis is the process of transmitting the Gospel, as the Christian community has received it, understands it, celebrates it, lives it and communicates it in many ways.”
(General Directory for Catechesis #105)

The word catechesis comes from the Greek meaning “to echo the teaching.” Catechesis is a life-long process of initial conversion, formation, education, and ongoing conversion. Through word, worship, service and community, it seeks to lead all God’s people to an ever-deepening relationship with God who reveals himself in Jesus Christ through the power of the Holy Spirit.

Faith Formation Alliance ministry leads at right, L to R: David & Lynette Magnino, Catholics Returning Home; Menchie Cabrera, Alliance co-chair, Children’s Faith Formation, Wedding Ministry; Elizabeth Pott, Alliance co-chair, 1:8 Confirmation Preparation; Valerie & Carlos Ramos, RCIA; Mary Finley, Kinderchurch (Victoria Garcia not pictured); Monica Goodale, Baptism Ministry; Theresa Maloof, Fiat Young Adults Ministry; Elyn Gonzalez, Maureen Smith & Chris Kusuma, Childrens Liturgy of the Word. (Not pictured: Gonzalo Duran & Travis Barrett, The Grove Youth Ministry; Ernie Sahagun, Couples for Christ.)

Faith Formation Alliance co-chairs Menchie Cabrera and Elizabeth Pott offer the leadership for formal catechetical ministries at Good Shepherd Parish. And they see firsthand many other opportunities for ongoing catechesis for catechists and parishioners yearning to learn more and know God.

“Being a catechist is the best way to learn” for oneself, too, Menchie adds explaining that teaching builds confidence. “It allows for a blossoming of faith,” she says as teachers learn and prepare and experience the grace of the Holy Spirit to share the faith.

Catechists can excel in their

- [Augustine Institute’s FORMED](#) media platform is an on-demand, endless stream of Catholic media – movies, audio and books. Its extensive library exists on your device and can be cast (*think... lowering your nets into the deep spiritual waters*) to your family room TV.
- [Franciscan at Home](#), offered by the Catechetical Institute of Franciscan University of Steubenville, provides another option for online learning on your home computer at your convenience. An extensive list of learning tracks allows participants to immerse themselves in new levels of learning. From catechetical development, the ministry of parenting, pastoral accompaniment, youth, evangelization and more, parishioners can proceed at their own pace and even pursue certification.

“I love Father Michael’s weekly reflection,” she adds indicating the insight one gains in preparing for Sunday Mass. The reflection is sent on Fridays. The My Parish App can be downloaded via the Apple App Store or Google Play.

Good Shepherd also offers several Bible Study groups throughout the year. Led by parishioners, these groups meet to break open scripture and allow the Word of God to flow into their hearts.

For Families

Menchie and Elizabeth share that the parish continues its work in whole family catechesis, a special focus area of the Diocese. “Even before the restrictions of COVID-19, we had been including a parent component,” Menchie says of five workshop offerings that are mandatory for parents with children preparing for sacraments but *also* open for parishioners to attend throughout the school year. Four more sessions will be added this year designed for parent catechesis to occur simultaneously with their child’s instruction followed by a shared group activity.

Menchie also shares of her participation with a diocesan Committee for Special Needs. Their work concentrates on ensuring that families and children with special needs have pathways to grow in faith and receive the sacraments.

It is all about “living the mission,” Menchie insists.

FAITH FORMATION ALLIANCE: HOW TO BE A GOOD CATECHIST in Christ

“By virtue of baptism, we are called to be priests, prophets and kings,” Menchie exclaims suggesting that faith formation is vital to carry out the mission to “spread the Good News!”

For Catechists

Menchie encourages confirmed parishioners in good standing with the Church to take the step! She cites qualities of patience, dedication and reliability as valuable and offers training to prepare catechists for ministry.

ministry by pursuing the Diocese-recommended certification of catechists. Participants move through a course of study to achieve certification. Even those who do not actively serve as a catechist can participate in the diocesan Catechetical Foundations program for a small fee per course.

For Everyone

The parish offers online educational opportunities which are free and require only that the participant establish an account.

Menchie also advocates the [My Parish App](#). “I use it every day,” she says without hesitation and referring to daily readings, prayers and a range of other content.





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Pastor: Rev. Michael Vaughan

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Practice the faith ...

Awaken THE SOUL

The Amnah family moved to Elk Grove from Chattanooga, Tennessee in 2018 making Good Shepherd their parish home. Lindsay is from Northern California originally and John is from Ohio. Both grew up in the faith and “had the opportunity to attend Catholic schools growing up,” Lindsay says. When asked how they awaken their souls and keep their Catholic faith alive in their family, they shared from their hearts.



Lindsay and John Amnah visit Mission Basilica San Diego de Alcalá April 2022 with children Hannah (9), Michael (7), Finnley (4), and Jack (1). Hannah, Michael, and Finnley attend St. Elizabeth Ann Seton School.

“Everything we do is for Christ. We do this in simple ways by having crosses and images of Jesus and saints around our home as well as books about the saints’ lives that our kids love to read. Doing fun activities with the kids that line up with the liturgical season is also a great way to keep the kids interested and involved. Catholic Icing has really good ideas online. We pray together on our way to school, before meals and before bed. Our children especially like the prayer to our guardian angels and the prayer to St. Michael. We try to talk about the Sunday Gospel and our faith whenever possible. The kids regularly

have questions and this gives us a great opportunity to discuss God’s love, forgiveness and other issues that arise daily, but in the context of our faith. We love being outdoors and use God’s creation, a sunset or a beautiful lake, as a regular example of how God shows his love for us. Outside of our home, attending Mass regularly as a family and making an effort to go to confession monthly as a family are great opportunities to receive God’s graces. We are also blessed to be able to send our kids to St. Elizabeth Ann Seton School, where they are surrounded by teachers and friends practicing faith alongside them every day.”