



the soul & let your spirit fly

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

A LOOK AT WHAT IT MEANS TO BE

*Jesus sends us to share God's love,
evangelize the world*

Itē, missa est. These Latin words translate to *Go, you are sent*. Simple as the words are the phrase is meant to strike a brilliant, piercing cymbal in the hearts and minds of Catholics.

Go

After the liturgy of the Word and the liturgy of the Eucharist, the last expressions of the Mass deliver a powerful directive echoing the message first given by Jesus himself. Far from an empty request two millennia ago, the Great Commission expresses Jesus' call-to-action – *an edict to share the Gospel with the world, loving God and loving neighbor*.

"We have to go out," appeals Deacon Rommel Declines as he considers the concluding rites and what deacons say at the end of every Mass (or the celebrant when deacons are not present). "Go in peace, glorifying the Lord by your life," and similar variations, mean "the Word and Eucharist are not meant to be kept within the walls of

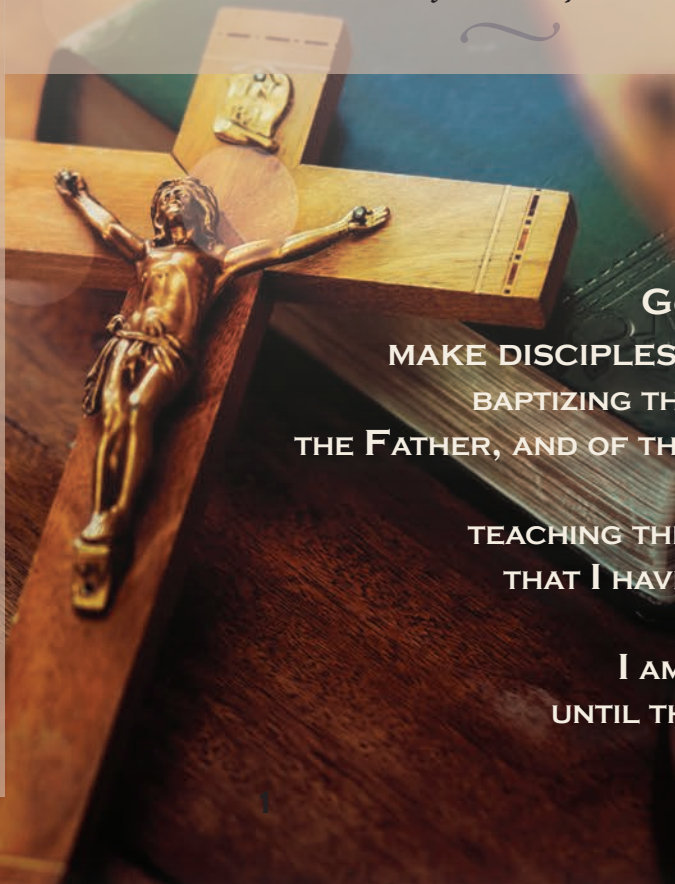
(Story continues on page 4)

"Where does Jesus send us? There are no borders, no limits: he sends us to everyone. The Gospel is for everyone, not just for some. It is not only for those who seem closer to, more receptive, more welcoming. It is for everyone. Do not be afraid to go and to bring Christ into every area of life, to the fringes of society, even to those who seem farthest away, most indifferent. The Lord seeks all, he wants everyone to feel the warmth of his mercy and his love."

Pope Francis

**GO, THEREFORE, AND
MAKE DISCIPLES OF ALL NATIONS,
BAPTIZING THEM IN THE NAME OF
THE FATHER, AND OF THE SON, AND OF THE
HOLY SPIRIT,
TEACHING THEM TO OBSERVE ALL
THAT I HAVE COMMANDED YOU.
AND BEHOLD,
I AM WITH YOU ALWAYS,
UNTIL THE END OF THE AGE.**

Matthew 28:19



THE BODY OF CHRIST

The People of God



LITURGY BOARD MEMBERS:
Back row, left to right ▶ Ushers/Greeters–James Cortes; Mass Coordinators–Jim Spano; Music–Mike Pott; Extraordinary ministers of holy Communion–Terry Rees; Art and Environment–Terry DeFrates;
Front row, left to right ▶ Altar Servers–Irene Camerino and Julie Dominguez-Jones; Lectors–Chris Faull (and not pictured, Victor Alaniz); Interim Chair–Maria Serpa.
 (Also not pictured: Clergy–Fr. Michael, Fr. Julius, Deacon Rommel, Deacon Al; Youth Mass 5pm Sunday–Gonzalo Duran and Travis Barrett; Martha Ministry–Junia DeLaCruz.)

LITURGY BOARD *steadfast in fostering meaningful liturgical life for community*

St. John Vianney once wrote, “If we really understood the Mass, we would die of joy.”

His intriguing words summon us to lean in and ponder all that we may not understand... to contemplate a joy beyond description.

It is the work of Good Shepherd’s [Liturgy Board](#), in concert with all liturgical ministries, that urges us to do just that; to lean in and ponder as the People of God – *the baptized people incorporated in the Body of Christ* – journeying toward holiness.

“The Liturgy Board helps to prepare our community to carry out the Church’s plan of worship,” according to interim Liturgy Board chairperson Maria Serpa, stepping in for long-time chair Gary Watson. She speaks with great deference for his foundational work and guidance for the board over many years.

“Through the sacrifice of the Mass, we are at the table with

Christ,” Maria explains.

With. Beside. In the company of. Maria makes the important distinction of our joining together with Christ. Truly, the liturgical life of the Church represents our Christian priority to adore and glorify God, faithfully and reverently participating in a meaningful, grace-filled encounter.

The Liturgy Board consists of 17 members committed to elevating the parish’s liturgy, which is “the official prayer of the Church,” Maria adds detailing how the board works with clergy and is “co-responsible for bringing Christ to our parish family.”

The board sets goals, offers direction and upholds principles for the liturgical life of the community, nourishing the faithful as missionary disciples.

“When we participate in the Mass, in worship and prayer, we encounter Christ and join him in his mission for the

sanctification of souls,” Maria offers, illuminating how the response of the mystical body of Christ must be “loving and serving our family, church community and society.”

“The Mass coordinators, extraordinary ministers of holy Communion, ushers, greeters and altar servers are the hands of Christ,” she shares invoking a mental picture. “The choir and lectors, his voice, the priest, his head,” she continues completing the imagery by stating that “the congregation is the Body of Christ reaching out into the world.”

Through the liturgy, “we may fulfill God’s will in our daily lives,” Maria says punctuating the co-responsibility shared by clergy, the board, liturgical ministries and all the faithful. The gift of missionary discipleship results as the faithful become renewed with gratitude and inspired to share their joy.

Reflecting on what it means to be a holy layperson out in the day-to-day of life, Maria re-

turns to the board’s purpose in helping the faithful encounter Christ in the liturgy so they, in turn, can translate that encounter in their interactions.

“Go out and encounter Christ in others,” she suggests. “Show Christ to others,” she implores listing how discipleship sourced in the liturgy can happen “with your kids in the backseat of the car, at the grocery store, or while serving” in any number of parish ministries, the workplace and the larger society.

The Liturgy Board remains focused and committed to providing more environments for worship, adoration, thanksgiving and repentance. Opportunities for adoration of the Blessed Sacrament and confession have been expanded and the Church, at all levels, will engage in programs for Eucharistic Revival, a three-year grassroots revival of devotion and belief in the real presence – *transubstantiation* – of Jesus in the Eucharist.

Let's Gather

AND AWAKEN THE JOY!

Recap of past Let's Gather events:

December's month of Christmas Joy focused on supporting the *Adopt-A-Family* program made possible by the good work and leadership of the Knights of Columbus and the generosity of our parish family. In combination with pie sale proceeds and donations from parishioners, over \$11,000 helped keep spirits bright for 15 families in need who were identified through the Works of Mercy ministry, the St. Vincent de Paul Council, St. Elizabeth Ann Seton School, and the Winter Sanctuary warming center program. Volunteers wrapped gifts and the Knights delivered abundant Christmas Joy as the parish gathered hope ~ *living the mission, living the Gospel!*



January's Bingo Night filled the parish hall with about 150 people eager to play Bingo! With Iggy and Irma Alvarez-Lopez at the helm calling numbers and awarding gift card prizes, players filled

their cards, snacked and laughed, hoping to hear the winning numbers. A highlight was Fr. Julius' winning card. Once his original unlucky card was replaced with a new card, he won instantly and reveled in the moment! Participants contributed diapers and baby supplies for the local Chicks in Crisis Center.

February's Date Night – a special evening for adults to Dance the Night Away!

Couples took advantage of early dance instruction from Strauss Festival dancers before they took to the floor with new dance moves. Their favorite songs encouraged more fun and memories as they celebrated with the evening's special charcuterie fare. In celebration of Black History Month, participants offered school supply donations to the Tecoy Porter College Prep School in South Sacramento.



Thank you Strauss Festival dancers!

In the smiles and greetings of brothers and sisters in Christ, we gather with joy, in faith, hope and love, ready for fellowship, fun and hospitality! Mark your calendars with gratitude and PRAISE GOD AS WE GATHER.

All Let's Gather events are FREE. Watch for more details and updates in the bulletin as these dates approach!

COMING UP NEXT!

Saturday, March

26
2022



March Madness

As if NCAA basketball isn't madness enough, plan to join in for Good Shepherd's version of [March Madness](#) on Saturday, March 26, from 1 to 4 p.m. This family-friendly event will include a corn hole tournament, free-throw basketball competitions, and of course, college hoops broadcasted on TVs throughout the parish hall. With a sports bar vibe, families will enjoy fun stadium food (think nachos, pizza, etc.) with libations for all ages. Prizes for tournament winners!

Sunday, April

10
2022



Easter Egg Hunt

Celebrating its 10th Anniversary, the [Easter Egg Hunt](#) is a time honored favorite for our younger parishioners ages 1 to 7+. *Kinderchurch* hosts and hides 7,000+ eggs on Palm Sunday following 9:00 a.m. Mass. Kids will also enjoy face painting, a bubble station, a photo backdrop, a coloring contest and golden eggs with special prizes! Parishioners are invited to donate candy in March.

Saturday, May

21
2022

Let's Gather at the Table
Family Dinner



"Let's Gather" events started with a Pentecost Picnic almost one year ago. Now, we plan to culminate this "year of returning" to vibrant community with a special family dinner on the plaza. [Save the Date](#) and [Let's Gather at the Table](#), together and always, to celebrate our faith and fellowship, hope and hospitality, love and gratitude.

MAKE DISCIPLES OF ALL NATIONS

(Continued from page 1)

the Church,” Deacon Rommel says voicing a resonant crescendo.

“It’s sending us out into the world, into our environments, taking what you received and bringing it out,” he stresses clarifying the missionary aspect of every Christian’s life.

“Not only is it a call-to-action physically, but also spiritually,” Deacon Rommel explains indicating how Catholics must “reflect on what you have received” in the Mass and then act upon it in daily life.

Make disciples of all nations

In practical terms, “all nations” infers the boundless reach of the mission and that making disciples – *evangelizing* – should occur wherever we find ourselves.

Deacon Rommel suggests that missionary discipleship is as much about the who (you) and what (the Gospel) as the where and why. Take it “...to your environment whether it be your family... the homeless... a co-worker.”

“It doesn’t mean that you’re going out to save the world because there’s already a savior,” Deacon Rommel adds describing how evangelization is about recognizing

unique opportunities within one’s own life and “being present to those who may not have experienced” Christ.

“There will be situations that present themselves in your family, or with those you love, or even those you don’t like working with, where you can change the dynamic,” Deacon

Rommel says expounding on the intricacies of what “present” really means.

Co-Responsibility

With every charge comes responsibility, and with every gift a duty to share it. In the life of the Church, through the Holy Spirit, the layperson experiences the graces of ministry for one’s own sanctification and that of those around him.

“We can’t just say, ‘no thanks’ for the gift,” Deacon Rommel insists conveying that the lives of the faithful must, in essence, become eloquent thank you notes written to the world proclaiming the gift they have received.

“We have to be responsible for this,” Deacon Rommel asserts referring to [Lumen Gentium \(Light of Nations\)](#), [the Dogmatic Constitution of the Church](#) and one of four core documents of the Second Vatican Council calling the faithful to holiness.

The clergy and laity together

have co-responsibility to go out “*within the world like leaven.*” (LG 31)

“We go out and rise up,” Deacon Rommel says continuing to proclaim, “you are the salt of the earth... what difference are you making now that you have Christ in your life?”

“The universal mission involves all, all things and always. The Gospel is not an exclusive possession of whoever has received it but a gift to share, good news to communicate. And this gift-commitment is not only entrusted to a few but on the contrary to all the baptized, who are “a chosen race, a royal priesthood, a holy nation, God’s own people” (1 Pt 2:9), so that they may declare his wonderful deeds.”

Pope Benedict XVI
World Mission Sunday
2011



The permanent deacon ministers “*in persona Christi Servi*” — in the person of Christ the Servant” — embracing a vocation which merges the “lay life” with a cleric’s life. The deacon’s calling is to be “out in the world, one with the people” in a way that is very different from the priest. The deacon’s shared reality with the laity appoints him to dismiss the congregation and send the faithful to glorify the Lord with their lives.

LIVING JOY

with

Chris Stefanick



What better way to consider how God sends us on a mission to proclaim Jesus in words and service than taking time for this [Lenten parish mission](#)? What better way than rediscovering and living joy every day?

[Chris Stefanick](#) will share evidence, experience and common sense ways to claim profound joy. Drawing from his book *Living Joy: 9 Rules to Help You Rediscover and Live Joy Every Day*, Stefanick gives practical markers for achieving a joy-filled life – beginning now.

As Lent calls us to conversion, living *real* joy is living the life Jesus asks. Stefanick energizes us to embrace joy on the journey of missionary discipleship.

Also during Lent, see Stefanick's video series *The Search* presented during Good Shepherd's Friday evening [Soup for the Soul](#), preceding Stations of the Cross. Visit [GSCCEG.org](#) for more information.

Wed., March 30, 2022
7 to 8:30 p.m.

The struggle is real, but why?

STEPPING OUT OF THE COMFORT ZONE TO PROCLAIM JESUS

Research shows that, unfortunately, most Catholics struggle to actively share the faith in word and deed with other people. Marcel LeJeune, president and founder of [Catholic Missionary Disciples](#) in College Station, Texas ponders this apparent disconnect from the core mission of the Church in his blog, and clarifies that Jesus tells us to “go *make* disciples” rather than to just simply *be* a disciple.

LeJeune offers five reasons why Catholics may not step from their comfort zones, evangelize and multiply disciples who will continue to evangelize:

1 Never been evangelized.

Often catechized to various degrees, Catholics may know their faith, but *knowing* Jesus and *accepting* his transforming grace are what inspire Christians to share their hope for salvation for everyone.

2 Culture.

LeJeune posits there is a duty to evangelize in other parts of lives. Beyond the interior life of the parish, Catholic culture easily focuses on “get your kids sacramentalized and show up to church,” but not so much on the universal call to spread the Gospel.

3 Nothing challenging us.

Describing a *laissez-faire* kind of Christianity, LeJeune

suggests a hard look at the community. Does it push us to grow? He queries on what it means “to be accountable, tell the truth, pray together, confess sins to one another (as well as in Confession), grow in holiness, and be pushed into the mission fields.”

4 Too scared. In good company with Moses who hesitated to step up and answer God’s call to free the Israelites from slavery, the modern-day Catholic makes excuses, too. *I’m not worthy. I don’t know enough. They won’t listen to me. I’m not talented enough. I don’t want to.* LeJeune urges Catholics to put excuses aside and evangelize anyway.

5 Religious relativism.

LeJeune suggests that a universalist mentality has blurred the teachings of the Church and put salvation on the line.

There may be other reasons, too, but LeJeune’s purpose seems to be rooted in helping identify barriers to evangelization as the first step toward overcoming them. The *next* step? To embrace the “sacred job” of every Christian – “to *help others come to know Jesus and then also help them to become evangelists themselves.*”

See LeJeune’s complete blog post: [catholicmissionarydisciples.com/news/reasons-why-catholics-dont-evangelize](#)

By their Fruits

YOU WILL KNOW THEM

STRIVING TO BE SPIRITUAL MENTORS IN OUR CULTURE

Highlighting the good work and "fruits" of our parish ministries and parishioners.

"Everyone needs to be on fire," asserts Donna Gutierrez,

[Evangelization and Outreach Ministry](#) lead with reference to an interior fire of faith fortified with power to engage the culture. Enthusiasm spreads throughout the team of 15 as God's hand is surely touching their hearts and souls.

"Our goal is to deepen relationships with Christ," Donna says echoing the words of the ministry's mission statement which further suggests that it is in nourishing holiness that we become capable of transforming society and culture.

Established in 2011, the ministry's work brings the parish a variety of experiences all aimed at deeper formation of parishioners, friends and the larger community. This is the activity of evangelization *mentoring* the culture.

The Joy of the Gospel (Evangeli Gaudium) addresses this at length calling upon the faithful "to mature in our work as evangelizers" and be willing "to let others be constantly evangelizing us ... finding and communicating

Jesus wherever we are." The mission is perpetual and gives meaning to our lives.

"Once the Gospel has been inculturated in a people, in their process of transmitting their culture they also transmit the faith in ever new forms; hence the importance of understanding evangelization as inculturation." (EG 121, 122)

As Lent begins, the ministry will be collaborating with many ministries as it implements [Soup for the Soul](#), a treasured Lenten experience that precedes Stations of the Cross. Every Friday during Lent (except Good Friday), parishioners may partake in a humble (yet delicious) bowl of soup with bread, served by members of other parish ministries in a gesture of service, love and hospitality. Attendees will watch episodes of Augustine Institute's series titled *The Search* presented by author/lecturer Chris Stefanick via the *Formed* media platform. A limited quantity of Stefanick's book *Living Joy: 9 Rules to Help You Rediscover and Live Joy Every Day* also will be available during Lent, and Stefanick will be

Evangelization & Outreach Ministry offers tools and opportunities to live and share the Gospel



Top: Christy Nix, Paula and Salvador Gonzales. **Middle:** Lisa Lyon, Ninfa Campomanes, Sylvia Guido, Joy Austria. **Bottom:** Grace Garcia, Donna Gutierrez. **Not pictured:** Jude Glen Austria, David and Lisa Hinton, Ruth DeFrates, Alicia Ramirez, Julie Danielson.

at Good Shepherd in person Wednesday, March 30 offering a Lenten Parish Mission and giving parishioners another opportunity to grow through Lent. (See page 5 and visit the [parish website](#) for details.)

"The passion lives inside all of us," Donna insists expressing the importance of grasping God's hand, and embracing the call

Past activities of the Evangelization & Outreach Ministry to "instill the mission" in the hearts of the faithful:

Speakers
Live theater productions
Book "club" sharing
Augustine Institute "Formed" media kiosk
Catholic Radio ambassador
Parish missions
Lenten Soup for the Soul
Advent by Candlelight
Mini-pilgrimage bus trips
and more!

Watch the bulletin and website for year-round updates.

to missionary discipleship. "We have to be sure we're on that road," she urges.



Exodus 90 & Soldiers of St. Michael the Archangel seek deeper relationship with God

Intentional, daily conversion is key



MADE ANEW
GOD MAKES ALL THINGS NEW
Rev 22:1

Earlier this year, 47 men, ages 19 to 70, made a commitment to the Exodus 90 program, accepting an austere 90-day spiritual challenge, journeying together before and through the season of Lent.

Baptized into the Church last Easter, and having participated in Cursillo last fall, ministry co-lead Michael Patrick experienced an intensive calling to reignite Exodus 90 at Good Shepherd as a required “induction phase” to prepare men for a new ministry, [Soldiers of St. Michael the Archangel](#). Joining with Rhuel Lucina, who introduced a scaled, Zoom version of Exodus 90 during COVID-19, the two men gained the support of the pastor and parish council before launching this past January.

“We did an introductory survey to ask men why they wanted to participate and what they hoped to get out of it,” explains Michael. The responses were consistent – a desire to get closer to God.

“Almost every man wrote that they wanted to be better men, better husbands and fathers, and men of service,” Michael shared. He also indicated that many men described feelings of “just checking boxes” or the absence of a “deep, intensive dialogue with the Lord.”

“When we make time to strengthen our relationship with the Lord,” Michael affirms remembering his own experiences, he reports, “that’s when we feel the Holy Spirit and grow in faith.”

More than 30,000 men from 65 countries around the world have completed the spiritual exercise. Exodus 90 began as a seminary program in Maryland only 10 years ago.

Three pillars – prayer, asceticism and fraternity – define the minutes, hours, days, and weeks. The men spend one holy hour daily engaged in structured **PRAYER**. Silent contemplation for 20 minutes and the remaining 40 minutes spent as they choose; perhaps in intercessory prayer or the rosary. Daily scripture readings focus on “the children of Israel in the desert traveling towards freedom,” Michael says.

In the spirit of monastic living, the men engage in a level of **ASCETICISM** quite radical in this day: cold showers, regular demanding exercise, seven hours of sleep, and fasting on Wednesdays and Fridays. Michael describes other fasts, too, from activities or habits that add noise and distract from the goal of turning daily – *converting* – to God. For 90 days, they abstain from alcohol, desserts, sweets, snacks, soda, and other sweet drinks. They also refrain from TV, sports, movies, video games, non-essential shopping, non-essential technology, social media, and non-spiritual music.

Weekly meetings assure **FRATERNITY** and support. Each person is also paired with another man who serves as an “anchor” for daily calls and accountability.

“We need to be the men God created us to be,” Michael says affirming that Exodus 90 “cuts out all the other noise and hyper-saturated content” so brothers can listen to God.

“We hear the Holy Spirit,” he says expounding on “a real fire enkindled.” When prayer stops or distractions bombard us that flame can go out.

Michael acknowledges that Exodus 90 is not the only way to achieve self-mastery but he does know that “the Lord wants us to live up to our potential with a robust spirituality and healthy bodies, minds and souls.”

After Exodus 90, men who complete the program can join the Soldiers of St. Michael the Archangel to continue to strengthen their faith, accept new challenges and count on each other for support. They plan to offer Exodus 90 every January allowing new men to join the fraternity.





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*Then I heard the voice of the Lord saying,
“Whom shall I send? Who will go for us?”
“Here I am,” I said; “send me!”*

Isaiah 6:8

Awaken TO MISSIONARY DISCIPLESHIP

Accepting God's desire to **SEND** disciples on mission

The term *missionary discipleship* is relatively new, becoming more widely known over the past 50 years. The world has learned more about this distinction which emphasizes *active* engagement in the work of evangelization.

More than disciples, baptized Christians are *missionary* disciples and agents of evangelization. (EG 120)

In this context, the ongoing work of evangelization entails a fourfold methodology of 1) helping others to **ENCOUNTER** Jesus, 2) being ready to **ACCOMPANY** others on their faith journey, 3) inviting others to **COMMUNITY**, and 4) accepting God's

desire to **SEND** disciples on mission to “proclaim that love” and transform the world.

To be sent, and to send the body of Christ to evangelize, is Christ's directive coming full circle— *Go, therefore, and make disciples of all nations.*

“And as you journey toward your destiny, God intertwines your talents with the needs of others to allow you the privilege of touching them, serving them, and inspiring them as they make their own journey.”

Matthew Kelly
Rediscovering Catholicism

Roadmap to Understanding Evangelization as *mission*

Pope Paul VI first used the term *New Evangelization* in 1975 following the Second Vatican Council.

Pope John Paul II made it known further in his travels and writings expressing, “...*the moment has come to commit all of the Church's energies to a new evangelization and to the mission ad gentes. No believer in Christ, no institution of the Church can avoid this supreme duty: to proclaim Christ to all peoples.*”

On the 50th anniversary of Vatican II, Pope Benedict called for a “Year of Faith” with the purpose of increasing focus on the transmission of Christian faith.

Pope Francis continued emphasizing evangelization as the primary mission of the Church releasing *The Joy of the Gospel (Evangelii Gaudium)* in 2013.