



# Awaken

the soul & let your spirit fly

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



## Evangelizing disciples WITNESS CHRIST'S LIGHT & GLORIFY HIS SACRIFICE

Deep down in the disciple's soul, practicing virtue, pursuing instruction in the faith, serving as peacemakers and living mercifully ... these all, perhaps, resonate easily in the lifelong quest to imitate Christ.

Yet, just as baptism calls disciples to holiness, it *also* calls them to the equally important work of spreading the "Good News." The earliest terminology referred to this in the Greek language as *euangelion*, and today we use the word evangelization.

Indeed, Jesus said, "*Go into all the world and proclaim the good news to the whole creation.*" (Mark 16:15) In this commissioning of his disciples, one might speculate that even the apostles hesitated, possibly filled with self-doubt and fear.

Wrapping our heads around the idea of evangelization often seems inherently more difficult than striving to be holy, worshipping at Mass, and receiving the sacraments. However, they are all intertwined like vines and branches.

Good Shepherd Parish's parochial vicar Father Abraham Chiu explains that evangelization need not be intimidating to the disciple. On the contrary, sharing the message of Christ's sacrifice and his gift of eternal life should be as easy as telling someone about a great restaurant, a good movie, or a favorite book. We are often eager to share about something that has made an impact on our lives! Is there any greater impact than Christ?

(Continue on page 4)

## CHRIST DIED FOR ME...



# THE BEAUTY OF TEMPERANCE

changing  
an old way  
to a new way

## Growing

## IN V I R T U E

For Monica Alvarez, the cardinal virtue of temperance comes down to *balance*, and moderating life so that God remains in focus, always.

"The way that I experience temperance," she begins, especially

mindful of temptations in our daily lives "is understanding my earthly desires and reorganizing behaviors and addictions that keep me from God."

*Catechism of the Catholic Church –*

1809 Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable.

Monica, an on-the-go wife, mother and high school teacher contemplates temperance as the year-round virtue it must be. She also sees how the season of Lent brings it to the forefront of everyone's minds. Lent becomes a perfect time to strengthen one's resolve for temperance.

Monica participates for the second year in the *Magnify 90* program for women and "just like last year," she tells herself again, "I should be doing this all year." The spiritual program highlights scripture, the Catechism, virtue, the lives of saints and an ascetic way of life for 90 days to foster a meaningful Lenten journey.

"I feel closer to God," Monica says pointing to how the program challenges participants while also revealing great beauty.

"There is beauty in our weakness," she believes and indicates that any struggle to moderate life is best viewed as "where the Lord shows us *his* strength."

Monica dissects temperance as a way to grow and develop *positive* habits; it is not negative at all or a nagging "no." She believes the practice of temperance is all about "changing an old way to a new way."

"We're really talking about vices, here" Monica notes. She believes it comes down to asking, "Why am I doing this? Why do I feel I must indulge or binge? What's going on inside?"

She describes a thoughtful, spiritual process – a step back – to examine the "bigger need inside, and that it is a need for God."

"What is it that I'm trying to fill inside of me?" she questions indicating that getting to this juncture of self-reflection is the biggest "a-ha" moment – *the biggest revelation of the*

*value of temperance.*

Temperance is "God asking me to trust in him and fill myself with him," Monica explains while also mentioning its human element of regulating life by foregoing indulgences or choosing healthy options for mind, body and soul. This allows us to be who we are at 100 percent.

"Anything less than 100 percent, then I am not fulfilling my vocation," Monica asserts with a seriousness that suggests the absence of temperance puts one's soul, life and family at stake.

Not in a rigid sense but in truth that "If I am pre-occupied with foods, or vanity or materialism" she offers as examples, she concedes she is not occupied first with her Christian vocation.



"I'm learning how liberating this is," Monica shares expressing how she is "finding true freedom in what God wants for me."

Monica says that when she sets her mind on temperance and a "new way," she may write it down, and share it with family or others who also may be exercising temperance and committing to changes or new behaviors.

"Knowing we're doing it together is so beautiful," Monica reveals of these journeys with Magnify 90 and family. "We grow in holiness and as a family," she observes of mutual commitments and accountability to each other.

Monica turns to The Lord's Prayer and recites, "lead us not into temptation" aloud. She emphasizes prayer as vital to successful temperance ... and a perpetual turning to God.

Exploring the cardinal virtues of PRUDENCE, JUSTICE, FORTITUDE and TEMPERANCE can form a greater understanding of all virtues and their interrelatedness. The word "cardinal" comes from the Latin word for "hinge." Cardinal virtues are also referred to as human or moral virtues.

LIVING A LIFE OF VIRTUE AS A PATHWAY TO FAITHFUL DISCIPLESHIP



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



## Soup for the Soul

This annual series is underway and will continue on Fridays at 5:45 p.m. through March 22.

Nourish your body and your soul with a simple meal of soup and bread, while also viewing a Lenten video series designed especially to accompany you on your Lenten journey. Chris Stefanick's *Fearless* introduces different guests each week to tackle specific fears with hope and trust, growing in faith and love. **Following the video, gather in the church at 7:00 p.m. for Stations of the Cross.**

## MARK YOUR CALENDARS!

**March 1, 8, 15 & 22 -**

**Soup for the Soul**

*Stations of the Cross follows in the Church at 7:00 p.m.*

**March 13 - Lenten Penance Service**

**March 16 - St. Patrick's Dinner**

*(sponsored by Knights of Columbus)*

**March 20 - Taize Prayer Service**

**March 24 - Easter Egg Hunt**

**March 31 - Easter Sunday of the Resurrection of the Lord**



## E A S T E R

**The Lord is Risen!**

*Alleluia, alleluia!  
He is Risen Indeed!  
Alleluia, alleluia!*

[Join us throughout Triduum and for The Resurrection of the Lord](#)

**Holy Thursday, Thursday, March 28**  
7:00 p.m.

**Good Friday, Friday, March 29**  
12:00 p.m. AND 7:00 p.m.  
Liturgy & veneration of the Cross  
3:00 p.m.  
Stations of the Cross

**Easter Vigil, Saturday, March 30**  
8:30 p.m.

**Easter Day, Sunday, March 31**  
7:00 a.m., 9:00 a.m., 11:00 a.m.,  
1:00 p.m.

## Come. Experience. Taize Prayer.

Set aside time for this beautiful evening of worship and contemplation on **Wednesday, March 20 at 7:00 p.m.** This truly special prayer service invites us to encounter Christ in song and silence as we journey forward this Lenten season.

Named for its community of origin — Taize, France — the wider community

comes together in ecumenical fashion as envisioned by founder, Brother Roger Schultz (1915—2005).

Worshippers experience songs, chants, reflections, prayers, and the Gospel, punctuated with silence, and deepening the experience of the LORD's presence.

Near the evening's end, participants will be invited to offer intercessory prayers as candles are placed near the altar, illuminating the sanctuary. Come, experience Taize prayer, music and contemplation.



## Easter Egg Hunt



Plan on this special tradition! Especially for parish youth, this egg hunt covers the school lawn with colorful eggs just waiting to be found! (In the parish hall in case of rain.) More information can be found on the parish website! Palm **Sunday, March 24, 2024** following the 9 a.m. Mass.

## St. Patrick's Day Dinner!

Join in this festive celebration of the co-patron of the Diocese of Sacramento — **St. Patrick!** Sponsored by the Knights of Columbus, this traditional Irish dinner on **March 16** invites you to support the Knights as they raise funds for various parish projects and ministries. Tickets on sale after all Masses or online.







# We are ALL called to share the Good News

## Contemplate the dignity, inspiration of your baptism

Father Abraham Chiu sees the roots of evangelization in Jesus' greatest sermon. Jesus' two simple metaphors – *salt and light* (Matthew 5:13-16) – are fore-runners to his later directive to “proclaim the Good News.” (Mark 16:15)

“Jesus told us to be the salt of the earth and the light of the world,” Father Abraham says explaining how in sharing the message of Christ's mercy, and the hope of eternal life, one is being salt and light. To be salt and light is to be an evangelizer.

“I've encountered many who have lost that [salty] taste,” Father Abraham reports of his experiences on two continents – Asia and North America – and in the Philippines, Taiwan and Macau. He recounts how people can easily lose awareness of God's mercy and grace succumbing to the weight of life, negativity and judgementalism.

“Especially now, we must be the light to shine in the darkness of the world,” Father Abraham stresses. But how?

When we become but an echo  
of the fallen world, then we are like salt  
that has lost its savor (cf. Matt 5:23;  
Luke 14:34), and our evangelical  
persuasiveness is fatally compromised.

Bp. Robert Barron  
The Joy of Evangelizing

[www.worndonfire.org/articles/barron/the-joy-of-evangelizing](http://www.worndonfire.org/articles/barron/the-joy-of-evangelizing)

Approaching his 35<sup>th</sup> anniversary of his ordination, Father Abraham reflects on decades of ministry at seminaries, in parishes, and as an editor for a project translating the Old Testament from Hebrew to Chinese. He also earned two doctorates – a PhD in Religious Education from Fordham University and a Doctor of Ministry from Episcopal Divinity School.

In all his experience he points to a key truth. “We share the same baptismal ministry, the office of Jesus,” Father Abraham says referring to the threefold vocation of the baptized as “priest, prophet and king.” In this anointed dignity, disciples gain a clearer picture of their charge as members of the body of Christ.

“The prophet speaks the word of God... the priest offers the sacrifice of ourselves... the king protects the Church,” Father Abraham explains of the baptized Christian's incorporation into Christ.

## Bring God's kingdom to the world

“Our actions and testimony are very important,” Father Abraham insists also noting that the faithful must encourage and affirm each other in the work of evangelization. “Maybe you go to your

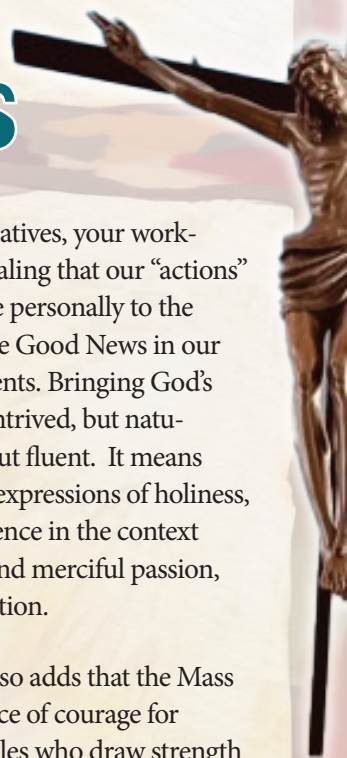
neighbors, your relatives, your workplace,” he says signaling that our “actions” and “testimony” tie personally to the proclamation of the Good News in our real-life environments. Bringing God's kingdom is not contrived, but natural; not awkward but fluent. It means offering authentic expressions of holiness, service and experience in the context of Christ's saving and merciful passion, death and resurrection.

Father Abraham also adds that the Mass can be a great source of courage for evangelizing disciples who draw strength from both community and communion. “We share this community with God,” he says emphasizing the special graces from the Eucharist which make us “one with God.”

## Assess your happiness

“Are we happy being a Christian? Being a parishioner?” Father Abraham offers rhetorically. He suggests the answers may influence a disciple's evangelizing ways, good or bad.

“If we are not happy, we will not proclaim the Good News,” he comments candidly while also subtly relating disciples' happiness to their *own* recognition of God's outpouring of mercy and grace. If it is mysteriously vague, unknown or unfelt, how can the proclamation of the Good News be effective?





*And he said to them,  
"Go into all the world and  
proclaim the good news  
to the whole creation."*

Mark 16:15

Acknowledging the range of variables affecting happiness, Father Abraham conveys the importance of seeking pastoral and spiritual care. He also cites how the larger community must be accountable to each other by always "building up the community of faith and charity."

Simple gestures and conversations can make the difference. "If I see that you are quite upset, I will come to you and ask, 'do you need any help or prayers?'" Father Abraham offers as an example of a community that offers "strong witness to mercy and love."

### Step outside your comfort zone

"Sometimes it is not easy," Father Abraham concedes but he also affirms that disciples can step out of their comfort zones with steady strength and support from each other.

"We are strength for each other," he insists pointing to how regular formation and sharing in small groups can fortify the work of an evangelist. Father Abraham advocates small groups and friendship where people with shared needs "meet and talk about their experiences," confiding weaknesses and gaining strength for the future.

Father Abraham reminds us that the faithful laity, like priests, are "one in the office of Jesus" and must commit to the same rigors of formation spiritually, academically, ministerially and in community, finding resources and support in the parish.

### John 15: 1-8

Father Abraham turns to the theology of St. John the Evangelist to summarize the call to evangelize. "Jesus said he is the true vine, and we are the branches," bearing fruit as evangelizing disciples. He expounds on the meaning stating "we are to make God known in the world ... we bring salvation to the world" by glorifying God with our love.

As salt and light depict a disciple's *being*, or nature, branches convey the *action* and *testimony* of the disciple ... the fruit of those who abide in Jesus.

*"...and woe to me if  
I do not evangelize"*

1 Corinthians 9:16



## Terminology

### Evangelization –

The work of proclaiming the message of the Good News and inviting a response.

### Proclamation –

Making known the specific "content" of the message. The Greek term for proclamation is *Kerygma*, i.e., the Gospel of Jesus' life, death, and resurrection that results in salvation/eternal life.

### Witness –

To take *action* and offer personal *testimony* of Christ's impact and light in one's life.

- **Action –**

Being Christ to others. Service, Works of Mercy and virtuous accompaniment of those yet to hear the Good News.

- **Testimony –**

Sharing your personal story of God's grace in your life as a *part* of the larger message of evangelization which is the proclamation of the Good News.





## FRUITFUL DISCIPLESHIP

... blooms in every age,  
in every generation,  
in every movement.

Learn about how the parish seeks to inspire  
and bridge generations while sharing Jesus  
Christ in a personal and focused way.

### Connie Reden



“My calling has always been to help people,” Connie Reden shares looking back on a full and active life. “I didn’t realize that for a long time,” she

says but a quick review of her commitments confirms her innate drive to help make a difference.

An educator, writer, and always a practicing Catholic, Connie remembers periods of her life lived all around the country—participating in the civil rights movement and writing articles for her parish bulletin in Chicago, singing in St. Bellarmine’s traditional choir in Blue Springs, Missouri and now singing in Good Shepherd’s *Voices of Praise Gospel Choir*, and the 11:00 Mass choir, too.

At 82, she keeps a busy schedule as a fairly recent transplant to Elk Grove arriving February 2023 with her daughter, son-in-law and three grandchildren.

“I still write articles for Our Lady of Kebi-ho,” she says of her ongoing contributions to her Chicago parish bulletin. She also published, *Inspirations from Connie’s Corner* which she describes as “a collection of thoughts about my faith.”

“I write to inspire people,” Connie says of her work that helps her readers recognize “what God is doing for them.”

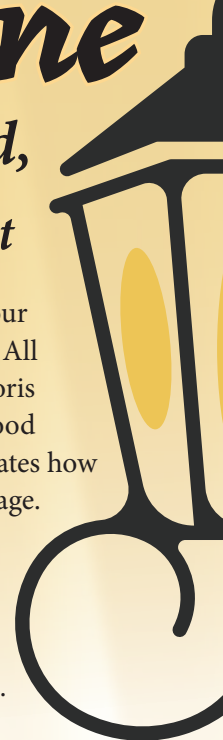
Her talent for communicating excels in visual presentation, too. Commemorating Black Catholic History Month last November, she prepared three displays for the narthex, sponsored by the *Voices of Praise Gospel Choir*. She educated and informed the community on 1) the native homelands of Black Catholics in America, 2) the long list of Black Catholic musicians and 3) the current Black Catholic candidates for sainthood.

When Connie’s grandmother took her to Catholic Church as a little girl, Connie witnessed how “God loves all of us.” It instilled in her a love for the Church and a disciples’ vision to make a difference.

## LANTERNS OF

### Seniors *shine* at Good Shepherd, with the light of Christ

God continues to work throughout our lives as these parishioners can attest! All in their 80s and 90s, Connie, Roy, Doris and Chuck represent a part of the Good Shepherd community that demonstrates how fruitful discipleship is not bound by age. Rather, each are beacons of Christ’s light, and lanterns of faith, both in the parish community and the larger Elk Grove community, too. Theirs are ministries of love and inspiration.



### Roy Tufts



“I really feel it’s important that people feel welcomed to church,” insists Roy Tufts known by many as the friendly greeter, smiling and touching hearts with his warm demeanor as people arrive for Mass. He views it as part of his mission—he has seen its important effects.

“I had a woman last week who came to me,” he explains of the encounter, repeating her telling words, “I’m so glad you were here... I feel like I’m just an island in the middle of a church.” Roy senses that same feeling may be the experience of many others and therefore his advocacy for the powerful “Hello...welcome...good morning.”

“I’m being trained to be St. Peter’s assistant,” Roy asserts yet humbly adding, “I hope I’m doing it right; I hope I’m doing what the Lord wants me to do.”

Still, a youthful spirit, although 87-years-young, Roy also serves as head usher two days a week for weekday Mass, participates in the Knights of Columbus and helps with parish collections reporting. “I feel like I’m slacking now,” Roy quips recalling a list of various ministries he helped with “in the old days.” He is grateful for his good health and has his eye on the age of 120, God willing.

“I’m a convert,” he shares recounting a time some 60 years ago, when he made the decision to be Catholic before being married. He had considered being a minister in the Church of Christ but when his girlfriend agreed to marriage, he knew it was “a sign that I should join the Catholic Church.” Roy maintains, “God wanted me in the Catholic Church” and his mission continues.



# F FAITH —

**"I** love the Mass and I love the Eucharist," affirms Doris Krawczak, a daily communicant and longtime parishioner who also attends other events and functions when she can. At 93, she remains active and involved in parish life, rotating her time between the Works of Mercy ministry, and an accounting subcommittee.

"I used to do more," she says telling how she stepped back, passing the torch to "younger people."

She shares at length about the detailed work involved in the Works

of Mercy homeless ministry. "I help put meals together, in bags, before it is crated and delivered to the homeless," Doris explains describing the abundant food donations which ensure that "the homeless receive a hot, nutritional main meal." It always "consists of a protein and vegetable, in addition to bread, fruit, water juice, cookies, chips, and sometimes pudding and candy. "It's an honor to do this for people who have nothing," she says, genuinely moved by the impact of the ministry in Elk Grove and reiterating, "the focus is to bring a nutritional meal."

Doris also participated in a Cursillo weekend December 2022 and continues to engage in small group meetings. "It's just amazing...the spirituality in our group" Doris mentions noting how she "learns so much about the charity of other women."

Beyond these involvements, Doris credits the Eucharist, a faithful and extensive prayer life, and avid spiritual reading for her joyful practice of the Catholic faith.

"I am a convert," Doris says recalling the exact date of her

baptism **Doris Krawczak** and

confirmation.

"It was June 5, 1954," she states aloud just as one might share a birth date. "I felt it was such a special gift," she says of that day nearly 70 years ago. It was only the beginning of her smile, her twinkle, her discipleship. "It made me want to open up to God and get closer to him."



## Chuck De Paoli

**"I**'ve always been forward in things, willing to speak up and take action," acknowledges Chuck De Paoli surmising that his outward nature translated well to parish participation. "I knew I would always be involved," he says happy to be a part of Good Shepherd Parish which he regards as an "active" parish.

Chuck recently celebrated his 89<sup>th</sup> birthday in February and accepts that some physical limitations have slowed him a bit. Yet, he drives to morning Mass every day and makes other events as possible with his daughter and son-in-law.

"I don't really do much," he says but as he

converses along, his "not much" is actually quite a lot.

A resident of Bruceville Point, Chuck spearheaded action to ensure Holy Communion might be received by his fellow Catholic residents who are unable to get to Mass.

"I had a role in arranging it," he says unassumingly explaining how he coordinated with different people to make it happen. He shares how he had regularly brought the Eucharist to his wife, Barbara, before she passed away last fall, and his sister. Chuck subtly, without words, conveys how meaningful and powerful the Eucharist is — *it is bringing Christ to others*.

Further, Chuck planted a seed that has bloomed in new ways. As an extension of

Holy Communion at the senior center, he is thrilled that several ministers from the Sacred Silence Adoration Ministry (SSAM) also come on Wednesdays to pray the rosary. "It's a great addition," he says thinking of those "who cannot do a lot of other things." Christ's presence and peace are felt.

For Chuck, sharing his faith comes naturally. "It's the center of our lives," he encourages knowing it is a light in the world... a lamp that shines from the lampstand, "where it gives light to all in the house." (Matthew 5:15)





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Pastor: Rev. Michael Vaughan

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

**JULIE DOMINGUEZ-JONES**

LIVING HER FAITH **AT WORK**

"You know, we have the same saying," Julie Dominguez-Jones, M.D. says in reference to the Catholic idiom "from womb to tomb." She explains how for family practice physicians, "we take care from cradle to grave."

"I specifically chose family medicine because I wanted to take care of patients for their entire life span," she says.

There is a certain aura of blessedness when Julie discusses her work and how her Catholic faith guides her in her practice.

"I have the privilege to get to know people," she imparts with heartfelt honor "sometimes in their most vulnerable of states, and I think my faith allows me to be compassionate and empathetic to their needs."

Julie associates her compassion and empathy directly to her ability to make connections with patients more holistically – beyond a medical or physical diagnosis and onward into the realm of authentic, caring relationships.

"It can transcend the walls of my clinic," she says citing several examples. Patients caring for a loved one with dementia; struggling with a spouse's cancer reality; coping with limited food and resources. Any and all of these situations, and still others, add a layer of pressure in their lives that Julie considers factors in her patients' whole health. She doesn't hesitate to help them manage or cope with circumstances knowing in her heart that her faith drives her.

She describes her "pod" environment which she shares with other physicians. "We get each other," she says implying they know "where I come from and what guides me... how God allows me to deliver this type of care."

A parishioner for 15 years, Julie mentions how she has "grown with a lot of my patients," encountering them at church and in community. She and her husband have raised their son and daughter at Good Shepherd, both of whom were altar servers. Her son attends college in Arizona and her daughter attends Christian Brothers High School. All through their upbringing Julie also participated in parish ministries.

She credits her daughter for her parish involvement. As a pre-kindergartener, she pleaded with Julie, "Mom, they need helpers for Kinderchurch." Julie agreed and began a long journey of ministry with



Children's Liturgy of the Word, 4<sup>th</sup> grade religious education and altar server help. Now, she is the co-lead for the altar server ministry.

"It's something I'm able to do for the children, for the parents," Julie says describing it as "a thank you, with my gratitude to the parish...it brings me joy."