



Awaken

the soul & let your spirit fly

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

LET US CONTINUE TO BE ASTONISHED AT THE BEAUTY OF THE LITURGY

“Let us continue to be astonished at the beauty of the Liturgy.” These are some of the concluding words of the June 2022 Apostolic Letter, *Desiderio Desideravi*. Elsewhere readers find captivating statements such as, “since the gift of the mystery celebrated surpasses our capacity to know it...” and “the liturgy is the first source of divine communion in which God shares his own life with us.” The Holy Father seems to write ardently to “rekindle our wonder for the beauty of the truth of the Christian celebration.”

Astonished. Not typically an everyday word, one is compelled to ask, “Am I astonished?” And if not, why not?

“Time ceases when you enter the liturgy,” says Father Michael Vaughan further describing time “in the presence of the divine with the saints and angels.”

Father Michael points to the Book of Revelation as the biblical foundation for Mass. The Holy Spirit seeks to “awaken faith, conversion of heart, and adherence to the Father’s will.” (CCC 1098)

Worshippers enter into an earthly liturgy which participates in the liturgy of heaven.

“In the earthly liturgy we share in a foretaste of that heavenly liturgy which is celebrated in the Holy City of Jerusalem toward which we journey as pilgrims, where Christ is sitting at the right hand of God, Minister of the sanctuary and of the true tabernacle. With all the warriors of the heavenly army we sing a hymn of glory to the Lord; venerating the memory of the saints, we hope for some part and fellowship with them; we eagerly await the Savior, our Lord Jesus Christ, until he, our life, shall appear and we too will appear with him in glory.” (CCC 1090)

“God’s grace will speak to you via senses,” Father Michael explains describing it as the “embrace of peace.” He refers to how Mass and prayer are the “air and food” for the soul and cites Emeritus Pope Benedict’s explanation that we may not “see” all that occurs in this heavenly liturgy but we can experience the effects.

“We must make a conscious effort to disconnect from the world and be generous enough” to give God our time and focus, (Story continues on page 4)

Image from [The Veil Removed, YouTube](#)



To Hear Jesus

To Love Jesus

Towards an ever-deepening relationship with Christ

THRESHOLDS of Conversion

Your heart and mind **MUST BE OPEN** to receive the grace of Christ

Luz Reyna reflects on what it takes to open the proverbial door to Christ, cross that threshold and feel the embrace of the Holy Spirit.

“Your heart and mind must be open to receive the grace of Christ,” she continues admitting her spiritual understanding came after weaving pieces of life and memory together with new meaningful connections and experiences. Luz relates a journey of rediscovery, renewing her childhood Catholic faith while building her relationship with Jesus.

“I’m just filled with joy and love because this is such a wonderful gift that I received later on in life,” she confides adding how before “I wasn’t listening” to the Holy Spirit.

“I was raised in the Catholic faith however as a family we really never practiced,” Luz remembers sharing how she attended Catholic School in San Francisco and loved the traditions and rites practiced at school liturgies. She believes “that is where the foundation of my faith was born.”

Luz also recalls while in her 20s “Mass was limited to holidays,” and in her 30s she “just stopped going altogether.” She candidly expresses a “disappointment” inside which she thought “had something to do with God.”

“I had this expectation that God was going to do all these wonderful things for me,” she says explaining that when things didn’t work out as she had hoped, she partly blamed God without examining her own life choices.

“I’ve changed the way I pray,” she says describing how her former mode of “praying for something” became prayers of gratitude. Subtly, Luz’s prayers opened her heart and mind to the wonderful things God *was* and *is* doing in her life.

“In 2016 my neighbor, friend and mentor Verne Bowers started planting the seeds of faith in my life,” Luz shares citing her return to Mass. “I was intimidated because I really didn’t know what to do during Mass anymore,” she admits stating “I just tried my best to

follow along and be present with God.”

When Luz welcomed her father into her home in 2017, she expected challenges as his caregiver. She had no idea the events would become life-changing. At Verne’s suggestion, Luz invited then-parochial vicar, Father Edgardo Garcia, to visit her home and bless her father.

“Little did I know I was the one receiving a blessing that day as he encouraged me to come back to the church, communion and reconciliation in such a heartfelt manner,” Luz conveys still deeply touched by Father Ed’s authentic concern for her, too.

“The Holy Spirit embraced me with joy and a love for God that I had never felt before,” Luz says recounting, “that’s when I realized God’s eternal love and forgiveness are meant for everyone.”

“I started



Luz Reyna

going to Mass regularly but I didn’t stop there,” Luz says sharing how she “wanted to learn more about Church teachings.” She joined Bible study groups, listened to Catholic podcasts, watched the Formed Catholic media programs, and attended the Catholics

Returning Home ministry series. “Catholics Returning Home really made a difference for me,” she says pointing to how it “helped me to elevate my understanding of the Church.”

Luz also attended the Cursillo weekend retreat excited to grow within the faith community and deepen her relationship with Christ. “I hope I can live up to their motto, make a friend, be a friend and bring a friend to Christ,” she says.

“Deep down inside I never lost my faith in God,” Luz says with certainty adding “he knew my heart and mind was open to receive him.”

“I am so thankful that he placed so many good people from Good Shepherd in my path who have welcomed, encouraged and mentored me along my faith journey.”

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.

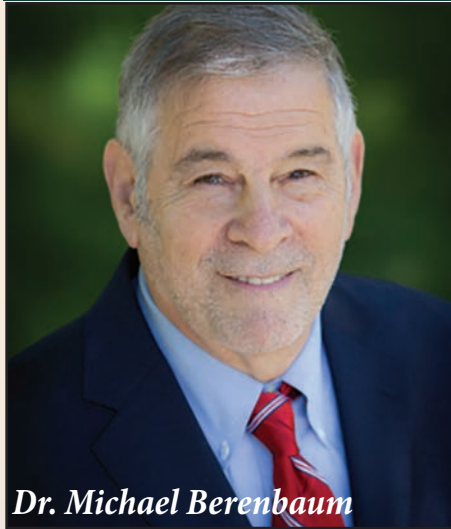
Spiritual Openness - An openness to the possibility of personal and spiritual change.

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

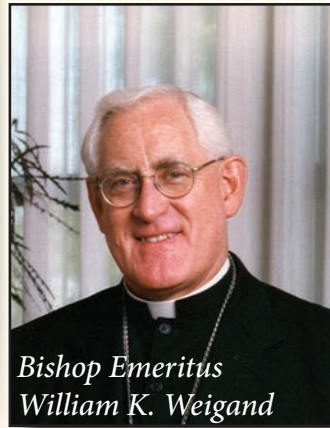
Intentional Discipleship - A decision to “drop one’s nets,” committing to follow Jesus in his Church, reordering life accordingly.

HOLOCAUST REMEMBRANCE PRESENTATION

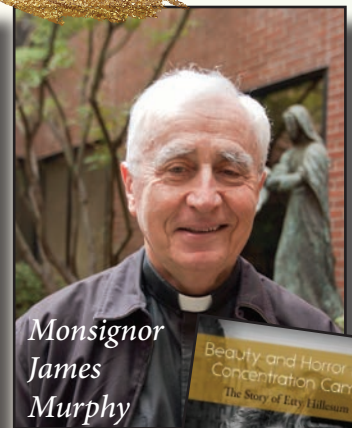
January 16, 2023



Dr. Michael Berenbaum



Bishop Emeritus
William K. Weigand



Monsignor
James
Murphy

Good Shepherd Catholic Church will host an important presentation on **January 16, 2023, at 6:30 p.m.** in the Father Philip Wells Hall. The event commemorates the *International Holocaust Remembrance* (which officially occurs on January 27, 2023, worldwide). Keynote speaker Dr. Michael Berenbaum joins us to offer his expertise on the subject in a direct and riveting approach sharing the atrocities of the Holocaust.

“The Diocese is very interested and supportive of this event,” says Monsignor Jim Murphy adding that Bishop Emeritus William Weigand also will attend and share his perspective and expe-

riences from his own trip to the concentration camp of Auschwitz. The evening represents the first time the Diocese has arranged for this type of interreligious gathering in solidarity with our Jewish brethren to illuminate and educate on the Holocaust.

Dr. Berenbaum is a distinguished professor of Jewish studies at the American Jewish University in Los Angeles. He also is a recognized Holocaust expert and was recently appointed to the Governor’s Council on Holocaust and Genocide Education. In addition to details and data, Dr. Berenbaum’s talk brings attention to Monsignor Murphy’s book, *Beauty*

and *Horror in a Concentration Camp: The Story of Etty Hillesum*. Monsignor Murphy will also share insights from this important historical account slated for official release later in January.

The Catholic Store will be on site after the presentation with advance copies of the book for sale.

Good Shepherd’s Committee for Interreligious Affairs is pleased to bring this program to the community as part of its mission to reach beyond the peripheries of our church, open up dialogue and facilitate learning.

Save these dates and share in the generosity of these ministries.

Pancake Breakfasts

Jan. 8/Feb. 5, 2023

Hosted by:

Knights of Columbus

Mini Ministry Fair

Liturgy Alliance -

January 21/22, 2023

World Marriage Day Diocesan Mass at Good Shepherd

February 11, 2023,
9:30 a.m. Mass

26th Annual Crab Feed

Feb. 18, 2023

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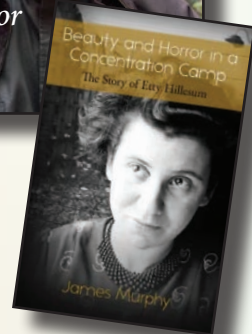
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The Catholic Store will be onsite with books available for purchase.

We must remember so that no one will ever suffer this way again.



COME TO THE FEAST

of Heaven & Earth

(Continues from page 1)

Father Michael implores with the reminder, “you are going to Calvary” in a memorial and a sacrifice, entering sacred space in the introductory rite.

“We must look our best, do our best and give our best for him,” Father Michael stresses ever mindful of the transcendent nature of the holy banquet, the supper of the Lamb.

Moving through a progression of rites, Father Michael explains how the penitential rite addresses our human sinfulness and acknowledges offenses against God. Then, in praise to God, we sing the Gloria before moving to the Liturgy of the Word, listening and hearing as the Holy Spirit feeds the faithful. The homily offers congregants an opportunity to consider “what is God telling me.” The Holy Spirit inspires the preacher and the Holy Spirit inspires the listener in a supernatural experience that is profound. It is the work of the Spirit.

“The Holy Spirit and the Church cooperate to manifest Christ and his work of salvation in the liturgy. Primarily in the Eucharist, and by analogy in the other sacraments, the liturgy is the memorial of the mystery of salvation. The Holy Spirit is the Church’s living memory.” (CCC 1099)

“The Liturgy of the Eucharist is the game-changer,” Father Michael stresses noting that the offertory commences the “offering of ourselves to Christ.”

Worship is an expression of sacrifice. It is “simultaneously an act of praise, atonement, self-giving, covenant, and thanksgiving (in Greek, *eucharistia*),” writes author Scott Hahn.

Following Christ’s Eucharistic prayer, the Communion rite is Christ giving himself to us in the bond of friendship, warranting our right disposition.

Then, in the concluding rite, the faithful are encouraged to “go out and give what you have received,” Father Michael says reiterating the call to missionary discipleship and evangelization.

Father Michael places emphasis on our capacity to receive and recognize Christ as our whole life. “We can’t give what we don’t have,” he says indicating that liturgy is the “work” we must do to perpetually receive Christ. Otherwise, we “end up only giving ourselves,” which without liturgical nourishment – *without Christ’s sacrament of love and charity* – we become increasingly weakened.

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Check out these resources to learn more about liturgy:

- Sacrosanctum Concilium (Constitution of the Sacred Liturgy)
- Desiderio Desideravi: Pope Francis
- Ecclesia de Eucharistia: Pope Saint John Paul II
- The Lamb’s Supper: Scott Hahn
- Source & Summit of Evangelization - Abbot Jeremy Driscoll (on YouTube https://youtu.be/9Ntsxrz_rN8)
- Paul Turner’s Catholic Liturgy blog - paulturner.org



Lift up your Hearts to the Lord



Deacon Al Llenos
On Entering Fully into the Mystery

“Since apostolic times, the Church sought to have holy liturgy and that it is only through the action of the Holy Spirit that one can truly adore Christ and be fully immersed in the Mystery,” says Deacon Al Llenos. Emphasizing the “many elements involved in celebrating the liturgy,” Deacon Al sees catechesis on *why* and *how* we worship as vital. He encourages a focused look on the basic elements— “from our posture and gesture,” as an excellent starting point in order to re-instill a deeper understanding of the Mass.

THE VEIL REMOVED

The Veil Removed is a short, five-minute film produced to portray the feast of heaven and earth. The creative team masterfully walks the viewer through Mass as experienced and seen from the eyes of a curious young man.

Viewers can visually comprehend the mystery and the miracle of the Mass as they join with saints and angels in worship. During the consecration of the Eucharist, the man proclaims, “*My Lord and my God!*” making the moment palpable and emotionally reminiscent of the awe St. Thomas the Apostle most certainly felt upon seeing and touching the Risen Christ.

View [The Veil Removed](#) on YouTube and visit theveilremoved.com for more information. Consider companion resources, *Conversations* and *The Little Yellow Book*, a 30-day meditation guide, available for purchase on the website. The Veil Removed © 2019

What is considered official Liturgy of the Catholic Church?

Liturgies are the public worship of the Church engaging the “whole Christ,” Head and Body, that is, Christ the high priest and His Body, the Church in heaven and on earth.

The Mass is the official liturgy of the Church consisting of the Liturgy of the Word and the Liturgy of the Eucharist. The Liturgy of the Hours, and the conferring of sacraments all are liturgical. Further, while separate from formal liturgies, the Church deems authentic Catholic sacramentals and devotions, such as Adoration of the Blessed Sacrament, Benediction, Stations of the Cross and Eucharistic processions, as encouraged ways to adore and praise God.

Why all these physical postures and gestures?

by Deacon Al

In the celebration of Mass, we raise our hearts, minds and voices to God. We are creatures composed of body as well as spirit and so our prayer is *not* confined to our minds, hearts and voices, but is expressed by our bodies as well. When our bodies participate in our prayer, we pray with our whole person.

During Mass we assume different postures: *standing* (sign of respect/honor), *kneeling* (sign of adoration today – penance in early church), *sitting* (listening/meditation), and we are also invited to make a variety of gestures (sign of the cross, exchange of peace, bowing during Creed commemorating the Incarnation, bowing before receiving Eucharist, and striking the breast during the Confiteor). These postures and gestures are *not* merely ceremonial. They have profound meaning and, when done with understanding, they can enhance our personal participation in Mass. In fact, these actions are *the way* in which we engage our bodies in the prayer that is the Mass.

The Church also sees these common postures and gestures as symbols of the unity of those who have come together to worship and a means of fostering that unity. When we stand, kneel, sit, bow and sign ourselves in common action, we give an unambiguous witness that we are, indeed, the Body of Christ, united in heart, mind and spirit.

Almighty God,
we pray that Your angel
may take this sacrifice
to Your altar in heaven.

Eucharistic Prayer 1



FRUITFUL DISCIPLESHIP

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

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

LITURGICAL MINISTRIES HELP US APPROACH WORSHIP *with a sense of wonder*

The [Liturgy Alliance](#) includes all parish ministries that serve to engage people in liturgy, from Sunday worship at Mass to Adoration, the Liturgy of the Hours and the sacraments. Looking at the roots, the Greek word *leitourgia* means the work of the people – the work of the ministry participants and the work of the congregation, coming together to worship God.

“The virtue of religion is the true worship of God,” says Father Michael Vaughan encouraging Catholics to approach Mass “with a sense of wonder.”

“We get into a routine and can lose the sense of the miracle,” he explains pointing to how everyone must take part, engage and perpetually strive to elevate worship. He indicates “all the ministries have their part of the whole and if one is lacking, the experience suffers.”

Good Shepherd Parish is committed to the Sunday experience because it is the believers’ primary contact with God.

“Our contact with God in the liturgy reminds us that we need more contact with the divine and all that is sacred,”



*Liturgy Alliance Leads serve on the Liturgy Board with our parish clergy.
From left to right: Leela Mattathil, Carlos Llarena, Junia de la Cruz, James Cortes, Chris Faull,
Deacon Al Llenos, Maria Serpa, Elizabeth Siregar, Jim Spano and John Huggard.
(Not pictured: Father Michael Vaughan, Father Julius Kiogora Kaburu, Deacon Rommel Declines, Irene Camerino, Julie Dominguez-Jones, Victor Alaniz, Mike Pott, Joyce Joves and Marbe Agmata.)*

Father Michael says citing how easy it can be for humanity to lose the light of Christ. He considers how the pandemic affected the community adversely, not only about worshipping God but also because “we didn’t have contact with our neighbors.”

“We need each other. We were never meant to live our faith alone. We live our faith in community,” Father Michael stresses.

Liturgical ministries offer their gifts to ensure a hospitable environment con-

ducive for the community to join in worship, receive the Eucharist and spiritual nourishment, and ultimately build up the Body of Christ.

Each ministry’s function embodies an invitation to immerse oneself fully in the liturgy and adopt a mindset that says,

I should go with an open mind, heart and spirit... and listen for what the Holy Spirit has for me today.

The Liturgy is God’s love letter to each and every worshipper. The liturgical ministers guide us in “reading”

the love letter, absorbing its meaning and honing an ever-present sense of wonder.

“The liturgy is the habit that makes us highly effective, not just in ‘spiritual life,’ but in life generally, since life must be lived in a world that’s made and redeemed

by God.”

Scott Hahn—
Author, The Lamb’s Supper



Altar Server Ministry — John Huggard

“Is Jesus calling you to be an altar server? As an Altar Server, you are involved in the holiest and most sacred events of Catholic worship. As you assist the priest, so you make worship more reverent, efficient and beautiful. Your service is very important and it is a wonderful opportunity to serve God and the community in a very special ministry. To be an Altar Server requires a sense of dedication, training and responsibility. Your service is very important. Please answer the call to serve.”

(Not pictured: Julie Dominguez-Jones and Irene Camerino)



Mass Coordinator — Jim Spano

“Mass Coordinators serve a vital function as they are responsible for the smooth flow of liturgy and special liturgical celebrations at Good Shepherd Parish. They monitor the work of, and presence of, other ministries, and they carry out various activities before, during, and after liturgy. The Mass Coordinator makes sure the Sanctuary is set up and ready for liturgy (e.g., with worship aid binders, liturgical books, sacred vessels, and bread and wine); ensures the presence of all scheduled ministry positions; finds replacements for vacant ministry positions; responds to emergencies during the liturgy, and secures the Sanctuary after liturgy.”



Arts & Environment Ministry — Paula Bonifacio & Maria Serpa

“Guided by the Holy Spirit, the volunteers of the Arts and Environment Ministry work together to enhance the beauty of the various areas of the church. The liturgy itself directs the themes and the displays used throughout the year — from the narthex to the sanctuary. The objective is to inspire a deeper understanding and appreciation of the liturgy, as well as elevate the worship experience of the church community. The ministry makes use of flowers, plants, fabrics, colors (dictated by the liturgical season), articles from nature, art pieces, religious symbols, and other appropriate materials to achieve its mission.”

(Not pictured: Julie Dominguez-Jones and Irene Camerino)



Ushers and Greeters — James Cortes

“Part of living as a missionary disciple is cultivating hospitality. Ushers and greeters contribute to this effort by helping our parishioners and guests feel welcome and safe while attending Mass and other liturgical functions. This is accomplished in many ways such as greeting parishioners and guests as they enter, helping them find a seat, wishing them well as they leave, passing out bulletins, providing hearing devices if needed, and being a resource for any questions. We also assist before, during and after the Mass and work with Mass Coordinators to ensure consistency with the collection and offering of monetary contributions and to provide direction to parishioners during large liturgical celebrations.”



Extraordinary Ministers of Holy Communion — Carlos Llerena

“The criticality of the Extraordinary Minister of Holy Communion can’t be overstated. Those involved liturgically become extended hands of the clergy assisting them in administering the Body of Christ. When one is commissioned as an EMHC, that individual is more than a volunteer. They become part of the liturgical team who reach out to those in need of our Lord and Savior, Jesus Christ. Many become Homebound Ministers and travel to homes and facilities to those who can’t travel. We currently have

105 EMHCs. If interested, training will occur in January.”



Music Ministry — Mike Pott

“Music is another form of prayer that can help people connect with God. It has the power to communicate messages and emotions that words cannot. Music takes us out of ourselves and opens us up to God. Here at Good Shepherd we are fortunate to have a lot of diversity among our choirs both in sound and in music selection so that our parishioners have multiple options to choose from to enhance their liturgical experience.”



Homebound/Hospital Ministry — Elizabeth Siregar

“Ministry to the homebound is the gift of life — God’s special gift of the Eucharist, and accompaniment in illness, weakness, hunger, loneliness, or old age. At these times human life gains extra splendor as it requires special care, concern, and reverence. It is through the weakest of human vessels that the Lord continues to reveal the power of God’s love. The homebound minister can be a caring partner in prayer — praying with another person can be a powerful means of sharing our relationship with God and bringing His presence to the homebound person. This prayer may take the forms of praise and thanksgiving, petition and needs, opportunity to express feelings, request for forgiveness, and for healing or longing for a closer relationship with God.”

(Not pictured: Joyce Joves)



Martha Ministry — Junia de la Cruz

“Martha ministry is a group of silent and dedicated workers who wash and prepare all the linens, altar cloths, and priest and altar server garments that are used for the celebration of the Holy Mass. There are also volunteers who regularly clean the sanctuary where the Mass is held. It is very gratifying to have a good number of volunteers who are scheduled at least once a month to serve. Volunteers, who are like Martha, desire to show their love for Jesus in service.”

(Not pictured: Joyce Joves)



Lectors — Chris Faul

“The Lector Ministry is a beautiful ministry. Lectors proclaim the word of God during each service. This is a very important task because lectors lend ‘their voices to God’ so that God can speak through them to the congregation. Lectors recognize the crucial importance of preparing themselves to proclaim the word of God prior to their scheduled liturgy, and by rehearsing the scripture readings often. Currently, Good Shepherd Parish has 66

lectors. If you feel that this is your calling, please contact us.”

(Not pictured: Victor Alaniz)



Sacred Silence Adoration — Leela Mattathil & Marbe Agmata

“The heart of the ministry is this question: Do we truly know, celebrate, experience, and adore the Real Presence of the Lord and live the Eucharist in that moment of Consecration at Mass, in adoration, and in our daily lives? The purpose of SSAM is to promote and provide awareness to our faith community of the Eucharist; pray for and with the community to know the Lord more deeply; introduce devotion to families and the young generation; and grow in love through worship, study, prayer, and service. SSAM promotes First Friday and every Wednesday adoration to encourage, nurture and allow parishioners to know and experience the real presence of the Eucharist by spending time in the main church. All are welcome with open arms to join this ministry or simply to celebrate and know about the Eucharist.”



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Pastor: Rev. Michael Vaughan

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Practice the faith ...
Awaken
THE SOUL

The Simon-Carlson Family:
May the Lord bless you and keep you

For Chris Carlson and his wife of 12 years, Adrienne Simon-Carlson, spoken blessings, study and service keep their faith alive and at the forefront of daily living. Even their young children, Alexis, 10 and Michael, 7, offer loving reminders of virtue calling to

mind something they learned in Catholic Faith Formation (CFF) classes, heard in Mass, or studied in scripture.

“It’s really important that we know God’s Word, and love God’s Word,” says Chris emphasizing “God wants to meet us there.”

Stirred by his own renewal of faith and return to his Catholic roots after time away, Chris credits Catholic radio for the powerful period of learning in 2009 that brought him back to Mass and deepened his faith. Adrienne, a non-denominational Christian “is so loving and supportive,” as the couple works together to raise their

children and instill Catholic Christian values.

Chris serves as a catechist and teaches in Good Shepherd’s Teen Sacrament Preparation program for teens who might have missed traditional CFF preparation. Alexis and Michael attend their respective CFF classes and bring home what they’re learning.

“We try to go through that together,” Chris says sharing how they read, watch and discuss a lot. “I like to stay connected to the liturgy,” he adds mentioning they take time with readings every evening, pondering “what is Jesus asking me to do.”

After Sunday Mass, they walk through the Narthex and intentionally focus on opportunities to serve and give to those in need.

“We’re blessed in many different ways and we need to let God bless others through us,” Chris shares telling how the St. Vincent De Paul donation wagon is a visual reminder to support those in need. Another display captures their attention to support homeless youth. “Whether it’s a charity or a special cause, we make that part of what we are about and what we do,” Chris explains.

Adrienne prompted a prayer ritual within the family rooted in the timeless priestly blessing of benediction from Numbers 6:24. “Whenever we say goodbye or goodnight to one another, we say, ‘*may the Lord bless you and keep you,*’” Chris says conveying an unspoken comfort – comfort from living and practicing faith.

