



Awaken

the soul & let your spirit fly

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

THY KINGDOM COME

*Jesus inaugurated the Kingdom —
Missionary disciples continue His mission*

In Jerusalem, at the Church of the Holy Sepulcher, a challenging staircase awaits pilgrims who seek to climb Calvary. Almost hidden, tucked in the corner, the unsuspecting visitor might miss the flight of precarious steps if not for the crowds clamoring to it, waiting their turn politely but still pressing urgently to ascend to that place where our Lord was crucified.

The treads of the steps vary in size and riser heights seem to, too. The stairs are steep and turn sharply requiring strength to propel the body upward and forward. It is easy to feel off balance.

Once at the top, pilgrims gather in a small Catholic chapel that is confining yet mesmerizing with its captivating mosaic ceilings. All eyes peer to see the stone hill from which Jesus announced before his death, “*it is finished.*”

Pilgrims are summoned to come closer, quickly, so as not to hold up others. Kneeling before the spot where the cross stood and reaching outward to touch the stone under the altar, there is trembling at the gravity of the experience to connect in a tangible way with the enormity of Christ’s perfect sacrifice.

Devoid of space and time an innate understanding surges. Jesus’ earthly work concluded here, yes, but this sacred vortex brings clarity – the entire range of Christ’s life, death and resurrection *inaugurated* his Kingdom and his earthly mission *gave way* to the Kingdom mission, that is, the missional Church.

The body of Christ, as missionary disciples, builds up the Kingdom *now* in anticipation of when Jesus hands it to God the Father

(1 Corinthians 15:24). (Story continues on page 4)



INTENTIONAL DISCIPLESHIP

This is but 1% of our parish family! Imagine 100%!

Hearing Jesus Loving Jesus

Just a few of many, many Good Shepherd parishioners who hear, love and share Jesus in their daily lives!

THRESHOLDS of CONVERSION

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.

Cynthia Hobson
Lifts up her voice in the Gospel choir

Christopher Edralin
Proclaims the Word of God

Darlene Fermin
Leads children to Jesus

Pope Francis
Coined "missionary discipleship" term

Steve Hemenez
Harnesses tech for Christ

Monica Small
Spiritual retreat master

Rich Thompson
Faithful Knight watchman

Victoria Icmat
Daily Mass missionary

Jeff Henigan
"You got this" man

Jenina Pulanco
Grandparent's chauffeur

Karista McCarley
Catholic school mission-supporter

Terry Fritzsche
Kind friend and student rememberer

Donna Ho
Sends sunshine (notes/cards) in the mail

Jennifer Yamzon
Preschool volunteer

Marcos Savella
Extender of Christ's Divine Mercy

Father Julius
Spreads joy

Julie Danielson
Adoration aficionado for curious youth

Lisa Hinton
Passes forward faith Mom-azingly

Sylvia Guido
Conduit of Christ's love

Christy Nix
Committed disciple of accompaniment

Jun Tomeldan
Steward of faith

Iggy Lopez-Alvarez
Bingo caller → Spirit installer

Ann Koenig
Brings FOCCUS to engagements

Father Michael
Advocate for souls

Gabe Eder
Inspiring servant heart of all trades

Lynn Eder
Faithful Shepherd follower

Julia Avila
2nd grade teacher of First Holy Communion

Marina Lovato
Welcoming word-giver

Allison Labucay
Light-caster

Myrna Sison
Promise-sharer of the Holy Spirit

John Palmer
Accompanist/instrumentalist elevating liturgies

Ruth DeFrates
Event evangelist

Alice Gore
Cantors angelically

Rich Dorricott
Catechetical converter

Laura Rojas
Perceptive pilgrim of peace

Sharon Dorricott
Attentive mystagogue

David Baldwin
Channels holy music and sound

Millie Spolar
Friendly caring voice of outreach

Mike Small
Purveyor of spirit, facts and truth

Latanie Gaagal
Uplifting neighbor

Michelle Hayes
Prayerful intercessor

Gino Maiolini
Beatitude whisperer

Mary Palmer
Helps the faithful "pray twice" in song

Ernie Sahagan
Family-centric encourager

Remy Jones
Sacred linen launderer

Leela Mattathil
Eucharistic "Source & Summit" sister

Roy Tufts
All around "greeter" guy

Angela Lopez
Faith-filled SEAS instructional aide

Vivian Cao
Loving mom modeling belief

Steve Suess
Ushers the faithful closer to God

Elaine Stenoski
Invites others to hope and happiness

...and YOU
That smiling face in the mirror —
An intentional, missionary disciple,
converted to the mission of Christ.

Let's Go

GROW IN FAITH
& DISCIPLESHIP!

Visit the parish website at GSCCEG.org to learn more about these upcoming events and for a comprehensive calendar of parish activities.

Sun., May 7

Fellowship Breakfast—Join the Knights of Columbus for this last-of-the-season pancake breakfast available after the 7:00 a.m. Mass until 11:00 a.m.



Sat., June 3, 6:00 p.m.

Winemaker's Dinner at the Rectory patio—After a three-year hiatus, this amazing fundraising event returns and brings a winemaker to share wine education and the delights of wine and food pairings throughout a five-course gourmet meal. Limited space. Funds raised contribute to parish building fund.



Sat., May 27, 11:00 a.m.

Sacramento Cursillo's Energize Luncheon—A Spanish-themed Paella luncheon with a keynote presentation on "Living the life of Christ in our apostolic action." This fundraiser highlights the Cursillo charism and spirituality with special focus on the journey to bring the friendship of Christ to others. Silent auction and raffles.

Mon., May 29, 8:30 a.m.

Memorial Day Mass—Join together for this special Mass in memory of all those who have given their lives for their country.



Sat., June 17, 6:00 p.m.

Aloha Luau—The Columbiettes deliver island charm with this festive, authentic Luau event. This "friendraiser" is the perfect opportunity to gather friends and celebrate community in Hawaiian fashion. Grass skirts and Tiki punch are very likely.

Sat., June 24, 6:00 p.m.

Bingo Night—Always fun! Sponsored by Knights of Columbus and Parish Life Ministries in the Father Philip Wells Parish Hall.

Our Blessed Mother Mary, First Disciple, Queen of Peace

PRAY FOR US!

Pray the rosary and pray for the intercession of Mary, that as intentional, missionary disciples our daily lives may reflect the Kingdom mission.

The third decade of the Luminous Mysteries invites meditation on the **Proclamation of the Kingdom of God.**

In Jesus' healing and teaching, he called his followers to conversion – to turn away from the world, and turn towards God.

The Beatitudes and the Kingdom parables offer perspective on the Kingdom Jesus came to inaugurate in our hearts and in the world.

Please pray for our parish youth receiving sacraments. May the grace of the Holy Spirit be upon them:

First Holy Communion - May 20

Confirmation - June 1

Pray the Holy Spirit Novena from the Solemnity of the Ascension leading to Pentecost, Sunday, May 18 to May 28.

This powerful plea for strength, light and love is the only novena officially prescribed by the Church.

Visit the parish website for times.

Join in Eucharistic Procession on the Feast of Corpus Christi (Solemnity of the Most Holy Body and Blood of Christ) on June 11. We commemorate the Real Presence of Jesus in the Eucharist and commence the parish phase of the Eucharistic Revival underway through 2025.

LIVING THE KINGDOM

EVERY DAY IN SCRIPTURE, PRAYER AND CREED



...seek first the Kingdom

Jesus' priority directive in Matthew 6:33 to "seek first the Kingdom" is clear.

And **Luc Gore's** response of "Amen" says it all.

"Put God first in every aspect of life," Luc tells explaining that doing so will bring about a life that is "better and easier."

"It's up to each person," he continues indicating that seeking the Kingdom is about saying "yes" to a personal relationship with Jesus and following him as intentional disciples.

"It starts with baptism when we become members of the Body of Christ," Luc explains unfolding an ongoing lifelong journey of encountering, learning and growing in Christ. "He does not want us to be lukewarm," he adds acknowledging the challenges of a demanding world and the threat of a lukewarmness that dulls the mind to what is at stake.

Luc makes a parallel to the Israelites. "God set the Israelites free...opened the ocean...fed them in the desert with manna." In the same way, when we seek the Kingdom, "we become free... he removes obstacles...he takes care of our needs," Luc assures.

A husband and father of four, Luc views discipleship as "God calling us to be part of his Kingdom." He relates his own ongoing discernment of what God asks of him and of the "many opportunities to be Christ-like," to be transfigured. Luc serves as a 5th-grade catechist and a lead usher. He is committed to Eucharistic Adoration and the Art and Environment Ministry.

The "call" is an invitation to relationship with Jesus, to be an active participant, Luc says. Just as Jesus called the apostles, he calls everyone. "Anyone can serve or take action in any capacity for a better world," he upholds.

"Seeking the Kingdom" and saying "yes" to Jesus comes with responsibility, Luc shares stressing the importance of "going out to share the treasure that is love."



...the Kingdom is among you

For **Verne Bowers** thinking on the Kingdom takes her through years of ministry work, recollecting Ignatian and Carmelite spiritualities that guide her. "I knew you when I formed you in your mother's womb," she quotes from Isaiah 49. The scripture has always been meaningful to her as a wife, mother and grandmother, but of late, "it moved from my head to my heart," she shares illuminating, "God loved me first and formed me with a plan for me."

This reality, she is sure, is the essence of the Kingdom among us. "How can we *not* do what he has laid out for us?" Verne says making "it" happen – *carrying out*



Parishioners reflect on how the Kingdom reigns

the Kingdom within us – requires God's grace and our openness to his grace. That openness is "born out of prayer," she finds. It takes discipline she maintains but even if one can "start with 10 minutes to have a personal conversation with God, it will bring graces."

"We also need to spend time to *know* him, to *love* him and to *serve* him," she offers citing the catechism (CCC 1721). "That is my beginning and my end," Verne conveys underscoring the three-fold recommendation as "steps" to climb if we are to discover the Kingdom within.

Turning to faith and participating in church activities or parish life ministries are natural options, Verne believes. She also stresses, "we must be personal with the people around us as that is how we relate God's love – *through attentiveness*."

As Sacramento Cursillo's Lay Director, Verne leads the movement in its charism to bring the friendship of Christ to others. She also ministers to the homebound and serves as Parish Advocate for the diocesan marriage tribunal.

Kingdom Mission

... the language of the Kingdom speaks to us.



in their hearts and forms them in discipleship.



...thy Kingdom come

Paul Pradia ponders the Kingdom, and God's will for it on earth. These words from the Lord's Prayer roll off the tongue so easily. "Perhaps I am not as intuitive on that as I think," Paul suggests unveiling a relatable stance. The words are so familiar, so engrained, yet so profound as prayerful petitions drawing us closer to the Father.

"We commit ourselves to a life of serving the almighty Father," Paul says sharing his Kingdom thoughts from a vantage point of time and experience. At 83, Paul collapses time into minutes, referring to his childhood in Louisiana, service in the U.S. Army, his traveled career with the U.S. Department of Housing and Urban Development, playing golf, and most of all, his wife and family. A widower, Paul appreciates his time and friendships in the St. Josephine Bakhita Black Catholic Ministry and he volunteers faithfully with the Works of Mercy Homeless Outreach.

more than 35 years, Paul offers a metaphorical take on the Kingdom – a parable of the golfer.

"None of us know exactly what it is," he explains of the Kingdom but "we get to experience it while we're going along." Like golfers with various abilities, players make their shots. Some are missed and some are excellent, but "you're allowed to recover," Paul maintains pointing to certain joy if not exhilaration. "Jesus wants us to live joyfully and carry out his mission on earth, loving and serving one another," Paul says, indeed intuitively, confident in the Father's will and his coming Kingdom.

Joe Carvalho, OFS, considers the Kingdom from a contemplative perspective, drawing from his Franciscan formation but also his conversion journey to Catholicism. A professed member of St. Francis of Assisi Fraternity of Sacramento to Secular Franciscan Order, Joe says, "Christ's mission for us is to establish his Kingdom now," inferring that now is perpetual, *continual*.

"We have to share all our virtues," he says wisely hinting that virtuous living is not only God's will but a precursor to the ultimate Kingdom "where we will be rewarded for the good that we do."

An avid, self-taught certified-golf instructor for

"As we walk continually with Christ – with the guidance of the Holy Spirit – our everyday actions can be out of love and compassion," Joe posits, pointing to how even the smallest acts hold enormous potential for building up Christ's eternal Kingdom of mercy, peace and love.

As a husband and father of two young daughters, Joe has plenty of opportunity to put his words into motion and translate an instant to the neverending Kingdom. Even in his work managing and supporting security technology for Sutter Health, and definitely in his ministry commitments as a lector and an extraordinary minister of holy Communion, every minute exists with a promise of lasting, holy effects.

Influenced by Franciscan giants – St. Francis of Assisi, St. Clare and Padre Pio – Joe talks easily of living in the present moment as key to the Kingdom that has no end.

"The best way to start is with self, sitting in silence," Joe says describing the contemplative practice as an ideal launching point for living the kingdom mission. "It keeps you still," he explains suggesting how the practice "allows the Kingdom to come through you."



...and his Kingdom will have no end

Joe senses "people may be afraid of this" but encourages it in a way that hints at transcendence. Living in the past or

future distracts from the present and Jesus wants us to live in the present moment, Joe insists. There we find the beginnings of Christ's eternal Kingdom.



FRUITFUL DISCIPLESHIP

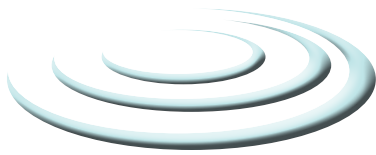
... blooms year-round
in Good Shepherd's
ministries.

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

GOOD SHEPHERD PARISH:

Our HUB for Kingdom Building

Parish Support Alliance



Denise Wesleder –
Parish Support Alliance Chair
and Parish Business Manager



Top Row: Matt Marcotte, Kim Anderson.
Bottom Row: Ruth DeFrates, Denise Wesleder

In conclusion of a six-part series highlighting Good Shepherd's parish ministry alliances, the [Parish Support Ministry Alliance](#) fittingly brings the conversation full circle. *For where would we be and how would we go forward without a strong, viable, increasingly fruitful, missional parish?* The parish is the hub – *the core, the center, the heart* – of all our ministries and all our Kingdom-building efforts. Its very existence strengthens the faithful and makes it possible to grow and serve as missionary disciples.

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– the core, the center, the heart –
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A small but mighty alliance, “it supports the function, operation and logistical follow-through of parish activities,” says alliance chair and parish business manager Denise Wesleder. “It includes ministries that care for the parish campus and our ability to serve the community wholly,” she adds.

Denise emphasizes how the parish is where Christ calls us to *encounter* him, to *accompany* others and to support each other

in *community*. Then, after a long thoughtful pause, she asks, “but where will we be in 20 years if we don’t go further?”

“Further.” The implication of this word is simply to continue moving forward, maybe in a “business as usual” kind of way. But really, according to the Parish Support Ministry Alliance, to challenge the parish to go “further” is to intentionally transmit a new, vital mindset of kingdom building. A “need-to-be-ready-willing-and-able” mindset that infuses our parish home and its family with inspiration to live our baptismal call – *to send and be sent* – as missionary disciples building up the kingdom of God in creative, inviting, hospitable, attractive and holy ways.

“We have to care for and support our parish now in this day,” Denise says urging an awareness that otherwise we risk depriving others of finding their way to Christ and we neglect seeing Good Shepherd Catholic Church as an instrument of God’s grace.

The Parish Support Ministry Alliance includes four ministries that coordinate closely with the business manager as partners in the tasks of parish operation:

The Garden Ministry

Led by Ruth DeFrates with Alicia Ramirez, the Garden Ministry surveys the natural landscape and gardens of the parish grounds to ensure their care and beauty for all to enjoy. Specifically, the Divine Shepherd Garden out the west exit doors of the Narthex, and the 10 Commandments Garden on the east end of the Narthex receive ongoing maintenance and attention and a more significant annual cleanup, pruning and planting. As settings of peace, respite and meditation, these inviting locations offer time with God and a chance to marvel at his creation and greater Kingdom.

St. Isidore AV Technology Ministry

Named for St. Isidore of Seville, a 7th-Century bishop known for his “encyclopedic knowledge” and therefore regarded as patron of the Internet, the AV/Technology Ministry serves an important and growing parish need for technological capabilities. Ministry lead Matthew Marcotte ensures the ministry’s function in all technology projects but especially live-streaming of Masses, and configuration and set up of sound systems and projection equipment for special events and ministry programming.

St. Joseph the Worker Ministry

One of the newer parish ministries, this ministry honors the diligent work of the Father of the universal Church who cared for Mary and Jesus “through his work as a carpenter, representing for us the ideal of dignified work and faithful contribution to the common good.” Ministry lead Kim Anderson ushers this ministry to identify and resolve necessary maintenance and improvement of the physical parish buildings and structures to facilitate a thriving, missional Church in the present, and going forward.

St. Michael Ministry

St. Michael the Protector gives this ministry meaning and purpose as it works to ensure a safe and secure environment for the Good Shepherd parish community. Matthew Marcotte leads this ministry team devoted to caring for our parish home in much the same way that families care for their own homes, locking the doors, monitoring the thermostat, turning off the lights, eliminating hazards and praying for God’s peace upon our parish campus.

A HUB AMID THE HUBBUB

Kingdom building in a “post-Christian” world?

It can be a bit invalidating to see or hear the “post-Christian” reference. Coined nearly 100 years ago, the term implies the “after state” following the decline of Christianity, when it is no longer a majority religion. Social science surveys keep checking the temperature of religious “waters,” seemingly wondering out loud whether the prefix “post” is permanent. The data show serious declines in belief in God, a personal encounter with Jesus, the importance or practice of religion, prayer, and reading the Bible.

Why is there a reluctance to engage in spiritual conversations? Share one’s faith? Proclaim the kingdom?

Scholars and theologians have long lamented a secularization that threatens the Christian and Catholic worldviews. Some point to cultures and societies that already have witnessed what was once Christian becoming post-Christian and eventually, anti-Christian. A post-Christian view moves from assuming Christian values to ignoring them, and then to resenting, repressing and persecuting them.

- In 1873, **St. John Henry Newman** preached a sermon that almost prophetically describes the 21st century. “Ours has a darkness different in kind from any that has been before it. . . Christianity has never yet had experience of a world simply irreligious,” he preached.
- Over 60 years later, the great Christian author **C.S. Lewis** wrote in **The Screwtape Letters** of the devil’s strategy to create so much noise that humankind would not hear the voice of his God.
- In 1958, a few years before the opening of the Second Vatican Council, the future pope **Father Joseph Ratzinger** wrote of the end of Christendom and the advent of a “Church of pagans” — not a Church composed of pagans who become Christians, but actual pagans who call themselves Christians.

Amid all the noise

Amid all the noise — **that enduring hubbub that is so content to hide away Christ and his Church** — hubs of faith DO exist to empower missionary disciples to live the Kingdom mission, loving God and sharing the Good News. The parish hub.

Catholic actor Jonathon Roumie, noted for his role as Jesus Christ in the TV series **The Chosen**, spoke in January at the March for Life in Washington D.C. On the topic of a post-Christian society he minced no words saying, “I reject that.”

And that is a clear message for disciples. Reject the notion of a post-Christian world. Build up the Kingdom and sanctify the world.



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Practice the faith ...

**THEIR FAITH
BROUGHT THEM
TOGETHER!**

Awaken
THE SOUL

Newly engaged, Coralyn Galinato and Raymond Santiago are building their relationship on Christ. In 2017 as students at Sacramento State University, Coralyn Galinato's path kept crossing with that of Raymond Santiago. Both held leadership roles on campus at the Newman Catholic Center, and with other ministries. Their friendship recognized each other's deep faith and shared "desire to serve youth and young adults."

"We were both discerning," Coralyn remembers of her own interest in blessed singleness and Raymond's consideration of the priesthood. But when their prayer lives kept leading them, individually, to the Newman chapel at 3:00 p.m. for their Divine Mercy devotion, they wondered if it was more than coincidence. Raymond thought, "could God be steering me in another direction?"

Coralyn wanted to serve the Lord in her "whole

capacity" and with an open heart for God's will. Yet, she could not deny her joy to know a "man of God, coming to pray and serve, so respectful, humble and kind." If it would be God's will, she prayed for a God-centered relationship.

Coralyn graduated that year and moved to Arizona for a six-month internship. Raymond continued with his engineering studies in Sacramento. Distance and prayer, indeed, made their hearts grow fonder. They prayed together on the phone, every morning and every night. By January of 2018, the couple decided to make their dating relationship official, committing to the same faith-filled path rather than simply crossing paths.

Coralyn furthered her education at University of San Francisco's Sacramento campus earning a Master's degree and her teaching credential. She accepted a position to teach 5th grade at St. Elizabeth Ann Seton School. Raymond completed his engineering degree in 2018 and works for Vacuum Process Engineering in Sacramento.

While Coralyn grew up in Stockton attending Cathedral of the Annunciation, Raymond grew up in Elk Grove attending Good Shepherd from age seven onward.

"I remember the groundbreaking for the church," he shares fondly thinking back on his youth and years of watching parish volunteers "give their whole hearts" in service to Good Shepherd. "I have the utmost respect," Raymond says recounting the parish family's "testament of God's love." He expresses his wish to do the same.

Coralyn and Raymond have chosen Good Shepherd as their parish home and look forward to "serving more and building our future here." Both are involved with Fiat Young Adult Ministry. Coralyn also ministers through The Grove Youth Ministry as the youth coordinator.

On January 15, 2023, their 5th Anniversary of officially dating, Raymond proposed marriage in the Divine Mercy Chapel at Good Shepherd behind the altar sanctuary. Meaning, prayers and love filled the air as Father Julius blessed the couple, and family and friends soon surrounded them. "It's just going to get better," Raymond is sure as they strive to grow together "through and with Christ."

