



# GOOD SHEPHERD ROMAN CATHOLIC PARISH

Established 1848

#### MASS SCHEDULE

Monday: Word and Communion 5:30 p.m. Tuesday and Thursday 8:00 a.m. Wednesday 5:30 p.m. 12:00 Noon Friday Saturday Vigil 5:00 p.m. Sunday 8:30 and 10:30 a.m. Sunday Spanish Mass 4:00 p.m. 7:00 p.m. Holy Days

With only one priest serving our parish, when a parish funeral is arranged and the Mass of Christian Burial is to be celebrated on a weekday, the regular scheduled Mass or Word and Communion will NOT be celebrated that day. A parish email blast will be sent to parishioners who have signed up to receive these notifications. To register on this list, please call Kevin in the Parish Office.

#### PARISH DIRECTORY

Church Address: 72 Shepherd Way, Frankfort, KY 40601 70 Shepherd Way, Frankfort, KY 40601 Office: Mon-Fri 9:00 a.m. to 5:00 p.m. Hours Phone: 502-227-4511 502-875-9854 Fax: Email: gsc@gssfrankfort.org Web: frankfortgoodshepherd.org Parish School: 75 Shepherd Way, Frankfort, KY 40601 Phone: 502-223-5041

Fax: 502-223-2755
Web: www.gssfrankfort.org

Pastor	Fr. Charles Howell, #2005	chowell@cdlex.org
Deacon	Tom Snyder, 227-2590	tfsnyder@fewpb.net
Deacon	Tom Kaldy, 330-8419	tkaldy@cdlex.org
Deacon	Mike Lynch, 229-3433	mlynch@cdlex.org
Dir. of Faith Formation.	Laura Hack, #2006	lhack@gssfrankfort.org
Business Manager	Jennifer McKenna, #2001	jmckenna@gssfrankfort.org
Administrative Asst	Kevin O'Neil, #2000	gsc@gssfrankfort.org
	Stephanie Sims, #2003	
Director Music/Liturgy.	Narisa Lao, #2004	narisa@gssfrankfort.org
	Steve Jennings, 803-0738	
Spanish Ministry	Fr. Eulices Godinez, 1-859-559-99	980 egodinez@cdlex.org
Parish Pastoral Council.	Greg Meyer	MeyerKY@aol.com
Finance Council	Margaret Wahrer	mwahrer@aol.com
Principal	Dr. Michele Ulrich, #1001	mulrich@gssfrankfort.org
School Advisory Board.	Maria Jaminet	jamsch@live.com
Coord. of Youth Life	Ben Horn, #2007	bhorn@cdlex.org
Facilities Manager	••••	

PARISH STAFF AND CHAIRPERSONS:



Adoration of Eucharist First Fridays from 8:00a.m. to 4:45 p.m.

Sacrament of Reconciliation
Friday 11:15 a.m. before daily Mass;
Saturday 4:00 p.m. – 4:45 p.m.
Or by appointment – Please contact Fr. Charles

Baptisn

Please contact Laura Hack. Parents are required to attend a Baptismal Preparation Session.

Anointing of the Sick

Call the office day or night, in the event of an emergency. Please notify us if you are ill, shut-in or entering the hospital.

RCIA

This process is open to all interested in the Catholic Faith. Contact Laura Hack for further information.

Marriag

Couples planning to be married at Good Shepherd are to contact the Parish Office at least six months prior to the anticipated wedding date. Engaged Encounter or Pre-Cana is a must.

#### IMPORTANT INFORMATION

St. Vincent De Paul Society P.O. Box 571, 40602, 315 Wallace Avenue 502-227-8037 Wednesday and Saturday 10:00 – Noon Thursdays from 4:30-7:00

Bulletin Deadline Monday, 5:00 p.m. gsc@gssfrankfort.org

Parish Life Center - Rental Information Call Kevin in the Parish Office.



# One Family & One Home



#### PARISH MEMBERSHIP

A parishioner of Good Shepherd Parish is one who is Baptized, registered, and actively participates in our Parish Liturgical Life, and assists in the growth of our parish by gifts of Time, Talent and Treasure. Please contact Kevin in the Parish Office to fill out a membership card. We ask the membership to advise us of any changes in their registration information.

# MISSION STATEMENT OF GOOD SHEPHERD ROMAN CATHOLIC PARISH

Good Shepherd Catholic Church is a multicultural faith community whose mission is to live the teachings of Jesus Christ. "Love God, Love Neighbor and Make Disciples."

#### Monday, November 30, 2015 – St. Andrew

5:30 p.m. Word and Communion

Tuesday, December 1, 2015

8:00 a.m. Deceased Members of the Hicks Family

Wed. December 2, 2015

5:30 p.m. Deceased Members Russell/Waldner Families +

Thursday, December 3, 2015 – St. Francis Xavier

8:00 a.m. Shannon O'Neil +

Friday, December 4, 2015 – St. John Damascene

Noon: Betty Hicks + **Saturday, December 5, 2015** –

5:00 p.m. Cova and Tom Laslie +

Sunday, December 6, 2015 Second Sunday of Advent

8:30 a.m Chris Conway + 10:30 a.m. People of the Parish 4:00 p.m. Mass in Spanish

#### **READINGS FOR WEEK OF Nov. 29 – Dec. 6, 2015**

**Monday** Rom 10:9-18; Ps 19:8,9,10,11; Mt 4:18-22

**Tuesday** Is 11:1-10; Ps 72:1-2, 7-8, 12-13, 17; Lk 10:21-24 **Wednesday** Is 25:6-10a; Ps 23:1-3a, 3b-4, 5, 6; Mt 15:29-37

**Thursday** Is 26:1-6; Ps 118:1, 8-9, 19-21, 25-27a;

Mt 7:21, 24-27

Friday Is 29:17-24; Ps 27:1, 4, 13-14; Mt 9:27-31 Saturday Is 30:19-21, 23-26; Ps 147:1-2, 3-4, 5-6;

Mt 9:35—10:1, 5a, 6-8

**Sunday** Bar 5:1-9; Ps 126:1-2, 2-3, 4-5, 6;

Phil 1:4-6, 8-11; Lk 3:1-6

#### STEWARDSHIP OF TREASURE

Budget for 2015-2016: \$995,076

Weekly Offertory Needed to Run the Parish \$19,136 Debt Balance: \$4,606,927

Due to the early transmittal of the holiday weekend bulletin, the Stewardship of Treasure report will be updated next weekend.

**FLOWERS IN THE SANCTUARY:** are in memory of **Shannon O'Neil** from her parents **Vicki O'Connell and Kevin O'Neil.** As we begin this season of Advent, we thank God for the gift of her life and the promise of the Resurrection.

#### NO YOUTH NIGHT THIS WEEKEND ---HIGH SCHOOL YOUTH - DECEMBER 6

**ST. VINCENT de PAUL:** members will hold the baskets for the poor s after all the Masses the weekend of Dec. 5 and 6. Please be generous as we help the needy of our community. The need for assistance increases during the Winter months, so all gifts are very much appreciated.

PRAY FOR THOSE SERVING IN OUR MILITARY: Tom Falconer, Kenny Collins, Mac Priest, Aaron Holder, Chris Nelson, Travis Clark, Donnie Brewer, Nick Wolford, Travis Pell, Brian Sheets, David Spahn, R. Aurora Herrera, C.J. Roberts, Zack Bauer, Brad Keough, Natasha and Bryan Parker, Hunter Otten, Paul Crutcher, Ryan Northcutt, David Nesselrode, Becky Schneider.

KEEP IN YOUR PRAYERS: Anahid Kalemkerian, Thelma Ripperdan, Genevieve Wood-Lyman, Kathleen Mauer, Lucy LaFontaine, Sylvia Ray, Chuck Cotton, Margie Moore, Marian Wood Cambell, Carrie Arnette ,Ira Blakeman, Rose Murphy, Rhonda McGrath, Anita Harrod, Evelyn Howell, Theresa Williams, Bill Coleman, Mary Mahoney, Charles Mitchell, Colonel Lee Bullington III, John and Debbie Clark, Cathy Daugherty, Alice Wickman, Vic Evins, Charles Spaulding, Jim McKinney, Joe Spaulding, Amy Lopez, Marie Grasch, Karen Horne, Sue Hoagland, Sharleen and Peter Sonoda, Ginger Prewitt, Anya Volyn, Jerry Morgan, Joe and Edna Amato, Lauren Hladney Arlin Harrod, Kim Rice, Nita Nalley, Katie Hines, Jackye Stockton, Ronnie Jump, Justin Rhodes, Michael McCarty, Hannah Broughton, Janice McNees Gwyn Perez, Judith Pack, Anita Getchull, Kim Naugle Joanne Cushard, Marcia Garland, Diana Mefford, Collins Family, Jude Mattingly, Judith Bowen and all the homebound.

#### LITURGICAL MINISTERS FOR DEC 5/6

#### ALTAR SERVERS:

5:00 p.m. Onodu, Stigers, McMurray

8: 30 a.m. Flick, M/L Negron

10:30 a.m. Brooks, Fuentes, Luking

LECTORS:

5:00 p.m. Sims and Reubens

8:30 a.m. Buquid and Sowada

10:30 a.m. C/B Amato

#### **EXTRAORDINARY MINISTERS EUCHARIST:**

5:00 p.m. Collins, Ryan, Otten, Hines, Blanton, Mangin,

Elder, Ortwein, (Cecil)

8:30 a.m. Costigan, Depenbrock, Falconer, Hillard,

Holden, Laslie, Loxley, Miles (Stone)

10:30 a.m. J/M Fowler, Gantley, Gerton, Hicks.

Anderson, Mims, Pearl (Fowler)

#### **USHERS: DECEMBER** Money Counters #4

5:00 p.m. C/C Knowles, Smith 8:30 a.m. Mulligan Reed, Schoark 10:30 a.m. Baldwin, Hamilton

HOSPITALITY:

5:00 p.m. League and Wiard 8:30 a.m. Ortwein and Hillard 10:30 a.m. Brown and Eneje

#### SACRISTANS

5:00 p.m. Wilhoite 8:30 a.m. Riley 10:30 a.m. Hicks



# Faith Formation



Laura Hack - LHack@gssfrankfort.org - 227-4511 x 2006 - http://frankfortgoodshepherd.org/faith-formation

# **NEW – RCIA Inquiry Session for those interested in journeying into full communion with The Catholic Church** *Begins Sunday, November 29<sup>th</sup>, 9:15-10:15 am, room 1 of the Parish Life Center. This session will meet most Sundays. Please contact the Formation Office for additional information.*

-- A webpage has been added to our parish site with resources for The Year of Mercy!

http://frankfortgoodshepherd.org/the-year-of-mercy

#### **Scheduled Events and Programs:**

**SACRAMENTAL PREPARATION:** *Baptisms, First Reconciliation and Holy Communion, Confirmation, and Marriage,* require preparation before entering life in the Sacraments. First Reconciliation, 1st Holy Communion, and Confirmation, all require a minimum of one year of religious education before sacramental preparation can begin. Call Laura for more info, 227-4511.

Student REP (Religious Education Program): Each Wednesday, 6:15-7:30 in the school building.

REP para adultos en español: Cada miércoles, 6:20 -7:25.

1st Reconciliation & 1st Holy Communion: 1st Reconciliation – December 5th, 12pm. 1st Holy Communion – April 17th, 10:30 Mass

**Confirmation:** November 22<sup>nd</sup>, 6-8pm in PLC room 1. There are six more sessions and a retreat in the winter and spring.

Children's Liturgy of the Word: Each 10:30 Sunday Mass and depends on weather and two Safe Environment compliant adults.

#### Bible Study:

- -- DAVID AND THE KINGDOMS, including Joshua, Judges, Ruth, and the Books of Samuel and Kings, Meets Mondays, 7 pm, in the Church Conference Room
- --THE GOSPEL OF MATTHEW, Meets Tuesdays, 10 am, in the Church Conference Room
- -- CWBS's Letter to the Galatians, Meets every-other Monday, 7pm, Contact Eleanor for more information, 502-695-1426.

#### RCIA - Rite of Christian Initiation of Adults:

- --Inquiry for those interested in profession in the Catholic Church, each Sunday, 9:15-10:15 am (PLC, room 1)
- --Thursdays, 6:00-7:30 pm (PLC, room 1)

#### **Catechist Certification:**

--English: Session 6, Apr. 16th, CtK --Spanish: Session 4, Apr. 9th, GSC

#### Safe Environment Education & Compliance: http://frankfortgoodshepherd.org/safe-environment-education

--VIRTUS: Protecting God's Children for Adults, Sat., December 12th, 9:30-12:30, PLC room 1. Please register at www.VIRTUS.org



#### WELCOME TO OUR FAITH COMMUNITY, THROUGH THE SACRAMENT OF BAPTISM NOVEMBER 2015

~ Cindy Yarel Cruz Alonso daughter of Juan Cruz and Maria Alonso Joaquin ~

- ~ Juan Manuel Cruz Alonso son of Juan Cruz and Maria Alonso Joaquin ~
- ~ Adeline Frances Donaldson daughter of Brian and Ashley Donaldson ~
- ~ Jonnathan Alexis Cruz Ramirez son of Edgar Cruz Martinez and Rosa Ramirez Cruz ~
  - ~ Britnee Janeth Ventura daughter of Elpidio and Rosario Esocbar ~
  - ~ Kimberly Jaqueline Ventura daughter of Elpidio and Rosario Escobar ~
  - ~ Michael Dozie Ezenwamma son of Jude Ezenwamma and Caroline Onejeme ~~

## GSC Faith and Fitness Newsletter

Brought to you by the Faith and Fitness Committee

#### **National Diabetes Awareness Month**

Nearly 29.1 million Americans have diabetes, a serious disease in which blood glucose (blood sugar) levels are above normal. Most people with diabetes have type 2, which used to be called adult-onset diabetes. At one time, type 2 diabetes was more common in people over age 45. But now more young people, even children, have the disease because many are overweight or obese. But diabetes is preventable. One in four Americans with diabetes has it and doesn't know it.

There are many factors that increase your risk for diabetes. To find out about your risk, note each item on this list that applies to you.

- I am 45 years of age or older.
- I am overweight or obese.
- I have a parent, brother, or sister with diabetes.
- My family background is African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander.
- I have had diabetes while I was pregnant or I gave birth to a baby weighing 9 pounds or more.
- I have been told that my blood sugar levels are higher than normal.
- My blood pressure is 140/90 or higher.
- My HDL cholesterol ("good" cholesterol) is less than 35 or my triglyceride level is higher than 250.
- I am fairly physically inactive. I have been told that I have polycystic ovary syndrome (PCOS)
- The skin around my neck or in my armpits appears dirty no matter how much I scrub it. The skin appears dark, thick and velvety.
- I have been told that I have blood vessel problems affecting my heart, brain, or legs.

If you have any of the items above, be sure to talk with your health care team about your risk for diabetes and whether you should be tested.

Reference:

National Institute of Diabetes and

Digestive and Kidney Disease

#### **Symptoms**

The symptoms of type 2 diabetes due to high blood sugar may include: increased thirst; increased hunger (esp after eating); dry mouth; unexplained weight loss; frequent urination; fatigue; blurred vision and headaches

#### **Pre-diabetes**

What is it? Pre-diabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity. Risk factors are very similar to the above factors for diabetes. Over 80 million people have pre-diabetes but only 10 million people know they do.

#### **Resources in our Community**

If you feel you are at risk for diabetes or prediabetes it is critical to see your health are provider. If you are diagnosed with diabetes there are several resources available to you in our community.

#### \* DIABETES

- \* Self-management diabetes classes at Good Shepherd Church. Dates: Mar 3, Mar 10, Mar 17, 5-7pm. Contact Debbie Bell at 502-564-5559.
- \* Diabetes Support group meetings. Franklin Co Health Dept Dates: Jan 7, Feb 4, Mar 3, Apr 7, May 5 5-6pm Contact Debbie Bell at 502-564-5559.
- \* Diabetes Support group meetings. Franklin Co Health Dept Dates: Jan 7, Feb 4, Mar 3, Apr 7, May 5 5-6pm Contact Debbie Bell at 502-564-5559.

#### \* PRE-DIABETES

- \* YMCA diabetes prevention program. Year long program that focuses on lifestyle changes including weight loss and physical activity. Contact Frankfort YMCA 502-875-9276 or 227-9637.
- \* Diabetes prevention program classes at various worksites, contact health education team at Franklin Co Health Dept. Contact Debbie Bell, 564-5559.



The Good Shepherd 8<sup>th</sup> grade class presents:

St. Nicholas Day Christmas Extravaganza

Sunday, December 6, 2015 - Good Shepherd Parish Life Center - 12:00 Noon - 5:00 PM

Pre-ordered wreaths will be available after both Sunday masses for pick up and throughout the day. A limited number of greenery and wreaths will be available for sale.

Vendor booths including art by Jacqueline Keough and Jody Jacques, Pampered Chef, alpaca wool products, mesh wreaths, Premiere Jewelry, ASEA, Lula Roe boutique clothing, Pink Zebra soy candles, Scentsy, Carousel Florist Crafts, handmade jewelry, handbags, Townecraft Chef's Ware, thirty-one gifts, and MORE.

Children's Crafts Table

Soups, Sides, and Desserts - plan to stay for lunch while you shop

## Paint Party

Sunday, December 6, 2015 - Good Shepherd Parish Life Center, Frankfort

Artist Jacqueline Keough will walk you through the steps of creating your version of the following paintings.



Owl on a Branch Youth Party - Appropriate for kids 4th grade and up.

Time: 12:00 noon - 2:00 pm Snacks and supplies provided

\$25

Winter Red Barn Party Appropriate for ages 16+

3:00 pm - 5:00 pm Snacks and supplies provided

\$30



Each party is limited to 20 attendees. Pre-Registration is highly recommended. On-site registration will be available if there are spots open.

To register or for any questions, please contact Laura Negron at lauranegron@yahoo.com or 502-319-3766.



#### JUMPING FOR JOY THIS ADVENT

#### **By Patricia Lorenz**

In this devotion, we are reminded that we're meant to concentrate on what's important during Advent, not the hustle and bustle of Christmas.

"And now you have become living building-stones for God's use in building His house. ... I Peter 2:5 "

At the pool on a warm Florida November day, my friend Paula and I were talking about Advent. Paula recalled that as a kid in Vermont, she spent Advent preparing for the annual Christmas pageant.

The grade school children memorized lines, polished their acting skills and worked on costumes so they could delight the community.

Paula remembers one year when the students were supposed to do various things to entertain the baby Jesus. Some delivered special gifts, one sang a song, a few danced. One little girl was asked to jump rope.

Unfortunately, as the little girl jumped up and down, her bloomers fell down around her ankles. Paula says the little girl just kicked them away and kept on "jumping for joy".

Paula's story reminded me of the problems that seem to crop up during the four weeks before Christmas. The season is supposed to be about preparing our hearts to welcome Jesus into our lives, but often it becomes a, time of too much to do, too little time and too much stress.

Sometimes extra gifts must be purchased and wrapped when unexpected guests announce their impending arrival. Or maybe a new holiday cookie recipe falls flat. Or there's a mess of broken ornaments when a little one knocks over the Christmas tree.

The very nature of Advent means it's a time to settle down, take a deep breath and concentrate on what's important ...Jesus. And when things don't go perfectly as planned, I need to plant that smile on my face, sweep up the mess and keep on jumping for joy.

Lord, as the Advent season sweeps over me, keep me calm and enjoying the anticipation of an event so amazing it changed the world



#### FIRST SUNDAY OF ADVENT

FESTIVAL 2015				
Cake Booth-Net of Wheel & Number Lay Down Expense		848.36		
Donations		2,745.00		
Folk Dancing		40.00		
Donation to Capital City Dancers & Musicians		(400.00)		
General Store, Drinks, Funnel Cakes Hat Booth-Net of Prizes, Wheel & Number Lay Down Expense		701.31		
		106.25		
K of C Dinner	\$	777.54		
Kid's Dome-Net of Prizes & Games Expense Misc. Exp's-Gaming & Liquor Licenses, Cleaning, Advertising		1,316.88		
		(623.48)		
Raffle-Kroger Card Raffle-TV & Quilt-Net of Ticket printing Expense, TV, & Quilt		137.00		
		1,818.73		
Silent Auction	\$	1,088.00		
TOTAL	\$	8,555.59		

IMPORTANT CAPITAL CAMPAIGN NEWS!!!! Thank you to all who have contributed and continue to contribute to our building fund through the "One Family...One Home" capital campaign over the last 5 years! We are launching our new five year campaign--"Reduce, Renew, and Reach Out". We will be reaching out in the coming months to all our parishioners to share with you the vision for this new campaign. Please note that any funds donated for the Good Shepherd building fund after Dec. 1, 2015 will be recorded as donations to the new capital campaign. (New capital campaign envelopes will be in the offertory boxes beginning in Dec.). If you have any questions about your 2010-2015 campaign pledge/fulfillment as the campaign draws to a close, please contact Stephanie Sims in the Parish Office

CROSSROADS: It is time to once again collect for our Diocesan Newspaper, CROSSROADS. Each home will receive a copy of the newspaper, paid by the Parish. A donation of \$15 to offset the cost of this parish expense would be very much appreciated. If you have requested in the past NOT to receive CROSSROADS, you request will still be honored. If at this time you prefer NOT to have the newspaper in your home, please contact Kevin in the Parish Office. Please place your \$15 contribution in an envelope, clearly marked for CROSSROADS.

MASS FOR PEOPLE WITH DISABILITIES OR DEAF: All are cordially invited to attend Mass, honoring the lives and gifts of persons with disabilities, the deaf community families, friends and their care givers. Celebrant Bishop John Stowe, OFM; Saturday, December 5, 2015, 5:00 P. M.; Pax Christi Church, 4101 Victoria Way, Lexington, Kentucky. Interpretation for the deaf and hearing impaired will be provided. St. Nicholas presentation immediately following Mass. Pax Christi Youth Group & Knights of Columbus will provide a spaghetti dinner.

# 2016 St Joseph Missals are at the Welcome Table for a \$5 suggested donation!

BIRTHDAY BLESSINGS: In the new year, we will begin doing a birthday list in the bulletin each month. We will only list names of those who have a birthday in that particular month. We will NOT list the exact date or year. If you do not wish to have your name listed on the monthly birthday page, please contact Stephanie Sims at the parish office before Dec.15. ssims@gssfrankfort.org or 502-227-4511

**PATRIOTIC ROSARY:** Friday, December 4 at 11:00 a.m. and Sunday, December 20 at 6:00 p.m. Please join us for this special devotion honoring our Mother Mary as we pray for the needs of our country.

FIRST FRIDAY DEVOTION: Friday, December 4.

- Exposition at 8:00 a.m., Patriotic Rosary at 11:00, Confessions at 11:15; Mass at Noon; Benediction at 4:45; Adoration throughout the day.

CHRISTMAS FLOWERS: The Parish will now accept donations for Christmas flowers that will adorn our church. Please place your donations in an envelope clearly marked CHRISTMAS FLOWERS and include the name(s) you would like honored with your donation. A \$10.00 donation per flower is appreciated. Again this year, flowers will be ordered according to the amount of donations received. A complete listing will appear in the bulletin. DEADLINE FOR CHRISTMAS FLOWERS IS NOON, DECEMBER 16.

**HOLY DAY - NEXT WEEK:** The Feast of the Immaculate Conception, Tuesday, December 8. Vigil Mass on Monday, December 7 at 7:00 p.m., on the Holy Day at 8:00 a.m. and 7:00 p.m.

### ADVENT PENANCE SERVICE

Tuesday, December 15 at 6:00 p.m.

**EASY SHOPPING:** Visit givebhg.com to purchase gift cards and select "Good Shepherd Catholic School" from the drop-down menu. Your gift card will be mailed in two business days and our school will receive 20% of your purchase. Gift cards are valid at Malone's, Drake's,OBC Kitchen, Sal's, Harry's, Malone's Banquets & Aqua restaurants. It's easy to give the gift of good taste and support our parish school at the same time

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