

GOOD SHEPHERD QUARTERLY





What does Father do during the week?

Mystery Revealed!

I have been waiting to write on this topic for some time because I get the impression that some people think that we priests do next to nothing during the week. I hope this information helps everyone get a deeper understanding of the life of a priest.

I have broken down most of my activities into three categories:

1. Major Duties – Councils (Parish, Finance, School, Spiritual Life, Deanery)
2. Other Duties – Staff meetings, homily prep, liturgies, MBWA (Management by Walking Around), office hours, Spanish, projects, etc.
3. Priestly Duties – Liturgy of the Hours, prayer, homily, administration of sacraments, sick calls, pastoral counseling

On any given day, I will perform duties in all the above categories. Not everything I do falls under these categories. Other activities occur once a month or less. For example, I meet monthly with a support group and a spiritual director. These take place elsewhere, so they involve travel time. Each of these would use up from 3 – 5 hours in a day.

| | |
|---|---------------|
| A breakdown of a typical day: Liturgy of the Hours* | .75 – 1 hour |
| Homily for Daily Mass* | .5 |
| Office hours* | 1 – 3 hours |
| Council meeting (prep and review) | .5 – 1 hour |
| Liturgy | 1 – 1.5 hours |
| MBWA* | 1 – 2 hours |
| Other duties | 1 – 2 hours |

* These things I do every day. Office hours include responding to emails, texts, phone calls, and personal meetings.

A non-typical day will usually include a council meeting, home visit, funeral or wedding rehearsal/liturgy, or reconciliation. Most Tuesdays and Fridays are non-typical due to council meetings and reconciliation. This leaves only Wednesday and Thursday as typical days if a funeral is not scheduled.

Weekends are different of course. I normally spend about 3 hours on Saturday morning/afternoon preparing a homily for Sunday Mass. I need peace around me and inside me to put a homily together properly. I find it difficult to achieve this during the week, but I am getting better at it.

So you can see that my week, excluding weekends, includes work that occupies 5.75 to 11 hours of my time in a day in addition to any funerals, sacramental emergencies, etc.

I think it is important for parishioners to know how much of the pastor's time can be occupied each week. This also answers some questions some people may have, such as, "Why don't we have a Mass on Saturday mornings? How come Father does not help teach RCIA? Or lead retreats? Why is Reconciliation only scheduled on Friday and Saturday?"

My answer to all the above questions is to pray for vocations. Another priest assigned to Good Shepherd would allow the pastor to share some of the major and other duties that are listed above. They would also help the deacons with jail ministry, annulments, and marriage preparation.

During the weekdays in Ordinary Time, I am using prayers for Religious Orders, Vocations to the Priesthood, and the Laity so Good Shepherd can pray together for vocations. Let us hope in our Lord that more of us hear the call for priests and religious vocations. The harvest is great, but the workers are few.

I am also attempting to make my work more efficient, so I can get things done just as well but in less time. The time that I free up can then be used to find more efficiencies, so perhaps I can become available for other things. There is only so much time I can squeeze out of the week, so another priest assigned here is still the best solution. There was a time when Good Shepherd had two priests. Is there a reason why we cannot have two priests again? If you were around then, try to recall the things the priests were able to do/accomplish for you and the parish.

One thing on the schedule that is vital to a vibrant priest is prayer. Contemplation on our Lord, our duties to Him, and the parish are necessary. Most priests feel they do not pray enough or well enough. This is one place where the laity can help. You can help by contacting us to set up an appointment to see the pastor. An auto mechanic, doctor, and hairstylist require appointments so they can schedule their day and be effective. I can be more effective too. Please contact our office if you need to speak with me about something. As you can see, according to my schedule I provide time for such things. I know you will be more satisfied with my response if you set an appointment instead of performing an after Mass 'ambush'.

Being the light on the hill for Franklin County is a demanding role for Good Shepherd. Let us work to remain a light but also grow in intensity and strength. Then we will be more than a light to the county, but also a light to the Diocese, the commonwealth, and beyond. More vocations are one of the ways we can accomplish this and make my week less hectic to boot!

Contributed by Fr. John Lijana



Good Shepherd Preschool Academy

Grand Opening: August 6

You're invited to a special celebration as we cut the ribbon for the opening of the Good Shepherd Preschool Academy on Saturday, August 6, following the 4pm Mass.

Our preschool is undergoing many changes this summer in preparation for an awesome new school year, including a new name, new spaces, new playground equipment, and a new Director.

The new name, Good Shepherd Preschool Academy, along with the new logo, gives our program its own identity as a special part of our community.



The new preschool spaces will allow all the Pre-K students and staff to be in one area together with more room than before and easy access to the Pre-K playground. The Preschool Aftercare will also have its home in the newly refurbished classrooms. And new playground equipment sized especially for our 3 and 4 year olds is en route to Shepherd Way.

Helping coordinate all the updates and moving this summer, is Ms. Andrea Ridgell, our new Preschool Academy Director, known to her students as "Ms. Drea". Ms. Drea is new to this position but not to Good Shepherd; her daughter, Lola, has been a student at GSS since she was little and is a rising 7th grader. Ms. Drea also was the lead teacher for our 3-year-old class this past school year and will continue to be the teacher in that room this coming year. She has also been involved with the Pre-K summer camp.

When speaking with Ms. Drea recently, she mentioned two things that she's particularly excited about for 2022-23---a possible outdoor mural project and Good Shepherd's participation in the CCAP program. As we work to brighten up the exterior of the Preschool Academy with a resurfaced patio along with brightly colored awnings and planters, plans are being made to involve our older GSS students in an outdoor mural project to liven up the walls and make the space even more inviting. CCAP helps lower income families cover their Preschool tuition, which will make the GS Preschool Academy accessible to even more students.





Something that is not changing is our excellent curriculum for 3 and 4 year old children. The goal of our program is still to provide a wonderful beginning to a child's education in a structured learning environment that is Christ-centered. Our preschool program uses the Kentucky Early Learner goals to plan experiences for children, as well as *Discovering God's World* curriculum to plan spiritual experiences for children.

The Pre-K-3 program, led by Ms. Drea, is center-based, giving children the choice to explore art/easel, book/cozy calm area, blocks, dramatic play, musical instruments, puppets, puzzles, math & science areas, and sensory activities each day. Children are taught in individual, small, and large group settings, inside and outside the classroom using songs, music & movement, as well as Spanish and Sign Language. Children will gain knowledge and experience in all the developmental areas: Cognitive, Adaptive, Motor, Social & Emotional, and Communication over multiple exposures.



The Pre-K-4 program, led by Mrs. Jennifer Howard, is a rich learning environment that uses themed units to teach children the concepts needed to be successful in kindergarten. The Pre-K-4 class is center-based giving children the choice to explore art, blocks, dramatic play, math & science, music, and sensory activities each day. The children develop fine and gross motor skills in individual, small, and large group settings, in the classroom and outside the classroom. Children will gain knowledge and experience in all the developmental areas: Cognitive, Adaptive, Motor, Social & Emotional, and Communication over multiple exposures. Some of the cognitive skills the children will learn are the alphabet, both sound and recognition, as well as number recognition and counting. The children will practice writing skills daily and learn a few basic sight words. The Pre-K-4 students will also gain experience in the Humanities: Spanish, Music, P.E. and Art with specialized enrichment teachers.



There are a limited number of openings still in both our preschool classrooms for the coming school year. You can learn more about the Good Shepherd Preschool Academy at our website or by contacting Ms. Drea, our Pre-K Director.

<https://www.gssfrankfort.org/preschool-academy>

aridgell@gssfrankfort.org

502-223-5041

We hope to see everyone on August 6 when you can visit the Preschool Academy and meet the preschool staff as well as enjoy the Good Shepherd Back-to-School Bash with music and food trucks on campus from 5pm-8pm.

Third in a
Four Part
Series

The Christian Path of Ongoing Conversion

This quarter we celebrate and give thanks! We celebrate the ministry of Ms. Cindy Costigan—seventeen years a catechist! Sixteen of those years Cindy prepared our parish children for First Reconciliation and First Holy Communion. Many of her past students have grown to have families of their own and their children have been baptized at Good Shepherd.

Cindy's selfless giving of most Wednesday evenings through the school year has enriched the faith formation of over a hundred of our young people. (Approximately 440 sessions, with 25 of those via Zoom—a new skill that Ms. Cindy had to hone very quickly.) She always had unique craft projects, lots of smiles, a deep love of the Catholic faith, and thankfully was determined that our children knew their prayers by heart. Also to the benefit of our children, Ms. Cindy is very good friends with Santa Claus who could be seen at our annual Birthday Party for Jesus and St. Vincent de Paul service project.



Cindy has discerned that the time is right for her to devote more time to her husband's responsibilities. Mr. John Costigan serves as the Commander of the Kentucky American Legion. John was faithful in being Cindy's second set of hands—particularly when she forgot materials at home and he would jet them over to Good Shepherd! Although we won't see Ms. Cindy's smile every week this year, she has volunteered to be a substitute. We give thanks for her help in forming our young disciples and in leading them towards a lifelong and deeper love of the Holy Eucharist.



Cindy and John are excellent examples of the discipleship we are called to through our Baptisms. Evangelization can be an intimidating challenge for those with the greatest faith, but by sharing our faith (and through the work of the Holy Spirit) we sow seeds that will flourish for generations.

COVID-19 was a setback for two years' worth of our parish children in their faith formation. What we were able to do was predominantly dependent upon virtual learning. We are so blessed to have the gifts of Ms. Cindy Costigan, Ms. Lola Miles, and Ms. Katie Risen—all now above and beyond proficient with Zoom. But the children will be coming back in person this year and we have a lot of work to do!

We need your help! We need you to be willing to share your love of the Catholic faith with our young people who so desperately need YOU! For this coming year, first night being September 14th, a kindergarten, third grade, and fourth-fifth grade teacher or team-teachers are needed—plus a door/hall monitor. We offer you workbooks, supplies, technology, and small warm hearts that come with big smiles. We ask that you offer our children most Wednesday evenings—September through April, an hour-or-so of prep time each week, willingness to share your love of our faith, and the yearning to see the light of Christ in every child. We need disciples who are willing to walk with our children and help them to see when they are engaging with Jesus in their every day lives. A well-kept secret . . . when we strive to awaken the eyes of the hearts of our children, you can't help but to also be flooded with the encounter of Jesus . . . and it will grow perpetually. God is calling people in our parish. Who will say, "Here I am, Lord"?

Contributed by Laura Hack

Important Dates for the 2022-2023 Formation Year Kindergarten through 9th Grade

July 31st-August 28th
Registration for REP, First Communion, and Confirmation*

September 14th
REP & First Communion Prep's first night
(Wednesdays, 6:30-7:30, School Building)

September 25th
Confirmation* Prep begins
(2nd & 4th Sundays each Month,
following 9:30am Mass-Noon, PLC, Room 1)

***Parish students who attend public/private schools are prepared for Confirmation in the 9th grade. Good Shepherd School students receive preparation in their religion classes and are confirmed in the 8th grade.**



At the Appointed Time

As I began thinking about what I should address in this article, the first thing that occurred to me was that there may be some in our parish who may be wondering why they haven't seen me around as much as they have in past years. Another issue that I might address, stems from my realization that there are faces I see at Mass that I don't recognize. I therefore assume that there are some in our parish who probably don't know who I am.

As to "where I've been", in August of 2020 I celebrated my 75th. birthday. So last summer, in compliance with Diocesan policy, I submitted my letter to Bishop John, addressing my retirement. In doing so, I was somewhat conflicted. While I wasn't quite ready for that rocking chair, at least on a permanent basis, I did realize that I needed to slow down a bit and in fact I had already done so.

Ecclesiastes 3:1 reads: "There is an appointed time for everything and a time for every affair under the heavens". Several things have drawn my attention to the appointed time for me. These include:

- For well over ten years now, it has become increasingly difficult to walk on concrete floors. Even just standing for a few minutes can be stressful.
- This past year I have received several modes of treatment and am anticipating total knee replacement.
- I have experienced a definite decline in stamina. My get up and go got up and went (somewhat)! Still manage to do normal chores of life; just takes longer, with more breaks.

- As I'm aging, I am experiencing some memory problems, nothing drastic but often enough to keep me humble and relying on a sense of humor!
- For several years, I was the only functioning Deacon in the parish. We are now blessed with 3 other very capable Deacons.
- Most importantly, I need and desire to spend more time with my family.

Considering all these factors I have agreed to be a substitute for the Sunday liturgies and assist with the Holy Days as needed. Every other weekend I assist at the Spanish Mass at St. Leo's, also help at St. Lawrence when asked. I remain available to assist with other sacraments and liturgies when needed (word and communion services, baptisms, funerals and weddings).

Now briefly for those who are not familiar with me; My wife, Fonda, and I were married in St. Stephen's Cathedral, Owensboro Ky. in 1967. We have one adult child, David and three Grandchildren, Todd, Jackson and Hannah. We moved from Owensboro to Frankfort in 1973 and registered as member of Good Shepherd. I was ordained in January of 1995 and have been serving this parish since then. Fonda retired from the Legislative Research Commission, and I from the Cabinet for Families and Children in the late 90s. I also retired from Head Start this past January.

So, here we are at the appointed time! I'm retired from very active ministry but remain available to do what I can for a parish I love and call home.

Contributed by Deacon Tom Snyder

Updates from the Parish Pastoral Council

Parish Synod

The Good Shepherd Parish Synod session was held May 14th. After the 4pm Saturday mass, about 50 people from the parish came together to share a meal of various soups and desserts. I would like to thank everyone that made soup and to Ed Casper for all the home-made desserts he provided. After eating, the group was divided into small groups and discussed the questions that were suggested by the diocese. Thanks to Mary Ortwein, the large group facilitator.



A youth Synod session was also held at the same time, and we thank all the youth who participated and are grateful to Wyatt Flick and Alex Luther who facilitated the youth session.



The synod sessions were a time to vocalize our thoughts and feelings, and a recap of the shared thoughts were summarized and forwarded to Father John and then forwarded to our Deanery. All the info gathered during the various synod sessions throughout the diocese has been compiled into a report, entitled *Synod Synthesis Report*, that you can read at the Diocese of Lexington's website, cdlex.org.

PPC Membership

The Parish Pastoral Council would like to announce three new members, Steve Barrett, Betty Gibson, and our new youth representative, Patrick Rupinen. We also had four members leave the PPC recently as their terms expired; special thanks to Wyatt Flick, Preston Pearl, and Lou Ruwet for your service to our council. New officers that took office in July are Mary Beth Robson (Chairperson), Emily Jones (Vice-Chairperson), and Joan Luther (Secretary/recorder).

All PPC meetings are open to parishioners and are held on the last Tuesday of each month at 6pm in the PLC.

PPC info, including monthly meeting minutes, can be found at frankfortgoodshepherd.org

Contributed by Joan Luther

Finance...Looking Forward

The Finance Council is pleased to share the 2022-2023 Good Shepherd Parish and School operating budgets. This will allow the members of our Community to see the anticipated income and expenses.

These budgets do not include Capital Campaign donations as they are not part of the daily operating revenue and expenses. These funds are to pay our building loan. The loan balance as of May is \$2,104,076.

| 2022-2023 Budget | | | | | |
|--|---------------------------------|--------------|----------------------|--|------------|
| Good Shepherd Catholic School (K-8 and PreK 140 Studens) | | | Good Shepherd Parish | | |
| Income | | | Income | | |
| | Diocesan Distributions | \$ 7,000 | | Offertory | \$ 850,000 |
| | Grants | \$ 80,000 | | Diocesan Distributions | \$ 6,000 |
| | Donations and Gifts | \$ 3,000 | | Donations and Gifts | \$ 25,000 |
| | School Registration Fees | \$ 15,000 | | Fund Raising | \$ 1,000 |
| | Fund Raising | \$ 80,000 | | Parish Programs | \$ 1,500 |
| | Restricted Donations-Operating | \$ 98,000 | | | |
| | Tuition (3.5% Increase) | \$ 582,350 | | | |
| | On-Site Parish Subsidy | \$ 216,000 | | | |
| | School Programs and Fees | \$ 186,150 | | | |
| Total Income | | \$ 1,227,500 | Total Income | | \$ 883,500 |
| Expense | | | Expense | | |
| | Assessments (7.3%) to Diocese | \$ 41,964 | | Assessments (10.2%) to Diocese | \$ 90,117 |
| | Salaries and Benefits | \$ 857,641 | | Salaries and Benefits | \$ 334,689 |
| | Staff Tuition Discounts | \$ 1,200 | | Catholic High School Subsidies | \$ 2,400 |
| | Scholarships | \$ 98,000 | | Subsidy from Parish to School (25% of Offertory) | \$ 216,000 |
| | Janitorial Supplies & Household | \$ 9,775 | | Direct Outreach Donations | \$ 600 |
| | Bad Debt Expense | \$ 489 | | | |
| | Taxes & Licenses | \$ 1,500 | | Taxes & Licenses | \$ 275 |
| | Gifts/Personnel Recognition | \$ 489 | | | |
| | Substitute Compensation | \$ 8,000 | | Travel | \$ 700 |
| | Payroll Fees | \$ 5,865 | | Payroll Fees | \$ 1,500 |
| | Building & Grounds | \$ 22,000 | | Building and Grounds | \$ 31,700 |
| | Office Expenses/Leases | \$ 29,900 | | Office Expenses | \$ 47,200 |
| | Utilities | \$ 40,000 | | Utilities | \$ 70,000 |
| | Dues | \$ 1,000 | | | |
| | Programs and Supplies | \$ 11,400 | | Programs and Supplies | \$ 26,790 |
| | Advertising | \$ 3,000 | | Advertising | \$ 2,500 |
| | Computer Supplies & Software | \$ 5,000 | | | |
| | Small Equipment | \$ 500 | | | |
| | Textbooks | \$ 8,000 | | | |
| | Instructional Supplies | \$ 500 | | | |
| | Insurance | \$ 16,425 | | Insurance | \$ 28,905 |
| | Professional Services | \$ 20,000 | | Professional Services | \$ 20,000 |
| | Continuing Education | \$ 500 | | | |
| | Bank | \$ 500 | | Bank Fees | \$ 1,300 |
| Total Expense | | \$ 1,183,648 | Total Expense | | \$ 874,676 |
| | Profit(Loss) | \$ 43,852 | | Profit(Loss) | \$ 8,824 |

Introducing Your School Council

The Good Shepherd School Council, made up of appointed and elected members, serves as an advisory group for the Principal and Pastor. Its mission is to develop, promote, and advise on the operation of Good Shepherd Catholic School in accordance with the teachings of the Catholic Church for the educational and spiritual development of the children entrusted to the school. The School Council provides policy direction for the educational programs of the school, promotes the implementation of said policies, and ensures that all local policies are in accord with the intent and spirit of the policies established for the schoolsystem by the Lexington Diocesan Board of Education.

2022-2023 School Council:

Patrick Rupinen(President)

Jacob Laslie (Vice-president)

Jennifer Laracuente (Secretary)

Tricia Hamilton

Kathryn Dutton-Mitchell

Kevin Johnson

Natalie Burikhanov

Courtney McCoy

Sara Anderson

Kelly Rowe, Principal (ex officio)

Father John Lijana, Pastor (ex officio)

The Good Shepherd School Council usually meets on the second Tuesday of each month at 6:30pm in the Parish Life Center. Meetings are open to the public. To address the council at a meeting, contact the President ahead of time. School Council info including monthly meeting minutes may be found at the school website, <https://www.gssfrankfort.org/school-council>. Non-members may contact the Council President via email at schoolcouncil@gssfrankfort.org.

Meet the Staff



Fr. John Lijana

Changing careers is common in the United States. Statistically, Americans change careers five-seven times in their lifetimes. The reasons vary, from a bad boss to a desire for wealth and power. For Father John Lijana, it wasn't any of those things. His career path embodied the discernment he searched for that led him to the priesthood.

Father Lijana (Pronounced Lie-Jah-Nah because that's how his Dad pronounced it -- "We're the only ones who say it that way," he said.) was born in Cleveland, Ohio, June 16, 1965, to James and Judy Lijana. It was a Catholic family. He describes a stress-free suburban youth, going to public school and playing street football pick-up games. James Lijana, who died in 2020, was a trouble lineman for The Illuminating Co., the local name for the electric provider. Judy Lijana was a housewife and mother who worked part-time at the middle school not far from their home and where John attended.

"No horror stories," he said about his growing up in the Cleveland suburbs. "There always was someone to play with. School was close. There were woods nearby. We lived in the same house all the time," which he shared with three brothers and a sister. John was the middle child. Jimmy and Jenny were older. Jerry and Jeffery were younger. "My mother thought it would be cute if we all had the same first initial," he recalled. "Alas, she was wrong."

He attended Midpark High School, so named because it served both Middlebrook Heights and Park.

He was a football running back until his knee was injured, "and I never got back in shape," he recalled. He played saxophone and mellophone in the band. After high school, he joined the Army for its college fund. When discharged, he used the tuition assistance at the local community college to take care of the basic coursework, then he finished his undergraduate work with a dual degree in finance and production and operations management at Ohio State University.



His first full-time job was for a trucking company in Ohio. It changed its name three times, eventually becoming FedEx Trade Express. After moving to Memphis, Tennessee, he obtained a masters degree from Memphis University in production and operations management. "It was a nice blue-collar major," he explained. "I remember my Dad's friends always complaining (about work). I thought (the company) could be better managed."

Father Lijana came to Lexington when he went to work for Medi-dyn, which managed environmental services for hospitals. It had a contract with the University of Kentucky Medical Center.

Then he was a shift supervisor for Jackson Plastics in Nicholasville. The whole time he was discerning his future.

“I was working as a temp at Toyota prior to entering the seminary,” he recalled. “It’s funny, all those companies that fired me don’t exist anymore. I wasn’t happy at work. I was dismayed by the culture. Dishonesty bothered me. I wanted to find other people who were bothered, and I thought I’d find them in church. One day, I had a desire for communion. I decided that was what I was missing more than at other churches,” as he explained that he went to several churches during this discernment. “What am I going to do with my life? I went to seminary (at St. Meinrad), and it felt right. It still feels right.”



After ordination, he was stationed at Christ the King in Lexington for 16 months, then assigned to Queen of All Saints in Beattyville. He became pastor at Good Shepherd July 1, 2021.

He sees some similarities between his private-sector careers and serving as a priest. He likened job training to the Rite of Christian Initiation for Adults (RCIA) process, prepping individuals for the sacraments. “It gives them everything they need to be disciples,” he explained. In business, “the process of operation management is focused on elimination of waste. A lot of the things we do in church is management so there is no waste.

The big difference is you’re managing people (not processes), and you want to direct them. At work, people are paid to be there. Here they come voluntarily. The goal is different. The goal is to improve, not to make money.”

He laughed when he said his personal goal was to lose weight, but then said, “just to be able to go where the bishop (directs). As a priest, my goal is to be a good confessor. Because of my education, I could be the one to send to clean up a mess,” he thought, but quickly stressed, “There wasn’t a mess here.”

Asked if he could spend one day alone with one other person from history, and it could not be Jesus Christ, who would it be, and what would you do?, he took a long time to discern his answer and presented a surprising but detailed response. “Sir William Stephenson,” he finally declared. “He founded MI6 (the famed spy and analysis agency) in England. He led counter-intelligence efforts against Hitler. He did a lot of things without acclaim. He did it because it needed to be done.”

That’s an insight into Father John Lijana. He is comfortable using his learned skills in many ways, big and small, to serve the parish. He also is direct. “If people have any other questions, they can ask me. What’s most important is your personal relationship with Jesus Christ, and no two people’s paths are the same.”

He hopes to be “part of the seed that’s planted in their soul.”

Contributed by Mike Stone



Reflections on Good Shepherd

A Reflection on Faith and Community

By Mary Ortwein

I remember my first mass at Good Shepherd. It was Christmas morning 1969. As I came out from early morning mass, large snowflakes were falling. Frankfort was suddenly exquisitely beautiful, and I had a feeling of deep joy. I was a Good Shepherd visitor, home for Christmas, who always wanted to go to church to worship on Christmas Day. In looking for a church with objective moral standards and developed theology, I also found a church where worship, even on holidays, was important. I recently had come into full communion with the Catholic Church while in graduate school in Columbus, Ohio. That Christmas morning was a wonderful beginning.

Alan and I married at Good Shepherd in 1971, then moved to Norfolk, VA, the next day. When Alan's time in the Marines ended in 1973, we moved back to Frankfort to farm, teach and raise a family. Good Shepherd became our church home. It took some time to become a full member of the community. One of the first to help was Carol Reed, who was an ICU nurse when my father was dying. She got Alan and I into some projects. Then Margo Cotton introduced me to the Ladies Auxiliary, the only women's group at the time.

In 1976 I saw a notice in the bulletin asking if anyone might want to go to the Eucharistic Congress in Philadelphia. Pirkko Gantley, Mattie Serafini, Mary Agnes Oerther, and I went to the Congress together. I only had known the small minority Catholic Church of Central Kentucky. I never will forget looking out our hotel window the first morning. Hundreds of religious in their habits filled the courtyard below! We attended mass with thousands, heard Mother Teresa speak, and I bought a book, *Introduction to the Devout Life*, by St. Francis de Sales. That experience cemented my Catholic faith and my membership at Good Shepherd. I read the book, began to follow what it said, and soon began to go to daily mass.

A Caring Community

Alan and I so much wanted children, but it became clear that was not going to be possible. My heart was broken. But Father Schaffer put us in touch with Catholic Social Service in Covington to adopt. At first, we were told it would be years, but through a mixed up phone call (and the Holy Spirit?) we got word on Thursday before Mothers Day 1978 that we could pick up Andrew that afternoon. What a wonderful thing a parish is at a time like that! Regina Cole took over the second graders I had been teaching and carried the leadership for my CCD second graders who were to have First Communion on Sunday. Various friends set up everything we needed for a baby at our house. The goodness of God I had questioned was shown in abundance through the Good Shepherd community.

The next year I was attending the 7 a.m. mass so Alan could go later. They needed an organist. To me, music is essential for worship. Somehow, Kevin O’Neil (then a high school student) and I got into a conversation about it. Already an excellent organist himself, he taught me to play a basic chord and melody and simplified the mass response music for me. After six lessons, I began to play “temporarily” until we could find someone. “Temporarily” lasted 17 years. It got better when Sr. Dolores cantered. I was never really good; so people sang loud. It worked. We were community.

Supporting the Community

In the 1980s, the abortion struggle was what it looks like it will be again: hot, heavy, divisive. Several of us from Good Shepherd attended a meeting at Crestwood Baptist Church to organize a pregnancy center in Frankfort. It was a community effort, but several of us (Margaret Ratliff, Elaine Sims, Marcia Smith, Pirkko Gantley, and I) provided many of the volunteer hours. Fr. Keller made a \$50-a-month contribution--a line item in the Parish budget. That almost got us in trouble.

Somehow, Planned Parenthood found out we had that contribution. In the mid-80s, we had a small VISTA grant. They pressured the federal officer to do a surprise audit. The goal was to prove we were using federal funds to teach Catholic faith. They called at 11 a.m. to have all our financial and project records ready for inspection at 1 p.m. Little did we know until later that news reporters were stationed outside the Pregnancy Center (in the Mucci Building on Main Street) ready to cover the story of a federal violation the day before a Planned Parenthood funding vote in Congress. Thanks be to God there was nothing to report! In fact, after that day the federal officer from Louisville became one of our greatest supporters.

We determined we needed to offer pregnant and parenting women housing. We had a temporary rented house on Holmes Street that soon proved to be inadequate. The city called to offer us a matching grant. The only catch was we had to buy a house and pay for it in three weeks. We found the house, which is still Simon House today. Chuck Cotton and Ken Goins raised almost all the money. We borrowed the rest. Community.

The 1990s, were a crucible time for our family. Some of you will remember. As things began to improve, we were building our current church. Dcn. Joe Alessio talked me into being the “community” person for the Dedication. It was hard for all of us to leave downtown, though we knew we needed to. The goal of the community person was to get as many people as possible to be a part of the Dedication Mass. I think we had about 350 people who had a role: singing, bringing up gifts, placing flowers around the altar, providing hospitality, and more. I don’t know if the process worked for everyone, but it worked for me and for many. We made the transition. Community.

Recommitment to Action

The early years of the 21st century were very busy ones for me. Marriage and family therapy work and writing psychological skills programs often took me away on weekends. I wasn’t going to mass during the week. I was a sometimes participant in the charismatic group. I served on the Pastoral Council. But my faith-life was lack-luster. I think Bishop Barron calls that malady “beige Catholicism.” I went through the motions and went to Sunday mass, but my heart was restlessly pursuing many other things.

I remember Shrove Tuesday, 2010. I was thinking about what I would do for Lent. I decided to return to an old habit of going to confession every two weeks “whether I needed it or not.” That was the beginning of a whole new way to do faith. Fr. Charles led me, bit by bit, to look at myself, to compare myself to what the catechism says is of God — or not. By the fourth Tuesday of Lent I returned to daily mass. I began to return to community. I made a general confession in May. And I was all in.

How do you give yourself to God when you are in your 60s? When you are too old to become a religious, and you are not looking for employment? It's a bit of a dilemma! God and Good Shepherd have worked it out over time. I went to St. Meinrad for a lay theology degree as training and have stayed as a Benedictine Oblate (a layperson who makes promises, rather than vows, and seeks to live a life of fidelity to prayer, stability of heart, and obedience to the will of God). I have found many things to do around the parish: Eucharistic ministry to the carebound, Respect Life, Singing Praise prayer group, book studies, catechist at Stewart Home School, coordinating various prayer projects.

A Sharing Community

People especially shared their faith and love with me when my house burned in 2018. I was temporarily homeless, without basic needs, with a lot of what I had thought important resting in ashes. But I found what was most important: God's care provided by people who cared, as well as the understanding that goodness does not depend on self-reliance. I stayed with friends. I received much from others' generosity and emotional support until God found me just the right new place to live. That experience continues to form me now.

Recently, God has opened doors for writing: doing Sunday reflections for A Catholic Moment website; writing articles for Crossroads; creating curriculum to study church documents, such as *Evangelium Vitae*; developing curriculum to help people understand end-of-life decisions; training for Eucharistic ministers visiting the sick; even curricula for Bible studies in assisted living facilities. And I am now working again as a therapist at the San Juan Diego Center in Lexington.

Writing this has been good for me. Good Shepherd continues to form me by giving me opportunities to grow as a member of the faith community. God has blessed me much. Thank you, Good Shepherd!

What is YOUR story?

What is your lasting memory of Good Shepherd, whether of the church, the school or the community?

Your marriage? Your school years?

Is it how you were welcomed? Participation in a study group or program?

Is it your volunteer service in a ministry or with an affiliated organization?

Is it the friendships? The feeling you have when you are in church?

***The Good Shepherd Quarterly* wants to share your story with our community.**

We hope *Reflections on Good Shepherd* will become a regular feature.

You can write your reflection and send it to Stephanie Sims at ssims@gssfrankfort.org or to Mike Stone at kmstone1951@gmail.com. Or you can tell it to Mike, and he will write it for you!

Everyone has a story from their heart. Your story may help others. Please consider sharing.

August 2022 Good Shepherd Catholic Church

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|---|---|---|
| | 1 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 2 8:15 Mass 6:00p Spiritual Life Committee | 3 5:30p Mass 6:00p Choir Practice 6:15p Confessions | 4 8:15 Mass 6:00p RCIA (virtual) | 5 8:15 First Friday Adoration 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 6 Collection for St. Vincent de Paul 3:00p Confessions 4:00p Mass 5:00p Back to School Bash 5:00p Singing Praise Prayer Group |
| 7 SVDP collection Masses Donut Sunday | 8 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 9 8:15 Mass 6:30p School Council | 10 5:30p Mass 6:00p Choir Practice 6:15p Confessions | 11 First Day of Classes-- GSCS 8:15 Mass 6:00p RCIA (virtual) | 12 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 13 Youth Life Sign ups 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 14 Youth Life Sign ups Masses | 15 Assumption of the Blessed Virgin Mary 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 16 8:15 Mass | 17 5:30p Mass 6:00p Choir Practice 6:15p Confessions | 18 8:15 Mass 9:30 Finance Council 6:00p RCIA (virtual) | 19 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 20 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 21 Masses | 22 4:45p Rosary 5:30p Word & Communion 6:00p Knights of Columbus 6:00p Faith Formation at Stewart Home School | 23 8:15 Mass | 24 5:30p Mass 6:00p Choir Practice 6:15p Confessions | 25 8:15 Mass 6:00p RCIA (virtual) | 26 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 27 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 28 Masses | 29 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 30 8:15 Mass 6:00p Parish Pastoral Council Meeting | 31 5:30p Mass 6:00p Choir Practice 6:15p Confessions | | | |

Calendar subject to change. See detailed and current calendars at frankfortgoodshepherd.org and gssfrankfort.org

September 2022 Good Shepherd Catholic Church

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|---|--|---|
| | | | | 1 8:15 Mass 6:00p RCIA (virtual) | 2 8:15 First Friday Adoration 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 3 Collection for St. Vincent de Paul 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 4 SVDP collection Masses Donut Sunday | 5 Office & School Closed -- Holiday 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 6 8:15 Mass 6:00p Spiritual Life Committee | 7 5:30p Mass 6:00p Choir Practice 6:15p Confessions | 8 8:15 Mass 6:00p RCIA (virtual) | 9 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 10 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 11 Parish Picnic Masses | 12 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 13 8:15 Mass 6:30p School Council | 14 5:30p Mass 6:00p Choir Practice 6:00p REP 6:15p Confessions 6:30p REP & First Communion Prep | 15 8:15 Mass 9:30 Finance Council 6:00p RCIA (virtual) | 16 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 17 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 18 Masses | 19 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 20 8:15 Mass | 21 5:30p Mass 6:00p Choir Practice 6:00p REP 6:15p Confessions 6:30p REP & First Communion Prep | 22 8:15 Mass 6:00p RCIA (virtual) | 23 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 24 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 25 Masses 10:30 Confirmation Prep | 26 Book Fair 4:45p Rosary 5:30p Word & Communion 6:00p Knights of Columbus 6:00p Faith Formation at Stewart Home School | 27 Book Fair 8:15 Mass 6:00p Parish Pastoral Council Meeting | 28 Book Fair 5:30p Mass 6:00p Choir Practice 6:00p REP 6:15p Confessions 6:30p REP & First Communion Prep | 29 Book Fair 8:15 Mass 6:00p RCIA (virtual) | 30 Book Fair 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | |

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frankfortgoodshepherd.org and gssfrankfort.org*

October 2022 Good Shepherd Catholic Church

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|---|--|---|
| | | | | | | 1 Collection for St. Vincent de Paul 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 2 SVDP collection Masses Donut Sunday | 3 Fall Break 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 4 Fall Break 8:15 Mass 6:00p Spiritual Life Committee | 5 Fall Break 5:30p Mass 6:00p Choir Practice 6:00p REP 6:15p Confessions | 6 Fall Break 8:15 Mass 6:00p RCIA (virtual) | 7 Fall Break 8:15 First Friday Adoration 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 8 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 9 Masses 10:30 Confirmation Prep | 10 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 11 8:15 Mass 6:30p School Council | 12 5:30p Mass 6:00p Choir Practice 6:00p REP 6:15p Confessions 6:30p REP & First Communion Prep | 13 8:15 Mass 6:00p RCIA (virtual) | 14 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 15 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 16 Masses | 17 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | 18 8:15 Mass | 19 5:30p Mass 6:00p Choir Practice 6:00p REP 6:15p Confessions 6:30p REP & First Communion Prep | 20 8:15 Mass 9:30 Finance Council 6:00p RCIA (virtual) | 21 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 22 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 23 Masses 10:30 Confirmation Prep | 24 4:45p Rosary 5:30p Word & Communion 6:00p Knights of Columbus 6:00p Faith Formation at Stewart Home School | 25 8:15 Mass 6:00p Parish Pastoral Council Meeting | 26 5:30p Mass 6:00p Choir Practice 6:00p REP 6:15p Confessions 6:30p REP & First Communion Prep | 27 8:15 Mass 6:00p RCIA (virtual) | 28 11:00 Patriotic Rosary 11:00 Confessions 12:00p Mass | 29 Shamrockin' Saturday 3:00p Confessions 4:00p Mass 5:00p Singing Praise Prayer Group |
| 30 Masses 10:30 Confirmation Prep | 31 4:45p Rosary 5:30p Word & Communion 6:00p Faith Formation at Stewart Home School | | | | | |

Calendar subject to change. See detailed and current calendars at frankfortgoodshepherd.org and gssfrankfort.org



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The Good Shepherd Quarterly is published in January, April, July, and October by Good Shepherd Parish, Frankfort, KY, to further the spirit of unity among the Good Shepherd community. Contributions and suggestions are welcome.

Please e-mail Stephanie Sims, editor, (ssims@gssfrankfort.org).

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