

Welcome to the first issue of "Everyday Living With God." Sometimes we become so busy in life that it is easy to put God on the back burner. In reality, we should try to recognize the presence of God in all that we do each day. Our hope that this newsletter can help us do that. If you think a nonparishioner may be interested in a copy of this paper, please notify Mary at Good Shepherd Parish by phoning the office (715-427-5259) or emailing the person's name/address (or email address) to goodshepherd@newnorth.net. Thank you.



Thank you, Grace Brehm, for sharing this fall photo on facebook. This picture reminds us to be in touch with everything that is a gift of our Maker, including our neighbors, ourselves, and all of creation.

Want to share a short recipe?
Email it to the office!

Baked Apple Crisp

10 c. sliced apples
1 c. white sugar
1 Tbsp. flour
1 tsp. cinnamon
Mix the above together
and place in 9x13" pan,
sprayed with oil.

Make a crumble mixture
using the following:

1 c. quick oats
1 c. flour
1 c. packed brown sugar
1/4 tsp. baking power
1/4 tsp. baking soda
1 stick butter, melted
Sprinkle atop the apples.
Pour about 1/2 c. water
(or less) over the top-
ping.

Bake 350 degrees for
about 45 minutes, or
until lightly browned.
Yum!

Winter, Bah Humbug. Sounds like an old grump writing this, but I simply am not fond of winter. Those who snowmobile, snow shoe and ski, I am certain, feel just the opposite. Other than perhaps making a snowman with the grandkids or watching them sled, I tend to stick in the house most of the winter. I do like to sit and watch the large flakes gently fall, while sipping a hot drink, and having a toasty warm, wood fire. The earth is beautiful when blanketed in white, and I do love those frosty mornings when the trees glisten in beauty. But, as I sit and sip my cocoa or coffee indoors on a snowy morning, I am reminded of the deck that needs shoveling, the driveway blown open, and I wonder how I am able to get to the grocery store for more cocoa or coffee. As a matter of fact, as soon as the leaves turn color and begin to fall, my thoughts turn toward the season of winter. Am I an optimist or what?!

In pondering my life, however, I do see the how fall and winter correlate with my spiritual life. Perhaps it is the same for you.....

Spiritually, we all have ups and downs. There are times we feel fruitful, followed by times of the mundane. We can experience stagnancy, let alone challenges that are tossed our way. Our fruitful times are very similar to the green and beauty of summer, and the colorful leaves of fall. But then we lose our luster. We shed our beauty and we are left stark, exposing our bumps, and scars and knots—all the things we do not want others to see when we are having a bad day. But it is in those moments that we can let down our guard, and stand before God and say, "Here I am Lord, I bare my very soul to you now. Mold me. Change me to your liking."

When we do this, God blankets us with his love and provides us with a new, white coat of armor to ward off all the things that may

have caused brokenness for us in the past.

God finds us beautiful when we are open and honest with Him and with ourselves. When we are rooted in Christ, our tree of life is beautiful and purposeful. We remain strong, and rejoice in knowing that God, Who is pure love, loves us, even with all those bumps and scars we picked up along the way.

Let us embrace the times of dormancy, and while we do, prepare ourselves for a time of growth that will come with the next season of life.
Mary K.

What are you hunting for?

Many have the "itch" to hunt and 'tis the season to prepare for that! Be safe all you hunters, and may it be a successful year for you.

My Dad could not use his hands in his last years. He knew what it felt like to not be able to scratch an itch. Similarly, if Jesus knocks at our door and calls us to do something, that itch (or gnawing) will not go away easily, unless we follow His plan.

Hopefully we all feel the "itch" to go that extra mile for Christ in some way. Ask, "What can I do, Lord? Show me how I can best serve You."

mk



Fall Scents

(Close your eyes and take a whiff of these.)

Raked leaves
Bonfires
Firewood
Baked Apples
Pumpkin pie
Turkey & stuffing
Hot cocoa & apple cider
Balsam Wreaths/Trees

All Saints Day: November 1 +++++All Souls Day: November 2 ++++++

All Saints Day is considered a holy day in the Church. Saints were already recognized and celebrated in the Church as early as the 4th century. Although there are many great saints, and a large list of them which are recognized in the Church, there are also many saints that go Unrecognized—and that includes people like you and me—who strive to follow the commandments to love God and love their neighbor.

Pope Francis at Mass on All Saints Day in 2017, said, "Like stained glass windows, the saints allow the light of God to permeate the darkness of sin in the world. Just as light enters a church through multi-colored windows, the lives of saints shine forth according to their own shade. All the saints have been transparent; they fought to remove the stains and darkness of sin so that the gentle light of God can pass through. This is the purpose of life, even for us today."

It is good for us to read about the saints. Most of us have at least one saint that we can relate to, based on what we are dealing with in our lives. For example, St.. Peregrine is the saint for cancer patients. We pray to St. Anthony if we have lost something special. And, if we have a wayward son or daughter, we pray to St. Monica—who never ceased praying for her son Augustine. It was through Monica's answered prayers that her son became a great saint and she, as well.

What do saints look like? They look like you and like me. Each one of us is called to lead a saintly life. We are all called to holiness in virtue and in times of struggle. November 2 the Church celebrated All Souls Day—separated from All Saints Day by just one day. Perhaps there is a reason for this. Perhaps we recognize that saintliness is achieved in this world, but is truly celebrated in the passing from this life into the heavenly realms, which we celebrate on All Souls Day in the Church.

So, let us keep striving to be saintly each day. It is in practicing holiness in this life, that we can someday celebrate saintliness in the life to come.

All Souls Day is a special day set aside to honor our departed loved ones and remember them in a special way. If the day passed you by this year, take time this week to think back on all the people who have touched your lives in some way since you were young. Parents certainly made a big difference, as do aunts, uncles, cousins, friends, neighbors, classmates and co-workers. We challenge you to sit quietly for a moment and remember each one of these people with a special prayer, i.e., “Aunt Julia, be blessed with the gift of heaven.” Perhaps you can take time to walk through the local cemetery and pray that all who are buried there now share in God’s heavenly kingdom. Those of you who may have saved obituaries or prayer cards from funerals, this is a good time to take a look at them once again.

And, let us not forget about the souls still in purgatory. They especially need our prayers. What great joy that can bring to them. Pray for them daily, for some day we may be there and need the prayers of others too!

Our lives have been shaped by very many people. Among them, some may even have challenged us—testing our patience or pushing us beyond our comfort zones. Consider them blessings as well.

Thank you, God for each person you have brought into my life. Please bless all of them who have died with the reward of heaven. May we some day share again with them in God's glorious Kingdom, where eternal joy reigns forever. Amen.

Getting to Know The Saints

Why not look up a saint each month to read about? Saints struggled just like we do at times, but they teach us how to endure and overcome those struggles. By the guidance of the Holy Spirit, and the intercession of the saints, we can be strengthened on life's journey. Here is a saint for this season:

St. Nicholas—December 6

The tradition of St. Nicholas is not as well-known as it used to be. It involves the tossing of candies into our homes to bring a bright spot to the lives of children. A number of years ago, it was done for the kids in Religious Ed. Kids left their shoes/boots in their classrooms, while they attended a prayer session in church. Magically St. Nicholas had come to the hall and blessed the kids with sweet treats while they were in church.

It is said that St. Nicholas rescued three innocent men who had been falsely accused of robbery and were about to be executed, and that he saved the crew of a ship that had lost its mast in a storm and was about to sink.

The most famous legend tells of a widowed merchant whose business went bankrupt. He and his three unmarried daughters survived by pawning their valuables, one by one. At last there was nothing left to sell and no hope that any man would ask for the hand of a young woman who was a pauper. The father feared that his daughters would be forced to become prostitutes.

St. Nicholas heard about the family's desperate situation, and, so, after dark one evening he walked to the merchant's house and tossed a bag of gold coins through an open window. Now the eldest daughter had enough for a respectable dowry. The next night, he went again to the merchant's house and threw in a second bag of gold for the second daughter. Finally, on the third night, the merchant and his daughters were waiting for him. As the third bag of coins sailed through the window, the grateful family flung open the door and rushed outside to thank their benefactor. The story of the three bags of gold is the origin of giving gifts on St. Nicholas Day (Dec. 6). (Excerpt from simplycatholic.com)

Why not surprise your children or your neighbor's children by tossing some candy into their home that day? Or, send an anonymous donation of food/money for a needy family and say it is from Saint Nicholas? After all, we can all be a "Saint Nicholas," can't we?!



Guardian Angels

"You must have had your Guardian Angel watching over you.." Have we ever had someone say that to us, or have we ever said that to another person? We have probably wondered how many times our angel has intervened for us. Watching over us constantly is quite an important task, and what a blessing that God has given to us through these angels.

I think we all learned the Guardian Angel prayer when we were young. But do we still pray it each day, and have we taught this prayer to youngsters?

When my sister was dying of cancer, and I was unable to be with her, I asked my Guardian Angel to fly to her because I felt she needed them more than I did. Not a smart thing to do, for I found my own life in chaos after that. So I asked God to send me another angel to walk by my side.

Children and grandchildren should all be taught about their Guardian Angels, and the angels that appeared to people in Scripture—such as Gabriel, who visited Mary and proclaimed that she was chosen by God to be the mother of Jesus. Perhaps asking a child to make a snow angel this winter, is a good way to begin explaining the important of angels in our lives. MK



CORNUCOPIA

The cornucopia was empty,
Abiding with other forgotten crafts,
On a dark and dusty closet shelf
Abused and unnoticed by all,
Being worthless, for lack of use.

No one knew it existed,
Lying hidden and out of sight.
Darkness and emptiness were its home
Moving farther and farther from light
As other crafts entered the room.

It's vine once woven masterfully
Lay lifeless and bruised by years of neglect,
Hands searching for beauty in the closet
realms,
Sadly overlooked the Horn of Plenty,
Now empty, of little or no use.

As hope of recovery diminished,
The closet became its prison cell.
It's body darkened by self-made stain,
Silently lay, gathering dust and webs.
It surrendered itself to grave death.

But, lo, a beam of light appeared.
The door ajar, His voice I heard
Calling, "Where, oh where are you,
Lost one that I must find?"
Could it be? Is there hope?
Is it me He seeks?

He finds me, He holds me, He gently smiles,
Forgivingly gazing upon my brokenness,
Knowing well the hope in His skillful hands.
He recalls the beauty I'd once given Him.
Oh, Master, have pity on me.

Perhaps all hope is not lost
As he washes and cleanses me inside and out
Carefully reshaping me to His likeness.

I am sealed with a new shining coat.
I'm refreshed! I'm alive! I AM saved!

He calls me "thing of beauty"
As to His table I am carried and placed.
Life is restored when His food I receive—
The Food of Plenty which fills my soul
As it enters my innermost depths.

Oh Master, Master, You know
My beauty is given by You and now
I am here to serve where I am placed,
That others may taste the fruits I bear
From Your loving and generous hands.

My soul swells with sweetness
Even more as I lovingly serve.
The Master replenishes me with
Fresh, new life,
Pouring forth perfect love upon me,
By restoring me two and three-fold.

In thanksgiving my praise is eternal
For blessings the Master Himself has bestowed.

I am molded into His image and likeness.
Filled is the Cornucopia He crafted,
With a foretaste of Heavenly life. +
(2 Tim. 2:21) MK (1997)



Prayer to Our Guardian Angel

Angel of God,
my guardian dear,
to whom God's love
commits me here.
Ever this day,
be at my side,
to light, to guard,
to rule, and guide.
Amen.

Catholic Trivia

1. Advent lasts how long?
2. Who was born first: Jesus or John the Baptist?
3. Name 3 archangels mentioned in Scripture.
4. Who were God's chosen people in the Old Testament?
5. What is meant by the Paschal Mystery?
6. Jesus is sometimes referred to as the Bridegroom. Who is His Bride?

- Trivia Answers**
1. 4 weeks
 2. John the Baptist
 3. Michael, Gabriel and Raphael
 4. The Israelites
 5. Christ's dying, rising from the dead, ascension, and his coming again.
 6. Jesus is sometimes referred to as the Bridegroom. Who is His Bride?

Feast of Christ the King

The feast of Christ the King is celebrated November 21. This special day is the closing of the liturgical calendar year. This is a good time to ponder on the parousia, the second coming of Christ.

Scripture tells us the full story of redemption: The need for Christ's birth, life, death, resurrection, and coming again. If you are anything like me, we have all great intentions of doing good in the eyes of God (by loving God and neighbor), but oh...it is so easy to fail! That is why we must turn to God daily and ask his forgiveness. It is Christ's mercy that saves us—not our good deeds. But, because of our love for God, we most certainly desire and work to follow in the footsteps of Christ by doing good.

It is amazing how often "love of neighbor" is seen in all the people of this local community. In today's world, it is easy to find the "negative," but to express our concern and love for one another overpowers any negative energy. The more we practice love, the further away from that negativity we become.

In a short paragraph or a few words, let us know what you are doing to show "love of neighbor" during the Advent and Christmas seasons—or any time of the year! Email or phone them in to the parish office. We'd love to put them into print—with or without your names!

Prepare ye the way of the Lord.

The Advent Wreath-A Catholic Tradition

The History of the Advent Wreath: The symbolism of the Advent wreath is beautiful. The wreath is made of various evergreens, signifying continuous life. Even these evergreens have a traditional meaning which can be adapted to our faith: The laurel signifies victory over persecution and suffering; pine, holly, and yew—immortality; and cedar—strength and healing. Holly also has a special Christian symbolism: The prickly leaves remind us of the crown of thorns, and one English legend tells of how the cross was made of holly. The circle of the wreath, which has no beginning or end, symbolizes the eternity of God, the immortality of the soul, and the everlasting life found in Christ. Any pine cones, nuts, or seedpods used to decorate the wreath also symbolize life and resurrection. All together, the wreath of evergreens depicts the immortality of our soul and the new, everlasting life promised to us through Christ, the eternal Word of the Father, who entered our world becoming true man and who was victorious over sin and death through His own passion, death, and resurrection.

—www.catholiceducation.org

How do we prepare for Christ's Coming?

1. Take quiet time in prayer. Jesus always did this. That is where He obtained his strength. Rote prayers, such as the Rosary, Our Father, Hail Mary, etc. are good. But God also wants to hear us speak to him One-on-one as we would to a very dear friend. Thank Him, praise Him, tell Him about your day, your concerns and more. Any time of the day or night, God is ready to hear from us.



2. Read Scripture. If you don't have a Bible, get one! The New American Bible is a good choice. Many begin reading the New Testament—the Gospels which tell the life of Christ. Following those are the epistles (Paul's letters to various towns visited) telling about the spread of the message of salvation after Jesus' resurrection. Consider making your Bible a study Bible by highlighting words or verses that stand out for you. Perhaps write insights in the margins. It is nice to look back on what spoke to us over the years. That Bible can also become a great keepsake for the family. It may encourage others to see how Scripture spoke to us.

3. Repentance. The Sacrament of Confession is a beautiful gift of forgiveness. This will be touched on more in future issues. Haven't gone to Confession in a while? Don't worry, God is just glad any time you turn to Him and express your sorrow. As Jesus says in Scripture, *I tell you, ...there will be more joy in heaven over one sinner who repents than over nine-nine righteous people who have no need of repentance.* (Lk. 15:7)



4. Become a Love Giver. It has been said that there are three kinds of givers: Grudge Givers, Duty Givers and Love Givers.

***Grudge givers** say, "I hate to give." They give with a certain amount of resentment. Grudge givers provide for their own needs first. Although family responsibilities are important, grudge givers look only toward what they desire, and find it taxing to think of giving for the needs of others.

***Duty givers** say, "I ought to give or I should give." They give with a sense of obligation. It is so easy to be an "I should" person: "I should take a meal to a sick neighbor. I should call Uncle Dave to see how he is doing and if he needs help with something. I should make a visit to the nursing home. I should help Mom and Dad paint the living room."

***Love givers** say, "I want to give." They give freely and from a heart motivated by love. Love givers understand that all we have comes from God's generous and loving hands. They follow in the footsteps of Christ as they serve.

How Can We Be Love Givers?

"You can give without loving, but you can't love without giving," has been said many times. Love givers spend time in prayer and praise to God—the Giver of all Goodness. They attend Mass, read Scripture, and share their gifts in ministry, with hearts filled with love.

Love givers also seek to help people in need. Many of us may be doing good deeds and not even pay attention to it! So now, do them as an offering to God. Feel you have nothing to offer? Wrong! We can all pray for each other—and what a special gift that is too!



Here am I, Lord.
I come to do your will.