



The Shepherd's Watch

Summer 2011 • Issue No. 13

Good Shepherd Catholic Church

loving as Christ loves, serving as Christ serves

Celebrating Good Shepherd

The great American philosopher (and baseball player!), Yogi Berra, once said, “When you come to a fork in the road, take it!”

When I began to consider the theme of this article, “Celebrating Good Shepherd,” I soon perceived that I was finding myself at a fork in the road.

On the one hand, I thought that the theme “Celebrating Good Shepherd” could easily lead down a path of narcissistic, navel-gazing self-congratulation.

On the other hand, the very same theme could lead one down a path of deeply-felt sentiments of humility and gratitude.

It is to this second path that I find myself more readily drawn.

“Celebrating Good Shepherd,” to me, first of all, reminds us of who we are as a community of faith. “We are God’s People, the Flock of the Lord,” a well-known hymn and Psalm 100 remind us.

It is a great privilege, first of all, to belong to this Flock with all of God’s People, and it is another great privilege to belong to a parish that bears the name of the Good Shepherd of this Flock.

We are members of this Flock of the Lord, not by virtue of any merit of ours, nor by any special privilege of birth. “It was not you who chose me, but I who chose you,” Jesus told his disciples at his Last Supper (John 15:16). His words are addressed to us in a similar way today.

But once we acknowledge the gift that is given, we understand more and more its great value. Chosen to be members of God’s Flock by virtue of our Baptism, in the same sacrament we were freed from sin, given new birth by water and the Holy Spirit, and we became sons and daughters of God, brothers and sisters of Jesus, and brothers and sisters to one another. We also pass through the gateway to the other sacraments and journey in the hope of eternal life as we follow the voice of the Good Shepherd. As we accept the gift with humility, we grow in gratitude as we appreciate its value more and more.

So ... far from narcissistic, navel-gazing self-congratulation, the theme “Celebrating Good Shepherd” leads us down a path of glorifying God for the gift of his love in calling us to be members of this parish in communion with all who are part of God’s Flock in our diocesan and our universal Church. “Celebrating Good Shepherd” is the theme that encourages us to put into practice the advice of St. Francis de Sales whose teaching includes the wisdom: “Be who you are, and be it well.”

In this spirit, let us be to the best of our ability the people God calls us to be: a multi-cultural, Eucharistic community – literally many parts that form One Body; a multi-generational people formed by the Word of God – proclaimed in Scripture and lived in the Tradition which we received from those who have gone before us and which we in turn hand on to those who come after us; and a multi-gifted community in which each shares time, treasure and talent in a way that gives God glory by offering service, compassion and care to all, but especially to the stranger, the poor person, and the one who is most vulnerable or marginalized in our midst.

If this is what it means to “Celebrate Good Shepherd,” let us come to the fork in the road and choose the path of humility and gratitude for it is indeed a great gift, and we are truly blessed, to be able to say “We are God’s People, the Flock of the Lord!”



Fr. Thomas P. Ferguson

Mona Peglow: Director of Development



Daughter Sarah, Vinnie, Mona and husband Steve

EARLY LIFE My life began in the suburbs of Los Angeles in the early 50's, where my father was working as a designer in the aerospace industry. A tough economy and a growing family led my father to seek employment in Northern California, where we moved when I was three. Pleasanton, in 1958, was a sleepy town of 4,000 – a great town in which to grow up. My family worshipped at St. Augustine Catholic Church where I received First Holy Communion and Confirmation. My recollections of early life faith formation included watching, awestruck, as Sister Elizabeth, in her flowing black habit with her heavy dark wood rosary, walked slowly backward down the aisle as she controlled the flow of parishioners to the communion banister singing with a magnificent voice. I recall the great joy that accompanied early release from school on Thursdays to attend afternoon catechism. This reprieve meant walking past Fiorio's grocery with their fine selection of candy. I fondly remember the feeling of community as my mother and siblings walked every Sunday through town to attend church. Over the years I have come to realize the dedication my parents have demonstrated to each other and their kids during 60 plus years of marriage as a lesson about love.

My education after high school centered around San Jose and Northridge Universities, where I majored in business and finance. Over the course of 30 years, I have worked for a number of large software companies in a variety of roles, from trade compliance / business operations subject matter expert to managing director.

I met my husband, Steven Peglow, in the late 70's and we were married in January 1981 in Livermore,

California. Steve worked for the University of California as a research scientist until 2005, when he took a job in Virginia and we moved to our current home across the street from Good Shepherd.

FAITH FORMATION God breathed new life into me when he blessed me with our son John on December 9, 1986. This wonderful event filled my heart with love and gratitude in new ways. The birth, two years later, of our daughter Sarah sent me to the moon. My son John graduated from Valley Christian High School in 2005, went away briefly to college and then joined the Army. Our daughter is now attending Marymount University and lives with us, which gives us great happiness and comfort.

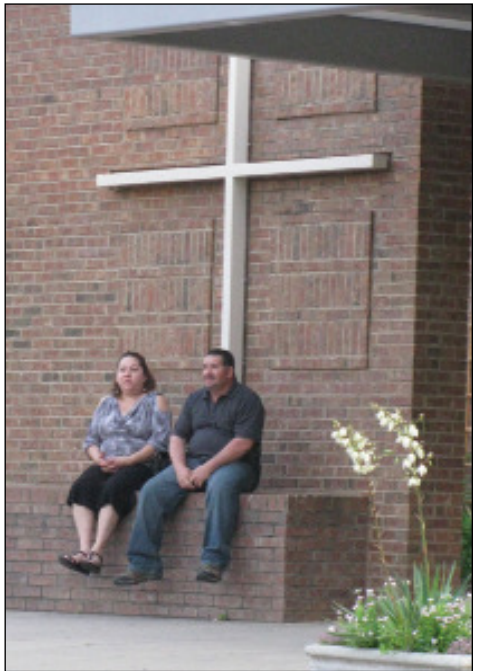
I didn't work during my first year in Virginia. This gave me opportunities to attend daily Mass and join the Ignatian Volunteer Corps. I started volunteering at Good Shepherd in 2006 and was offered an opportunity to work on the Administrative staff, supporting the Parish operations. It was through this involvement that I became aware of the effort and dedication of the staff and volunteers who work hard to support the many ministries of the parish.

LIFE AT GOOD SHEPHERD We are called as Catholic Christians to always grow in our faith as we live our Baptismal call. This means life-long faith formation including the discernment of our God-given gifts.

As your Director of Development, the contribution I would like to make is to support you on your journey in developing stewardship as a way of life. This is a spiritual process – one that grows our relationship with God. Stewardship is about the conversion of the heart. We are so blessed to receive God's graces through our resources of time, talent and treasure and are called to give in the same measure we have received.

My efforts are focused on continuing the work of our founding members and all those who have followed to develop new programs and maintain existing ones that will help grow our volunteer corps. Another area addresses the development of programs to support a successful Building Our Future capital campaign and Offertory Renewal Program. It is my hope that by supporting you in supporting our parish we will continue to grow our ministries thereby growing in faith. I am excited to be working with the Stewardship and Communication Committees, the Finance and Pastoral Councils, our pastor and staff in these efforts.

Call of the Wall



Good Shepherd Going Green!

For the human family, this home is the earth, the environment that God the Creator has given us to inhabit with creativity and responsibility. We need to care for the environment; it has been entrusted to men and women to be protected and cultivated with responsible freedom.

Pope Benedict XVI



Carol Kennedy digs in

“It all started,” said Carol Kennedy, “with the Audubon Society pointing out that our song bird population was decreasing – mainly due to habitat destruction and loss. Coupling that information with the contents of Jean Rausch’s wonderful article, *Caring for God’s Creation: A Principle of Catholic Social Teaching*, published in the Summer 2010 issue of *Shepherd’s Watch*, I realized that our local

ecological system was endangered. Much of our flora was not conducive to healthy bird and insect life. Our suburban plantings, although looking green, are actually deserts as far as providing our birds, bees and butterflies with the essentials needed for life. Additionally, in our open fields and parks, invasive plants, which cannot be utilized by our native creatures, are supplanting many native plants. To balance this trend, we would be wise to plant bushes, trees and flowers that provide the best native environment for songbirds, butterflies, and bees in our local Chesapeake watershed region. Each region of the country has different ecological systems.”

Carol obtained the necessary approval from the Facilities Committee for the garden to be planted in the front of the church and along the entrance walkway. She teamed up with Lynn Thompson who became interested in native plants after reading an article on non-native invasive plants by Adrian Higgins in the Washington Post. Together they started researching native plants of the Chesapeake Bay watershed area.

RESEARCH Bringing this project to fruition was a learning journey that we hope will continue to spread throughout the parish. The group began with books as their first resources, such as *Native Plants of the South* by Sally Wacorski, Lanham, MD: Taylor Trade Publishing and the

U.S. Fish & Wildlife Service’s *Native Plants for Wildlife Habitat and Conservation Landscaping* available at www.nps.gov/plants/pubs/chesapeake. The Virginia Native Plant Society was also of great assistance in identifying some appropriate types of trees and plants. Their website is www.vnps.org. The local Potowmack Chapter meets at Green Spring Gardens.

For the specific planning and selecting of the best plants, project consultant, Nancy Christmus, was invaluable. She first tested the soil and then provided a list of recommended plants and trees and sketches of their best placement. Her enthusiasm and eagerness to share her knowledge and experiences made the project’s journey



New plants take root

exciting. Nancy can be reached through her website: www.nativescapes.net.

ACQUIRING NATIVE PLANTS At this point Nan Hall, Sara Powell, Shawn Aker and Larry Dohm, Good Shepherd's Facilities Coordinator, joined forces with Carol and Lynn to make the garden a reality. It was decided to leave three of the original major bushes, two camellias and the daphne. They are not natives but they are not invasive species. Everything else was removed with lots of help from "shovel man", Larry Dohm. Finding all the plants was not an easy task. Shawn Aker generously shared some plants from the native plant garden she maintains at Hollin Meadow's elementary school.



Larry checks plants and trellises

Most local nurseries carry very little native plant stock. Nature by Design on Calvert Ave in Alexandria is our only local garden center that specializes in native plants. However, every spring there are several native plant sales in the area. All possible venues

were visited by at least one member of the team in order to gather all the plants

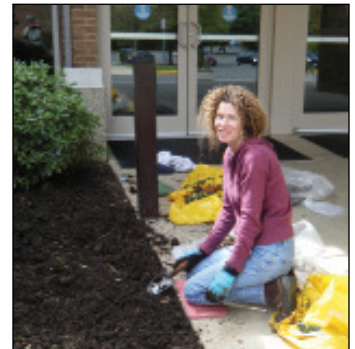
PLANTING When the plants had been gathered and the soil prepared, the digging and planting phases began. All

was accomplished and the plants are in place for the birds, bees, butterflies and all of us to enjoy. Keep in mind that when you plant perennials "the first year they sleep, the second year they creep, and the third year they leap".

FUTURE PLANS Each plant will have a sign in front of it with its name for everyone to see. There will also be a resource manual in the office that will provide information for other nature lovers to use to begin creating their own native gardens. It is hoped that this project will spur interest on the part of other parishioners. Perhaps some parishioners would be interested in forming a group to share knowledge, trade ideas and spread the word on how important it is to encourage supporting the best ecological system for our area. We can develop, even expand our creativity and leave beauty in our surroundings as our legacy.



Lynn Thompson



Sarah Powell



Special Olympics Athlete Elizabeth Klein: World Summer Games in Athens

by Barbara Michale

It is rare to see Elizabeth Klein without her signature smile. One photograph captured her smiling even as she swims. The photo was posted for a time on the Special Olympics web home page, featuring her as a competitor in the 13th Special Olympics World Summer Games in Athens, Greece, this summer. The only swimmer and youngest Olympian from Virginia, she qualified to swim three events – 50 and 100 meters freestyle and a 4X50 relay.

Elizabeth Anticipates Greece. When a group of friends gathered to celebrate her Sweet 16 birthday in early June, Elizabeth, a rising sophomore and A/B honor



roll student at Edison High School, was – of course – smiling. Happily, she showed off her official Special Olympics Team USA bag and clothing. Elizabeth said that when she boards the plane for Greece with Team Virginia she will also take a supply of pins to trade with her fellow athletes and a scrapbook she is working on. It will be her second time traveling alone. In April she flew to San Diego for a 4-day intensive training program with World Games Coach Apryle Nickson from Orlando, Fla. “I was a little bit homesick in the beginning but then I had a great time,” said Elizabeth. “I made a lot of new friends like Maria and Zach and I want to see them again in Greece. I am excited about meeting people from all over the world and trading pins with them.”



Team USA uniform



Photos: (top) Elizabeth shows off her official swimsuit. (bottom) Elizabeth with Bishop Loverde at her Confirmation.

Elizabeth is one of 7,000 athletes from more than 180 countries around the world, 3,000 coaches and officials, 25,000 volunteers, 40,000 family members, and thousands of spectators to participate in this event. Among family members traveling to cheer her on during the games are her mom, Brigid; her dad, Phil; her 12-year-old sister Emma; her aunt Mia Montpas; and grandparents Fred and Maria Klein and Susan Wrubeland.

Elizabeth and Good Shepherd. The Kleins joined Good Shepherd in 1994. Elizabeth received First Communion and was confirmed here. She has been an altar server for two years, usually paired with Emma and close family friend Kelsey Shaw. Elizabeth is also an active volunteer with her family, delivering groceries to UCM, bringing milk to a community shelter, and serving food at Christ House.

A Swimmer’s Journey. A year ago the Kleins learned that their daughter had qualified for the World Games. “Brigid and I were shocked and surprised because of the odds of such a distinction,” said Phil. “Of course we are excited, and we are also honored and so proud of her,” he said.

Elizabeth has been swimming since she was five when she was enrolled in a program at the Audrey Moore REC Center. Swimming technique didn’t come easy; she worked very hard to get where she is today, said Phil, who credits Elizabeth’s long time coach John Cruden with building her confidence and with much of her success. As her technique improved she would often feel bad about beating her friends in races and would slow down because she did not to hurt their feelings. “We had to explain to her that it was okay for her to win and still be friends,” said Phil.

Elizabeth’s most recent accomplishment was learning to swim off the block. She has been swimming at least three days a week to prepare for the World Games. A Special Olympics athlete for five years, Elizabeth has also been on the local Riverside Gardens Tennis and Swim Club Tsunami team for the past two years.

Now a strong competitor, Elizabeth smiled broadly when she said she wanted “to win the gold” in Athens, to which her proud father added, “You haven’t seen her swim. She is pretty fast. I think she has a good chance!”



Klein family: Elizabeth, Brigid, Emma, and Phil

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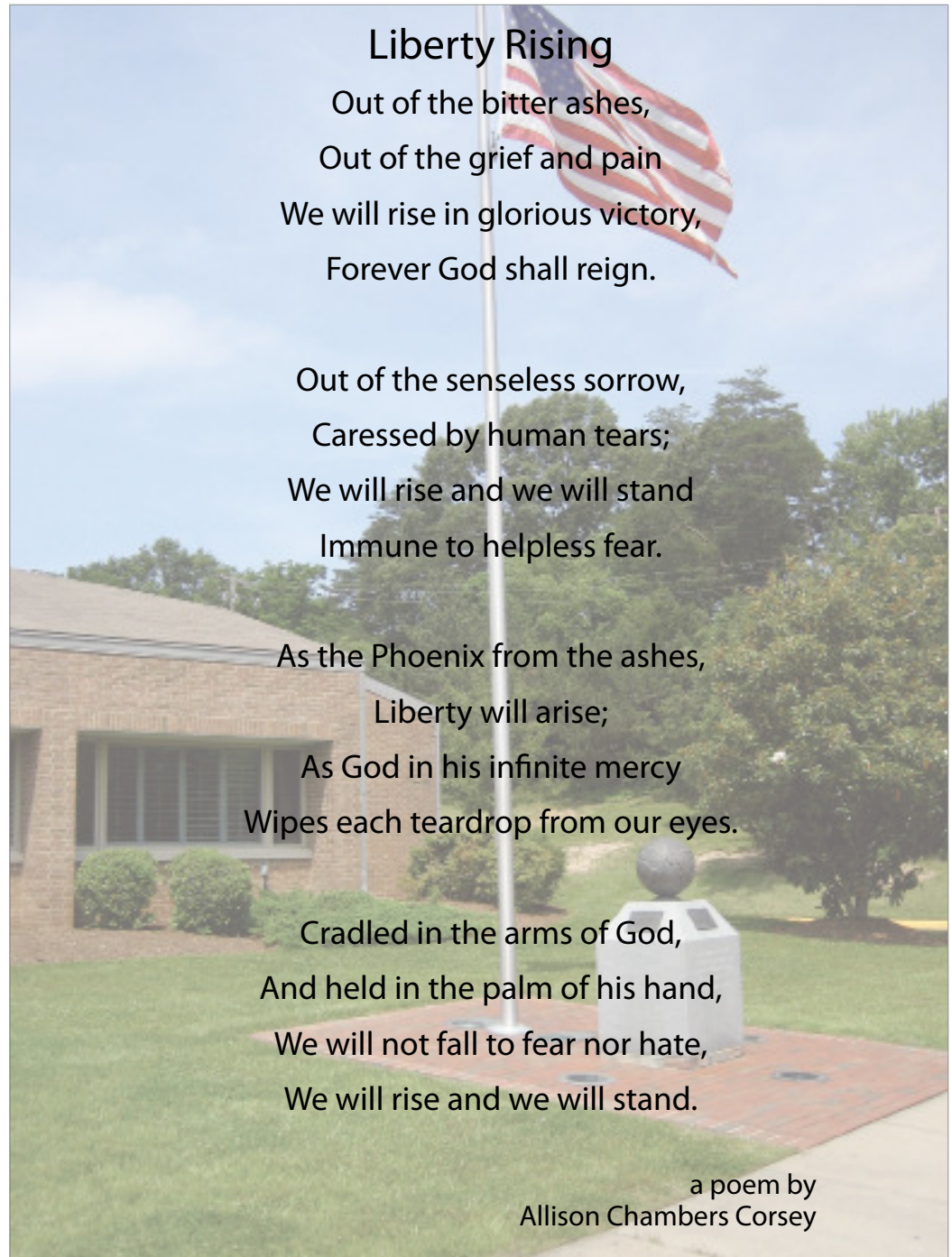
End Note: *At the Special Olympic Games, Elizabeth placed fourth in both the 50 and 100 meters freestyle and eighth in the 4X50 relay. But, says Brigid, “This amazing opportunity and experience of a lifetime for Elizabeth was absolutely golden!” Good Shepherd is proud of you, Elizabeth!*

911 Memorial: Good Shepherd Remembers

In Memory
of the Victims,
Survivors, and
Rescue Workers
of the
Tragic Event on

September 11,
2001

Steven "Jake"
Jacoby
Gary Smith
...and for all
those who lost
a loved one



September 11, 2001 – the day America’s heart stood still. Terrorism had been catapulted into our lives. We watched our TVs and cringed as two planes slammed into the twin towers of the World Trade Center in New York City. Unbelievably, we cried as a third plane crashed into the Pentagon in Washington DC while a fourth plane, commandeered from terrorists by loyal Americans, dove into the ground in a field in Pennsylvania, aborting a second terrorist attack on the nation’s capital.

Thousands of people died in their workplaces. Various media outlets enabled us to witness the bravery of rescue teams, the flight of people in fear, the eventual toppling of the towers, and the search in subsequent days for missing loved ones. It was a day that changed the lives of people in America and throughout the world. Now the tenth anniversary of that day approaches, and the parishioners at Good Shepherd can point with pride to the memorial we erected to honor those most affected.

It took committed Good Shepherd parishioners months of work to complete and dedicate the memorial. The Parish Council, chaired at that time by Mike Evans, commissioned the memorial. The Facilities Committee chair, Jerry Mastal (now deceased), coordinated the design, construction, and installation. Don Cannavero, our parish artist at the time, designed the concept. Kevin Adkins sculpted the globe in clay and designed the four plaques. The firm of Johnson Atelier was commissioned to cast the globe in bronze. Lou Genuario (now deceased) had his firm, Genuario Construction, install the concrete and the ground lights.

Each of the four plaques contains one stanza of “Liberty Rising” a poem by Allison Chambers Corsey.



Kevin Adkins with 911 memorial

Our memorial was dedicated on the Third Sunday of Easter, May 4, 2003. At the dedication ceremony, Tamara and Isabelle Alcalde sang “God bless America,” while the parish Girl Scouts and Boy Scouts conducted the flag ceremony. It was a proud and poignant day for Good Shepherd. Our memorial is an ongoing testament to our love and respect for those who died that September day and those who faced death themselves in attempts to save them.



Jerry Mastal



Kevin Adkins



Lou Genuario

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