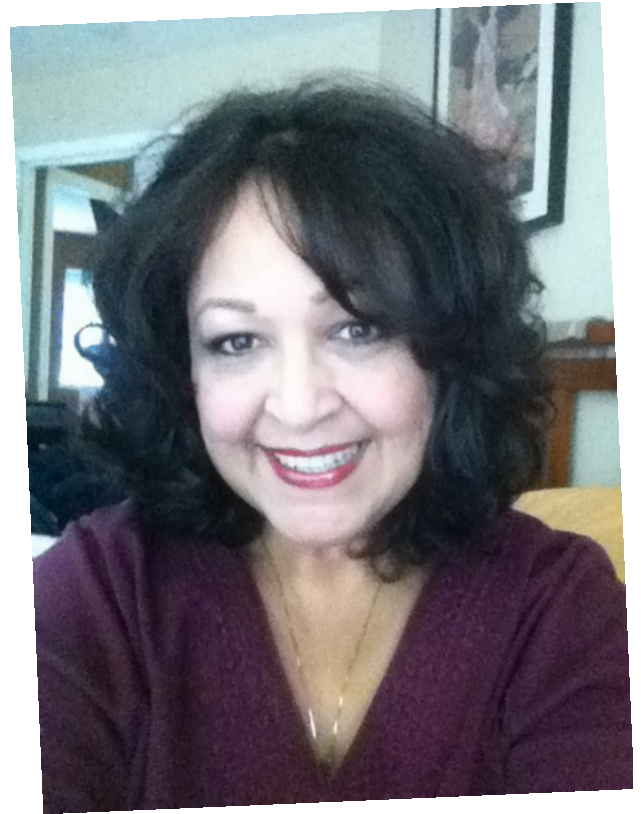


Meet Sheila Perez, although many of you may have had the honor already, either through the Music Ministry, Faith Formation for high school students, the Liturgy committee or the Church renovation project team. Sheila says "yes" to so many opportunities to serve and share, and hopes the parish will embrace the church renovation project.



PSNS was fortunate to "inherit" Sheila from Mare Island Naval Shipyard upon its closing. But Holy Trinity was blessed with a new Parishioner and a voice for the choir. She has been with us long enough to acquire the web feet of a northwesterner, and is intent on staying in her adopted location.

Was it unfair to ask Sheila about her favorites? Maybe. But she said that singing in the choir must rank #1, but team teaching with her husband, Rob, for the Wednesday High School group runs a very close second. It was Rob's idea about 6 years ago to work with high school youth to foster their faith and let it grow. Rob and Sheila enjoy grounding high school students in their faith while preparing them for Confirmation. Sheila urges her pupils to "own" their faith—to plug in rather than phone it in. Sheila finds that parents are key to tilting the balance towards owning their faith. She credits Lois Mays, our youth director, with choosing study materials that engage the students and their world. Sheila was particularly touched to serve as a confirmation sponsor for one of her students.

But the choir makes Sheila sing—really. She notes that the choir adds so much to the Holy Trinity Liturgy. It is a life-long love for Sheila, starting back in Vallejo as a teen choir master and singing in her family choir with her brothers accompanying on guitar. Sing on, Sheila, sing on.