

# SENIOR PRIEST CONNECTION

Winter 2022

## TOP 10 CONCERNS THAT SENIORS FACE

As we get older, we hope that our lives will become easier. We anticipate retirement as the time in our lives when we can finally relax. While the golden years can be some of the best years of our life, there are always concerns. Senior citizens have challenges to overcome that are universal to all ages as well as some issues that are specific to their age group.

The top ten concerns facing senior citizens today include:

**ONE: Health Care Costs** – The older we get, the more healthcare we need. It is important to get screenings for disease and natural aging conditions to catch any health issues in their beginning stages.



While doctor visits multiply, medical costs are rising, which can impact one's retirement budget. Make sure you have signed up for Medical and Medicare; these programs are there to help make the cost of health care a little more bearable.

**TWO: Disease** – Alzheimer's, dementia, cataracts, macular degeneration and osteoporosis – these health issues and more threaten a person's day-to-day functioning capabilities. We all know that health issues progress with age. It is important to learn more about coping with health issues before they happen in order to prepare mentally. Make sure

to discuss with your doctor any issues you may have noticed since your last visit. Make sure someone is keeping records of your doctor visits, along with what the doctor has to say, any changes or additions to medications, and any tests they may require and the outcome. You expect your doctor to know your history but often times they do not, and things can be missed. You, or a family member need to be your own health care advocate to ensure your health records are accurate.

**THREE: Physical Aging** – Aging means that we cannot move as



### FOG

*The fog comes  
on little cat feet.*

*It sits looking  
over harbor and city  
on silent haunches  
and then moves on.*

Carl Sandburg

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## SEMINARY RECTORS

Archbishop Listecky recently announced that Fr. Luke Strand would become the 20th rector of Saint Francis de Sales Seminary. Here is a list of the first seminary rectors. Can you match the names with the pictures?

### RECTORS OF THE SEMINARY



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\_\_\_\_\_ Aloysius Muench

\_\_\_\_\_ August Zeininger

\_\_\_\_\_ Joseph Salzmann

\_\_\_\_\_ Francis Haas

\_\_\_\_\_ Joseph Rainer

\_\_\_\_\_ Kilian Flasch

\_\_\_\_\_ Augustine Breig

\_\_\_\_\_ Michael Heiss

\_\_\_\_\_ Albert Meyer

\_\_\_\_\_ Christopher Wapelhorst

► Answers on Page 5.

## BURIAL INSTRUCTIONS

The Chancery Office would like to have your most recent funeral/burial/emergency contact directives on file. For this reason, we ask that you please complete the instruction form at the end of this newsletter and return it to the Chancery Office at your earliest convenience.

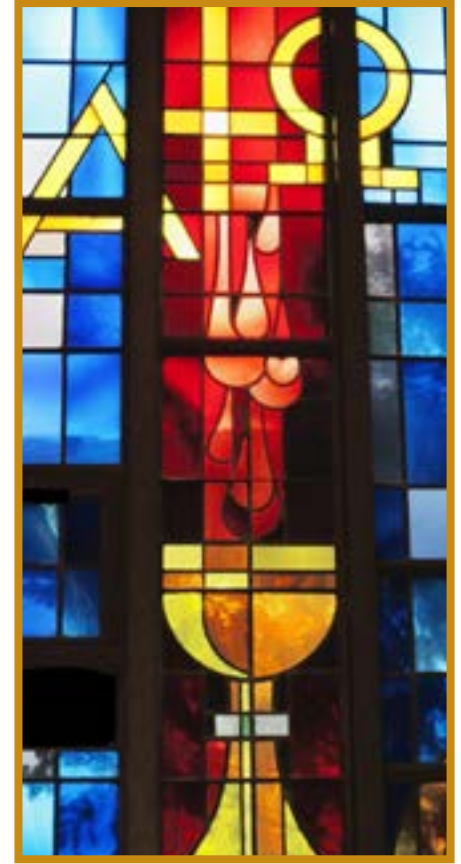


We ask also that you indicate an emergency contact person(s) on the form. (If you recently updated your instructions, and nothing has changed since your last submittal, you may ignore this request!) It is the intention and desire of Archbishop ListECKI to celebrate the funeral mass for deceased priests. Likewise, he would like to offer the final commendations at the funeral of a priest's parent. Therefore, it would be helpful if the Chancery Office is notified as soon as possible after the death so that the archbishop's schedule can be considered when making funeral arrangements. If arrangements are finalized prior to this contact, it is not always possible to adjust the archbishop's calendar. In some instances, even when immediate contact is made, neither bishop will be available. They will, however, send a representative, often an Auxiliary Bishop, the Vicar for Clergy or the Dean of the deceased's respective district. The Chancery Office also tries to be of assistance to family and friends of a priest when he dies. As part of this newsletter, we have included a question and answer sheet that priests may want to share with family and friends for their information and guidance. It is drawn from the questions most often raised at the time of death and funeral planning. We hope it is useful to you and your family and friends.



### PAPAL TWITTER FEED

*Although the life of a person is a land full of thorns and weeds, there is always a space in which the good seed can grow. You have to trust God.*



### CONNECT WITH THE SENIOR PRIESTS OFFICE

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## SENIOR PRIEST 2022 CALENDAR

### CONCELEBRATION OF THE LORD'S SUPPER

This annual event is hosted by parishioners of the Cathedral of St. John the Evangelist on Holy Thursday, April 14, 2022 with a reception at 5 p.m. followed by dinner and then Mass at 7 p.m.



Register by contacting Nancy Kerns at 414-769-3594 or [kernsn@archmil.org](mailto:kernsn@archmil.org)  
Please register no later than April 4, 2022.

### SPRING ASSEMBLY

The annual Spring Assembly of Priests will take place at The Abbey Resort in Fontana. It



*The Abbey in Fontana*

starts with lunch on Monday, May 2, 2022, and ends late morning on Wednesday, May 4, 2022, without lunch. Senior priests may finance the fee and hotel costs by using their continuing education funds or requesting a grant from the Vicar for Senior Priests. Register by contacting Nancy Kerns at 414-769-3594 or [kernsn@archmil.org](mailto:kernsn@archmil.org) **Please register no later than April 1, 2022.**

**B**orn in Sienna May 29, 1439, Francesco Todeschini was the son of a sister of Pope Pius II. He had passed his boyhood in destitute circumstances when his uncle took him into his household, bestowed upon him his family name and arms, and superintended his training and education. He studied law in Perugia and immediately after receiving the doctorate as canonist was appointed by his uncle Archbishop of Sienna. On March 5, 1460, he also became a deacon-cardinal. The following month he was sent as legate to Ancona, with the experienced Bishop of Marisco as his counsellor. "The only thing objectionable about him," says Voigt (Enea Silvio, III, 531), "was his youth; for in the administration of his legation and in his later conduct at the curia he proved to be a man of spotless character and many-sided capacity." He was later sent by Pope Paul II as legate to Germany, where he acquitted himself with eminent success, the knowledge of German that he had acquired in his uncle's house being of great advantage to him. During the worldly reigns



**Pope Pius III**

**Born: May 1439**

**Elected Pope:  
September 1503**

**Died: October  
1503**

of the next two popes he kept away from Rome as much as possible. Sigismondo de Conti, who knew him well, tells us that "he left no moment unoccupied; his time for study was before daybreak; he spent his mornings in prayer and his midday hours in giving audiences, to which the humblest had easy access. He was so temperate in food and drink that he only allowed himself an evening meal every other day." After the death of Pope Alexander VI, the great majority of cardinals cast their votes for Todeschini, duly elected on September 22, 1503. Though only sixty-four, he was, like his uncle, tortured with gout and prematurely old. He took the name of Pius III in honor of his uncle, Pope Pius II. He was crowned after receiving priestly and episcopal orders. The strain of the long ceremony was so great that the pope sank under it. He died on October 18, 1503, after a pontificate of four weeks. He was buried in St. Peter's, but his remains were later transferred to S. Andrea della Valle where he rests by the side of his uncle Pope Pius II.

► **Continued from Page 1.**

quickly as we used to. Our eyes don't see as clearly and our bones weaken. Nutrition and exercise become all the more important as we age. Even a walk to the end of the block and back gets you exercise and Vitamin D. It is important to get out every day and get fresh air and sunshine.

**FOUR: Physical Assistance** – Getting groceries, going to doctor's visits, even small tasks such as cleaning the house become more difficult as we get older and we may need to have daily assistance or a homecare provider. Finding good help can be a challenge. There are many wonderful In-Home Care companies that offer services to help you get to doctor's appointments and other errands, light housekeeping and meal preparation, as well as assistance with all activities of daily living that are needed.

**FIVE: Financial Security** – The rising cost of living while on a fixed income poses new financial restrictions. We may not be able to afford the same comforts of life that we used to. A financial advisor can assist you in how to fund long-term care expenses while maintaining your financial assets.

**SIX: Loneliness** – Getting older means that our friends are aging as well. It is common for seniors to lose their friends to Alzheimer's disease or even death. Spending time with remaining friends and family members becomes all the more important. There are wonderful Adult Day Care Programs and Senior Centers to keep yourself active and allow you to keep up with old friends, and even make new ones! A pet can be wonderful for daily companionship as well.

**SEVEN: Financial Predators** – Sadly, it is a fact that there are unscrupulous people looking to prey on senior citizens. They will try to sell unnecessary goods or services to those they see as vulnerable. Share your financial decisions with someone you trust. Do not give out any personal information over the phone if you do not know the person. A bank, the IRS, and

other reputable companies will not call you and ask for your personal information. If someone does ask, this is a sign they may be trying to scam you! The FBI has wonderful information on what to look for in a scam artist.

**EIGHT: Abuse or Neglect** – Nursing homes and assisted living facilities struggle with under-staffing issues, which can lead to abuse or neglect of the residents. Be sure to find a place to live that comes highly recommended by people you trust. If you ever feel your loved one is being abused or neglected, contact the County District Attorney's Office and they will help you.

**NINE: Transportation** – Our reflexes can slow as we age and our eyes can become less clear. This may lead us to give up driving for our safety and the safety of others. Thankfully, transportation is available specifically for those who need it, including seniors.

**TEN: Changing social climate** – Adjusting to technological changes is probably the largest social hurdle we can face as senior citizens. See your local library for free classes on using computers. Perhaps you can garner assistance from a niece or even a great nephew. A computer class is a great place to meet new people and learn how to keep up with today's technology.

*From: A Senior Connection that can be reached on line at [www.aseniorconnection.com](http://www.aseniorconnection.com)*

► **Answers from Page 2.**

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|------------------------|------------------------------|
| __8__ Aloysius Muench  | __4__ Kilian Flasch          |
| __5__ August Zeininger | __7__ Augustine Breig        |
| __2__ Joseph Salzmann  | __1__ Michael Heiss          |
| __9__ Francis Haas     | __10__ Albert Meyer          |
| __6__ Joseph Rainer    | __3__ Christopher Wapelhorst |

## HARNESSING THE POWER-OF-PURPOSE



**Richard P.  
Johnson, PhD**

Living optimally in the Lord calls you to...

1. Focus energy onto your body to keep it in good running condition.
2. Feed your mind with stimulating thought, insight, reflection and curiosity.
3. Organize your life in ways that place your mind, heart and soul in service of God's call.

### ***What is Your Life Purpose Now?***

When you embrace a goal, a dream, a life cause or what we call "life purpose" you automatically generate new inner power and new energy. And if that new purpose is helping others, then you open your soul to new grace.

This new purpose moves you beyond yourself and gives you a new sense of mission, a new reason for being and a new cause for living. This personal quest unleashes your inner spiritual strengths, synthesizes your energies and gives rise to a renewed sense of well-being in all arenas of your life.

Living optimally requires that you engage proactively in the great life adventure of expressing the uniqueness that God has invested in you. This life adventure enlists every part of you... body, mind and spirit. Living

***Jesus said, "I make all things new."***

- God's purpose makes you new.
- God's purpose gets you up in the morning.
- God's purpose elevates your mood.
- God's purpose brings out the true you.
- God's purpose animates your thinking.
- God's purpose sharpens your memory.
- God's purpose gives you clarity of insight and outlook.
- God's purpose grants you increased self-confidence.
- God's purpose offers you new freedom of action.
- God's purpose enhances your overall well-being.
- God's purpose gets your vital "juices" flowing again.

Maturing adults, no less than younger ones, who are living "on-purpose" know where they are going and can answer the big questions of their life, such as "*What is God's call for me now?*" They have personally formulated life goals. They have dreams that provide "glue" for their lives. They invest in life change and spiritual growth as their lifestyle circumstances evolve over time. High personal purpose fires your imagination and leads you closer to taking on positive challenges in your life. Have you harnessed your Power-of-Purpose?

**Blessings always,  
Richard P. Johnson, PhD**

## ON WHAT DOES MY LIFE DEPEND?

Lent is a 40-day season of prayer, fasting and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture, we serve by giving alms, and we practice self-control through fasting.

But how did *fasting* become such an important means of preparing for the Eucharist and of learning virtue through self-discipline? Christian fasting is revealed in an interdependence between two events in the Bible: the "breaking of the fast" by Adam and Eve, and the "keeping of the fast" by Christ at the beginning of his ministry.

Humanity's "fall" away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil (Gen. 2:17), and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. Food perpetuates life in this physical world, which is subject to decay and death. But God "created no death" (Wis. 1:13) Humanity, in Adam and Eve, rejected a life dependent on God alone for one that was dependent rather on "bread alone" (Dt. 8:3; Mt. 4:4; Lk. 4:4) The whole world was given to man as a kind of food, as a means to life, but "life" is meant as communion with God, not as food. "Their god is their belly." (Phil. 3:19). The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, "apart" from God and to be independent of him. believing that food had life in itself and thus he could be "like God." And he put his faith in food. This kind of existence seems to be built on the principle that man does indeed live "by bread alone."

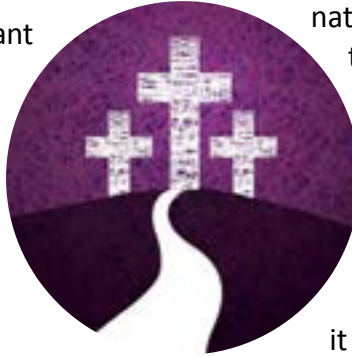
Christ, however, is the new Adam. At the beginning of his ministry in the Gospel of Matthew, we read, "When he had fasted 40 days and 40 nights, he became hungry." Hunger is that state in which we realize our dependence on something else—when we face the ultimate question: "on what does my life depend?" Satan tempted both

Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food, that your life is in food. Adam believed and ate. Christ said, "Man does NOT live by bread alone" (Mt. 4:4; Lk. 4:4). This liberates us from total dependence on food, on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

Christian tradition can name at least seven reasons for fasting:

1. From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast.
2. For the Christian, fasting is ultimately about fasting from sin.
3. Fasting reveals our dependence on God and not the resources of this world.
4. Fasting is an ancient way of preparing for the Eucharist—the truest of foods.
5. Fasting is preparation for baptism (and all the sacraments)—for the reception of grace.
6. Fasting is a means of saving resources to give to the poor.
7. Fasting is a means of self-discipline, chastity and the restraining of the appetites.

*This article draws in part on the writings of Alexander Schmemmann, "Notes in Liturgical Theology," St. Vladimir's Seminary Quarterly, Vol. 3, No. 1, Winter 1959, pp. 2-9. Rev. Daniel Merz is a former Associate Director of the USCCB Divine Worship office.*



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