



# The Cincture

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## FROM THE VICAR FOR CLERGY



Fr. Jerry Herda

There is light at the end of the tunnel! The State of Wisconsin is now allowing all Spiritual Care Providers to be vaccinated. All clergy, priests and deacons, as well as parish directors and other staff members such as Pastoral Associates, Directors of Faith Formation, Directors of Liturgy and/or Music, others that provide Spiritual Care in some capacity are eligible to receive the COVID-19 vaccination. If you have not yet received your shots, please schedule an appointment.

The priest placement process is continuing to move forward with the hopes of being able to announce the new assignments by mid to late April. Thank you to Rick Tank and the Priest Placement Board for the many hours of work to make this process work.

The parish and school planning process is also continuing to progress, the task force led by Rich Harter has reviewed each of the deaneries and developed recommendations.

These recommendations have been presented to the Vicars, the Deans and the Priest Council reps for discussion regarding their corresponding Vicariate. The recommendations still needs to be presented to the Archbishop for his approval. There has been some implementation that is already taking place, such as the process of merging the Holyland cluster parishes into one parish, and the discussions of merging the Kenosha school systems.



***“Though the mountains fall away  
and the hills be shaken, My love  
shall never fall away from you nor  
my covenant of peace be shaken, say  
the Lord, who has mercy on you.”***

— Isaiah 54:10

Finally, I hope you have been taking care of yourself. It is important to care for yourself physically, mentally and spiritually. Make sure you are praying each day, taking your day off, getting some exercise and eating well.

If you are in need of a spiritual director, a coach/mentor or even a psychologist please let me know. I have a list for each of these and I can recommend someone with whom you can connect. I keep you in my prayers and I ask God to continue to bless your ministry.

***Sincerely in Christ,  
Fr. Jerry Herda***

## INTRODUCING OUR NEW ASSOCIATE DIRECTOR OF PASTORAL FORMATION



Maritza Espino

### Getting to know Maritza...

My formal name is Maria Isabel Espino, but I prefer to go by Maritza. I have been happily married for 20 years, and I am proud

to be a mother of a pre-teenager and a young adult.

I am a former graduate from Saint Francis de Sales Seminary Certificate Division for Lay Ministry Formation. This four-year formation was and still is life changing for all of us! The Intellectual, Human, Pastoral, and

Spiritual Formation led me to a deep personal transformation. In fact, I decided to go for a MALM (Master of Arts in Lay Ministry) at Cardinal Stritch University. I am convinced that all of this was guided by the Holy Spirit; now I am able to recognize the fruits of all the hard work, but most importantly, my vocation to serve God's people as a lay woman.

In my 19 years of experience in ecclesial ministry, the pastoral dimension of ecclesial ministry is one of my favorites, and I can't wait to lead and work with the Diaconate Aspirants and Candidates in this capacity. Part of my experience

as a Pastoral Associate includes serving and coordinating a food pantry that served around 80 families; served and prepared meals for 150 homeless people through St. Vincent de Paul Society, and accompanied parishioners who were homebound and also took communion to them. I served as a volunteer in a Domestic Violence Shelter for a few years.

My hope is to be able to share my pastoral experience helping to transform the hearts of those being formed to minister to God's people as Deacons along with their spouses if married.

## HUMAN RESOURCES REVIEW



Casey Clapper

Dear Pastors and Parish Directors,

I am back again with another call for parishes and schools willing to undergo our Human Resources Review process! As you may

remember, the Archdiocesan Parish and School Human Resources department has been conducting HR Reviews of our parishes and schools. These reviews are intended to assist your organization by ensuring compliance with applicable state and federal law and by suggesting simple and effective ways to manage common HR issues. The intention is to conduct a review with every parish and school in the diocese.

During these COVID-19 times, it is more important than ever to be sure that the procedures that you have put in place maximizes your efforts and minimizes costs and disorganization. The HR Review has been successful in

the past in assisting parishes and schools to make the most of their HR functions. Now, to make things both safer and more convenient, the HR Review process has moved virtual.

The virtual HR Review employs the use of Zoom to facilitate communication between your administrator and myself during review. We will prepare documents in advance to be shared online and make use of the screen-sharing feature to discuss and examine helpful tools that we have available from our office. **The review itself is about a 2-hour commitment.**

**I am always on the lookout for more parishes and schools willing to undergo the process.** I understand that many priests have expressed that Human Resources is one of the more challenging areas of ministry. One of the best-kept secrets in the HR field is that having a strong base of policies and procedures in place will save you an incredible amount of time and stress

when a tough issue pops up. What a better time than now to strengthen that base?

Our process is designed for parishes and schools on all ends of the spectrum, from the HR experts to the beginners. No matter your comfort level with these areas, we can suggest straightforward and simple ways to make small improvements that can make a big difference over time. We have templates, guides, instructions, and Spark Notes that will allow you to save time and improve your knowledge of HR.

Please reach out to me, Casey Clapper, Human Resources Coordinator for Parish and School HR, for more information and/or to schedule a review. I promise to make the process painless, quick, and simple. You or a member of your staff can reach me at (414) 769-3371 or [clapperc@archmil.org](mailto:clapperc@archmil.org).

We hope to hear from you very soon!

## AWARENESS, RESPONSE AND INTERVENTION



Stephanie Delmore

As I continue in my role in Employee Support for Parishes and Schools, there are two areas where I am working to provide training and support: critical incident response and suicide awareness and intervention.

A critical (or traumatic) incident is any event outside the usual realm human experience that is markedly distressing (e.g. evokes reactions of intense fear, helplessness, horror, etc.) Such critical incidents usually involve the perceived threat to one's physical integrity or the physical integrity of someone else. Critical incidents are determined by how they undermine a person's sense of safety, security and competency in the world. Examples of critical incidents are: a major illness, accident or death of someone in the school or parish community, a natural disaster, an act of violence or terrorism, or any major traumatic or disruptive event.

Critical Incident Stress Management, or CISM, is an intervention protocol developed specifically for dealing with traumatic events. It is a formal, highly structured and professionally recognized process for helping those involved in a critical incident to share their experiences, express emotions, learn about stress reactions and symptoms and given referral for further help if needed. It is not psychotherapy, but rather a confidential, voluntary and educative process, sometimes called 'psychological first aid'. First developed for use with military combat veterans and then civilian first responders (police, fire, ambulance, emergency workers and disaster rescuers), it has now been adapted and used virtually everywhere there is a need to address the impact of a traumatic event in people's lives. The CISM interventions can be used for groups, individuals, and families in schools, places of work and the

community. Research has found that when CISM interventions are used, individuals recover quicker from the traumatic event and go on to have improved long term mental health outcomes.

Critical Incident Stress Debriefing (CISD) is a proactive intervention involving a structured group discussion (following a specific protocol) about a particularly distressing critical incident. Based on core principles of crisis intervention, the CISD is designed to mitigate the impact of a critical incident and to assist the persons in recovery from the stress associated with the event. The CISD is facilitated by a specially trained team which will include school counselors and other trained facilitators. Critical Incident Stress Debriefing is conducted between 24 and 72 hours after the incident, but may be held later under exceptional circumstances.

My goal is to create a network of trained facilitators throughout the Archdiocese in order to be able to serve all parishes and schools in need. I have a small group of school counselors, from schools throughout the Archdiocese, who are trained and ready to facilitate if there is a need. I will continue to train school counselors throughout the year and would like to expand the training to include an invitation to any priests and deacons who would like to participate. The training consists of a one-hour recorded presentation on an overview of the program and then a two-hour live-simulation practice session. If a live training is preferred over the recording, I am happy to schedule that.

In the United States, suicide is the second leading cause of death for individuals aged 10-34 and the fourth leading cause of death in individuals 35-54 years old. These statistics are from 2018 CDC data. With the stress and isolation from the global pandemic of the previous year, most experts agree that we are in a

current mental health crisis and that those numbers could be even higher. An action we can take to confront this crisis is QPR training.

(QPR) Question, Persuade, and Refer are the three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. In a one hour QPR Gatekeeper training you will learn to: recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life. Earlier this year I contacted all school principals in the Archdiocese and offered to schedule trainings for their staff. I would also like to offer this training to parish staff, so please contact me if you are interested in scheduling a session. In addition, I will begin offering sessions that will be open to any clergy, school or parish staff throughout the Archdiocese. If you are interested in some resources on this topic, Ave Maria press and the newly formed Association of Catholic Mental Health Ministers has published two books and recorded two recorded two webinars on responding to suicide

<https://www.avemariapress.com/webinars/offering-hope-and-healing-after-suicide-church-teachings-and-ministries>

<https://www.avemariapress.com/webinars/respond-to-suicide>

<https://www.avemariapress.com/products/responding-to-suicide>

<https://www.avemariapress.com/products/when-a-loved-one-dies-by-suicide>

**Stephanie Delmore, MA, LPC**  
**Victim Assistance Coordinator and**  
**Employee Support Coordinator for**  
**Parishes and Schools**  
[delmores@archmil.org](mailto:delmores@archmil.org)

414-769-3332

## CONTINUING FORMATION UPDATE

### WELCOME DEACON KURT!

We are pleased to announce that Deacon Kurt Peot (Class of 2020) will be joining us as the Coordinator of Continuing Formation of Clergy on March 17th replacing Deacon Al Lazaga who retired in June 2020. Join us in welcoming him and keep him in your prayers for continued spiritual growth in his ministry. His contact information is 414-769-3309, [peotk@archmil.org](mailto:peotk@archmil.org). You can read more about Deacon Kurt in this edition of the Cincture.

### Continuing Formation Statements

We were recently made aware that the Continuing Formation statements for 2019-2020 were not mailed out to the clergy. In August, the Finance Department will be sending the 2020-2021 statements with the FY22 invoices that will also include a letter explaining the new layout. Until then, should you have any questions regarding your account balance, please contact Jodi Bowers in the Clergy Office.

## COMPANIONS IN MINISTRY

Companions in Ministry (CiM) is an ecumenical support program for Christian pastors and ordained deacons in southeastern Wisconsin. Sponsored by Marquette University, the program offers four cohorts, and is funded by a grant from the Lilly Endowment, Inc. Forty-three pastors from various denominations are involved at this time.

CiM engages pastors in retreat days; plenary sessions; spiritual accompaniment; small group discussions about clergy well-being and resiliency; self-assessment; and the "Shared Inquiry" methodology. In addition to their self-care, participants explore topics such as leading congregations during a pandemic; racial justice; serving multiple congregations; serving multi-cultural congregations; leading small congregations; serving in specialized ministries; bi-vocational pastors; female pastors and seasoned pastors. Small ecumenical groups are the key to the Companions program (they meet virtually during COVID-19).

Expenses are fully-funded and participants receive a stipend upon completing the two year program. Cohort Four begins on April 20, 2021. Pastors are asked to apply by March 20: <https://www.marquette.edu/companions-ministry/>

## INTRODUCING DEACON KURT PEOT



Deacon Kurt Peot

My name is Deacon Kurt Peot, I am a permanent deacon of the Archdiocese of Milwaukee. I was ordained with three of my brothers on September 12, 2020, at the height of the pandemic. I currently serve at my home parish, St. Dominic in Brookfield. My first year of ministry has been amazing as well as challenging as I learn what it means to be a Deacon for God's people.

I am originally from Green Bay, GO PACK!, where I was raised in the faith and educated at St. Francis Xavier Cathedral grade school and Our Lady of Premontre High School. I attended Marquette University where I received a Bachelor of Science in Civil Engineering. I worked for almost 42 years as a consultant civil engineer or technician. I am a licensed Professional Engineer in Wisconsin. I retired from engineering in April of 2020 at the start of the pandemic shutdown and the stock market tumble. It was an interesting

time to start my life transition.

I have four amazing children. They are all grown and have moved out of the house, a goal of every parent. Two of them are married, Joanna, the oldest lives in Wauwatosa. She and her husband Eric have 4 children; 3 boys and a girl. Matt is married to Andrea, lives in Brookfield and has one son. Emily lives in Waukesha and is a server at Café Hollander. Christine is a nurse at University Hospital and lives in Madison. God has given me many blessings in my life but none greater than these four children. They truly are a gift from God! God is good!

I am excited to take on this challenge in an area unrelated to engineering. I have always had a curious mind and like to learn new things. During formation, I found that I truly liked to do research and spend time uncovering new understandings about what I was learning. I am excited to bring my abilities to continuing formation for our priests and deacons. I look forward to meeting you all.

## FROM THE DIRECTOR OF DIACONATE FORMATION

THE VARIOUS WAYS IN WHICH THE  
DEACON FORMATION PROGRAM IS STILL GROWING

Deacon Dale Nees

Numbers are not the only thing growing in the Archdiocese of Milwaukee's deacon formation program. While we are pleased to have 34 men in formation - 17 aspirants and 17 candidates, we are just as thrilled by the variety of ways in which the program itself continues to mature and grow.

Some examples of program development are:

Mentoring has grown with Mr. Manuel Maldonado-Villalobos' initiation of group mentoring time built into the program most trimesters. Additionally, we have 11 trained deacon mentors meeting with men on an individual basis. Overall, we have a total of 15 deacon and 5 deacon wives mentors. We anticipate more orientations of other deacons and wives in the future.

It is important to acknowledge the many other deacons that currently support our program. The more deacons trained under the *National Directory*, the more support we are gifted with as Discernment Team members, Teachers, Formators, Workshop Facilitators, which includes deacon's wives as well.

While provisions for approved spiritual direction has always happened during the aspirant path, we have promoted that it happen as early as possible. The result is that 100% of the aspirants already have their spiritual directors. All candidates have been able to maintain or get beyond a few brief delays in spiritual direction presented by the pandemic. We also encourage the wives to pursue spiritual direction or a faith companion as well.

The program has provided opportunities for tutoring for both Theological Reflection and Christology. But we appreciate that tutoring may also be useful in other areas not yet identified. We are committed to support our guys as we continue to uncover new areas where such assistance may be required. Odds are we have just begun to scratch the surface of the potential benefits from offering tutors.

Since January 4, we feel better positioned to enhance the Pastoral Formation portion of our program. Adding Mrs. Maritza Espino, who holds a Masters of Arts in Lay Ministry, to our team allows us to focus on relationship building with parishes for pastoral formation. She will be able to provide additional dialogue with pastors, parish directors, catechists, lay ecclesial ministers, and other key laity that are integral to the

life and operations of the parish. You can imagine how valuable this will be as aspirants move through the remainder of their Liturgical and Parish Outreach Mini-Placements, as well as when the time comes around again for their Parish Immersion Experiences. Maritza will also be able to explore the availability of excellent Societal Ministry options for this fall. We hope the vaccine rollout will aid in reopening options that were not available when we normally would have assigned candidates their Societal Ministry placements. Maritza's role according to the *National Directory* will "ensure that all pastoral field placements are closely integrated with the human, spiritual, and intellectual dimensions of formation." (275).

Maritza is also working with the wives, continuing our commitment to enhancing their experience of formation. During the past two Saturday class days, Maritza has spent time getting to know our wives. She met, surveyed, and recorded possible new opportunities received from the wives of deacon candidates one week and then facilitated a session using the Gift of Sunday study guide with the aspirant wives. To Maritza's credit we have already began receiving positive feedback from wives about her involvement and her time spent with them. Wives are an incredible support to their husbands in formation and we are charged with growing our inclusivity of them and their whole family into the formation program.

We are already studying the implications we have been told to expect with the release of the newly revised second edition of the *National Directory for the Formation, Ministry and Life of Permanent Deacons in the United States* expected to be available by mid-2021. While some changes will be rather simple to implement, others will most certainly require considerable planning. We look forward to both the benefits and the challenges associated with the prudent changes by the USCCB.

Lastly, we hope you will host one of our newly developed information sessions in your parishes. These sessions are approximately an hour in length and intended to catechize, prime, and promote vocations to the diaconate. Promoting vocations is such a collaborative endeavor please know how much we appreciate the role personal invitation on the local level plays in cultivating service to the Church.

Deacon Dale Nees

## ACTIVE ARCHDIOCESAN PRIESTS SERVING OUTSIDE THE ARCHDIOCESE

**Angel Anaya**

Released to Military  
*Chaplain - United States Army*

**Kevin Barnekow**

Released for Studies  
*Centennial, Colorado*

**Patrick Behling**

Released for Studies  
*Mundelein, Illinois*

**Pablo Cirujeda**

Released to CSP Missionary  
*Mexico City, Mexico*

**Marti Colom**

Released to CSP Missionary  
*Bogota, Colombia*

**Javier Guativa**

Administrator  
*Azua, Dominican Republic*

**Michael Lightner**

Released to Diocese of Green Bay  
*Niagara, Wisconsin*

**Francis Malloy**

Released to Military Archdiocese  
*Bay Pines, Florida*

**Bryan Massingale**

Released to Fordham University  
*Bronx, New York*

**John Paul Mitchell**

Released for Studies  
*Rome, Italy*

**Thomas Naidu**

Associate Pastor  
*Azua, Dominican Republic*

**Jose Mario Nieto**

Released for Studies  
*Washington D.C.*

**Timothy O'Brien**

Released to Marquette University  
*Washington D.C.*

**Justin Weber**

Released for Studies  
*Rome, Italy*

**Erich Weiss**

Released to Military Archdiocese  
*Camp Pendleton, California*

**Michael Witczak**

Released to Catholic University  
of America  
*Washington D.C.*

**Michael Wolfe**

Released to CSP Missionary  
*Bogota, Colombia*

## UPCOMING EVENTS AT SACRED HEART SEMINARY AND SCHOOL OF THEOLOGY

March 21, 2021, 3pm – Join the Lux Center for Catholic-Jewish Studies for its spring 2021 public lecture, online: “Blood Brothers: Jews and Christians as Sibling Rivals.” The speaker will be Rabbi Burton Visotzky, Ph.D., Appleman Professor of Midrash & Interreligious Studies and Director of the Milstein Center for Interreligious Dialogue at the Jewish Theological Seminary in NYC. [Please register.](#)

Do you know someone who can help evangelize and heal a fractured world? Cor Unum, our master’s program for laity, is filling the Fall 2021 cohort now.

If you have a parishioner seeking to learn more about the Catholic faith or work in parish administration, religious formation or pastoral service, this program is affordable and created for busy people. Encourage them to [learn more.](#)

What makes for a good homily? Your insights on this question is sought through a national study being undertaken by Sacred Heart Seminary and School of Theology. Funded by the United States Conference of Catholic Bishops and the Catholic Biblical Association, this research effort focuses

on the preaching of Jesus’ parables. Help us gain new insights by going to [www.parablesproject.org](http://www.parablesproject.org) and completing a 15-minute survey. Thanks!

Most Reverend Joseph N. Perry, J.C.L., Auxiliary Bishop of Chicago, was the featured speaker at Sacred Heart’s spring Dehon Lecture. Bishop Perry spoke on the canonization of Fr. Augustus Tolton and the significance for race relations. Fr. Tolton was America’s first African American priest. The video is available under “Past Events” on the “News and Events” page: <https://www.shsst.edu/shsst-events-and-news/>.

# A LOOK BACK... ST. FRANCIS DE SALES 175TH ANNIVERSARY

Images courtesy of the Archdiocese of Milwaukee Archives



Class football team with an average of 156 pounds, 1905.



Seminarians rowing near the Lake Michigan Shoreline, c. 1880s.



Candy Store in Miller Gym, May 1958.

## THROUGH THE YEARS...



Blessed Sacrament Parish in Milwaukee, photo taken in 1931



# AUSCP 10TH ANNUAL ASSEMBLY

## WHERE DO WE GO FROM HERE



### June 21-24, 2021 | Minneapolis-St. Paul

ALL ARE WELCOME TO JOIN US!

## FEATURING



**FR. MICHAEL JONCAS**  
Day Retreat Leader  
**LIVING IN APOCALYPTIC TIMES**  
Monday 10 a.m.- Noon  
and 1-3 p.m.



**BISHOP WILLIAM WACK, CSC**  
Bishop of Pensacola-Tallahassee  
**PASTORAL DIRECTIONS FOR OUR  
U.S. CHURCH GOING FORWARD**  
Wednesday 9 a.m.



**SR. MARGIE KLEIN SSND**  
Assembly Contemplative  
Engagement Guide  
Monday - Wednesday



**ARCHBISHOP JOHN WESTER**  
Archbishop of Santa Fe  
**Assembly Mass President**  
Wednesday 4 p.m.



**MICHAEL SEAN WINTERS**  
Historian and *National  
Catholic Reporter* "Distinctly  
Catholic" columnist  
**THE POLITICO-THEOLOGICAL  
MERGER THAT IS SHAPING  
THE U.S. CATHOLIC CHURCH**  
Monday 7 p.m.



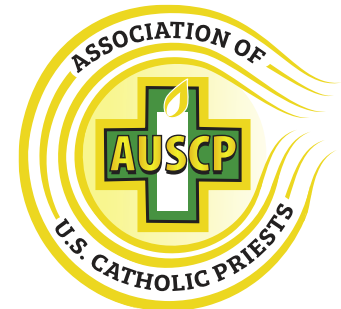
**BISHOP RICHARD PATES**  
Minneapolis-St. Paul Archdiocesan  
**Welcomer and Concelebrant —**  
Native of Minneapolis-St. Paul,  
retired Bishop of Des Moines IA



**DR. SHANNEN DEE  
WILLIAMS**  
Villanova Catholic History  
Professor  
**WHY BLACK CATHOLIC  
HISTORY MATTERS**  
Tuesday 10 a.m.

**DOUBLETREE BY HILTON HOTEL  
BLOOMINGTON - MINNEAPOLIS SOUTH**  
7800 Normandale Blvd. Minneapolis, MN 55439  
Off I-494 in Bloomington, 10-minute shuttle ride  
from the Mall of America and Minneapolis -  
St. Paul International Airport

**REGISTRATION REQUIRED:** Register online at [www.auscp.org](http://www.auscp.org). Or send a check to: AUSCP, P.O. Box 676, Tiffin, OH 44883. **Early Bird Special:** If paid by **April 30, 2021**, cost is \$480; after April 30, cost is \$500. Scholarships available. (No extra charge for Retreat Day for Assembly participants.) For **ROOM RESERVATIONS**, use the **Hilton link** on the AUSCP website, or contact the DoubleTree by Hilton **directly** at 952-835-7800. Rooms are \$119 per night (Standard Room, single or double occupancy) if booked by May 20. Limited availability; rate available three days before and after the Assembly. Refund minus \$50 processing fee for cancellations by June 4.



**REGISTER NOW!** ■ Visit [www.auscp.org](http://www.auscp.org) or call 872-205-5862



## THANK YOU!

We wish to send our most sincere thanks and appreciation to Fr. Matthew Jacob and the staff at Lumen Christi Parish in Mequon for opening their facility and hosting a day for senior priests to receive the COVID-19 vaccination.

If you have not yet received the COVID-19 vaccine, and do not have an appointment scheduled to receive the COVID-19 vaccine, please contact Jodi Bowers in the Clergy Office at 414-769-3484 to be placed on a list.

## WEBSITE FOR THE IRS STANDARD MILEAGE RATES

<https://www.irs.gov/tax-professionals/standard-mileage-rates>

Please be aware the IRS maximum rate may change mid-year.

## PENSION BENEFIT NEWS

The Archbishop has approved the recommendation of the Priests' Pension Board to increase the monthly retirement benefits from \$1,580 to \$1,640 for participants in the Archdiocese of Milwaukee Priests' Pension Plan.

This 3.8% increase is effective July 1, 2021 to all retirees who are on regular or disability retirement. Early retirees currently receiving a pension benefit will receive the same percentage increase. Severance pensions remain unchanged.

Future benefit changes are re-evaluated annually, based on the annual contributions and the earnings on the funds invested for the Plan.

A copy of the most current booklet is available on the Ordained and Lay Ecclesial Ministry page of the Archdiocesan website or by clicking [here](#).

## RECTORY ROOM FOR RENT

Catholic Memorial High School, located in a walkable neighborhood near downtown Waukesha, has a rectory with rooms available for rent on its campus. Each priest has his own private suite and bathroom. The home has common area kitchen, living room and dining room as well as a second floor Chapel. The fenced backyard includes space for a grill, picnic table and outdoor gatherings. Easy access to several churches, shopping and the I94 interstate. Secure attached garage. Free admission to school events. If interested in learning more, please contact Jennifer Ogren at 262-542-7101 ext. 502 or [jogren@catholicmemorial.net](mailto:jogren@catholicmemorial.net).

## THANK YOU TO ALL THOSE WHO PARTICIPATED IN THE



*Pray, Reconcile & Rejoice*  
Lenten Day of  
**RECONCILIATION**

## 2021 HEALTH WEBINARS

This year, the Archdiocese is making online presentations available to priests on various health topics pertinent to today's issues. If you've not been able to view the following presentations offered so far, please click [here](#).

**THE WELL-BEING OF  
CLERGY IN THE TIME OF A  
PANDEMIC (3-PART VIRTUAL  
WORKSHOP)** Presented by  
*St. John Vianney Center*

**PRIEST WELLNESS WEBINAR -  
HIGH BLOOD PRESSURE AND  
HEART ATTACK** Sponsored by  
*Wellness Committee and Ascension  
Hospital*

Future presentations are currently posted. Links will be made available closer to the presentation date.

# STOKING THE FIRE MINI-SABBATICAL 2021

INSTITUTE FOR PRIESTS AND PRESBYTERATES



As we emerge from the pandemic  
a loosely structured time for rest, recreation, prayer and study.

**Monday, July 12 - Saturday, August 7**

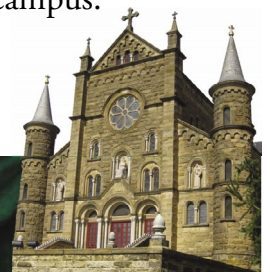
- Private air-conditioned room and bath
  - Wi-Fi Internet
  - Cable TV
- Workout facilities
- Library privileges
  
- Daily Mass, prayer and meals with just the sabbatical cohort
- Opportunities to join the monastic community for Divine Office and/or Mass
  - Spiritual Direction and/or counseling
  - Leisure and cultural outings

**\$3,900 all inclusive**

Call or email us to schedule!

812-357-6439 or [smipp@saintmeinrad.edu](mailto:smipp@saintmeinrad.edu)

Visit <https://www.saintmeinrad.edu/stbedetour> for a YouTube tour of the campus.



# Save the Date

- **Fall Day for Priests and Parish Directors** – Tuesday, September 21, 2021 – Location TBD
- **Active & Senior Priest Retreat** - October 11 - 14, 2021 - Redemptorist Retreat Center, Oconomowoc - Presenter: Rev. Robert Kroll, SJ
- **Priest Wellness Day** – Wednesday, October 27, 2021 - Location TBD. Stay healthy and happy.
- **2021 Spring Assembly of Priests is Cancelled** - May 2 - 4, 2022 at Abbey Resort, Fontana

## FLOURISHING PRIESTS

Flourishing priests, when compared to priests with **low mental health and burnout**, more often mention:

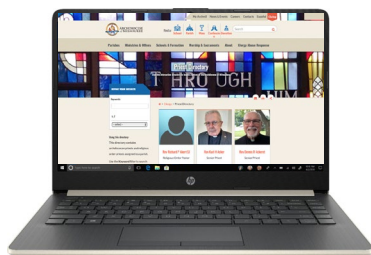
1. Setting work-life boundaries
2. Being intentional and flexible to regularly engage in healthy practices
3. Realigning frequently with God's work
4. Reaching out to supportive people when sad and happy

## DANGER SIGNS FOR PRIESTS

- Pervasive inner anger
- Isolation from brother priests
- Wakes up tired; no enthusiasm
- Feels victimized; blames others
- Stops praying
- Never smiles
- Coldness toward Sacramental life
- Bitterness toward Church and priesthood

### INTERACTIVE PRIEST DIRECTORY

[www.archmil.org/  
Priest-directory.htm](http://www.archmil.org/Priest-directory.htm)



## OFFICES FOR CLERGY AND LAY ECCLESIAL MINISTRY

### Vicar for Ordained and Lay Ecclesial Ministry

Very Rev. Jerry Herda, Vicar  
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