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*How is what  
I AM DOING  
going to help a  
parish or school?*



### MASS OF REMEMBRANCE AND LUNCH MONDAY, NOVEMBER 3 NOON

You are invited to join donors to the Catholic Stewardship Appeal for a special weekday Mass of Remembrance to pray for our deceased loved ones. Archbishop Grob will preside. Following Mass, a light lunch of soup will be served. Please RSVP [HERE](#) by noon on October 21.



### FIRST FRIDAY MASS AND LUNCH NOVEMBER 7 | NOON

Bishop Schuerman will be Presider and a boxed lunch will be served in Dining Room 3 for those who RSVP. Please click [HERE](#) to RSVP by noon on Thursday, October 30.



### SAINT FRANCIS DE SALES SEMINARY / MMCPD STAFF MASS AND DONUTS WEDNESDAY, OCTOBER 29 | 8 A.M.

8 a.m. Mass in Mater Christi Chapel, followed by coffee and donuts in B118/119.



### CONGRATULATIONS

Congratulations to Mario (Cemeteries) and Reyna Vallejo on the birth of their baby boy! God has blessed their beautiful family with Mario Sebastian Vallejo, born October 11, weighing 7 pounds, 8 ounces and is 20.87 inches long. Mom, Dad and Baby Mario are all doing well!



### LUNCH & LEARN WEDNESDAY, OCTOBER 22 12:30 P.M.

Join us for a special Lunch & Learn on Wednesday, October 22, at 12:30 p.m., in B123/124. Fr. Fernando Torres, Parochial Vicar at Holy Family Parish, Fond du Lac, will talk about the Catholic tradition of Día de los Muertos and will lead us in building an altar.

If you wish, please bring photos of your departed loved ones.

**Mexican treats will be served.** You won't want to miss this!

## Our Mission

Proclaim Christ and Make Disciples through the Sacramental Life of the Church.



## ANNUAL CATHOLIC CHARITIES CAMPAIGN

Our annual campaign kicks off October 1 and concludes on October 31. During the month of October, every day can be a Jeans Day, with proceeds benefitting Catholic Charities. A Jeans Day Pass is \$5 a day. Please pay in HR.

We'll conclude our campaign with the much-loved Chili Chow Down on Thursday, October 30, in the Dining Room from 12:30-1:30 p.m. For a \$5 donation, sample from a number of delicious chilis! If you are interested in making chili for this event, please reach out to Angie in HR.

New this year as well — BYOMT: Bring Your Own Muffin Tin! We will have inserts to put in your muffin tin so you can try multiple different chilis at once. This is an event you don't want to miss!



## GREAT ARCHIVES BAKE-OFF! MONDAY, OCTOBER 27 | 1-2 P.M. (NEW TIME)

Calling all bakers — the Great Archives Bake-Off is back in celebration of American Archives Month!

Before we had cooking blogs and Instagram to scroll for recipe ideas, there was the parish cookbook. Parishes often compiled cookbooks as a way to celebrate anniversaries, fundraise and share stories. Many of these can be found in our archival collections. So, take a step back in time and join us in the tradition of sharing recipes in the old-fashioned way.

### NEW THIS YEAR!

- There will be five categories, with a limit of five entries per category.
- Initially, bakers can sign up for one recipe. If there are spots open after the sign-up period, entrants will have an opportunity to bake more recipes.

### TO ENTER:

- Visit the Archives from September 8 to October 20 to browse cookbooks and find a recipe.

- Bring your baked item to the Great Archives Bake-Off the morning of Monday, October 27.
- Only recipes found within our archdiocesan archival collections are eligible. Complete details are available in the Archives.

### VOTING & PRIZES:

- The Great Archives Bake-Off will take place Monday, October 27, 1-2 p.m. (NEW TIME)!
- MMCP staff will vote for their favorite baked good in each category.
- All bakers will receive a Jeans Day Pass.
- Top bakers and recipes in each category will get announced in News You Can Use.
- Best in Show — the baked good with the most votes overall — will be awarded the coveted Great Archives Bake-Off Pie Tin!

*For more info, reach out to Shelly x3407, Amy x3431 or stop into the Archives!*



## WELCOME



Rita Thomas

### Welcome Rita Thomas!

Rita started with us Monday, October 6, as Food Service Assistant for the Seminary. Here is a little bit about Rita:

**Spouse:** Yes

**Kids:** One

**Church:** St. Paul Catholic Church

**Prior positions:** Server and bartender at Honeypie Cafe.

**Degree(s):** Working on getting my associate's degree in sonography!

**Hobbies:** Baking, walking, hiking, trying new coffee places and learning with my daughter.

**Pets:** A husky/ shepherd pup mix!

**Favorite food:** Tacos or fried chicken sandwiches.



Garret Wright

### Welcome Garret Wright!

Garret started with us Monday, October 6, as Archivist for the Seminary. Here is a little bit about Garret:

**Spouse:** Jennifer

**Kids:** One son, Theodore.

**Church:** St. Mary Mother of God in Menomonee Falls.

**Prior position:** Stay-at-home-dad since 2022. Prior to that, I worked as the archivist for the State Historical Society of Missouri-Cape Girardeau Research Center in Cape Girardeau, Missouri.

**Degree(s):** A master's degree in public history from Wright State University and a bachelor's degree in historic preservation from Southeast Missouri State University.

**Hobbies:** Hiking, family genealogy, reading and traveling.

**Pets:** One cat, Frankie.

**Favorite food:** Mashed potatoes

## Our Mission

Proclaim Christ and Make Disciples through the Sacramental Life of the Church.



## IMPORTANT NOTICE ABOUT THE AV IN ROOMS E121, E122 AND B123/124

Diaconate Formation would like to remind any offices using the AV in rooms E121, E122 and B123/124 to kindly adhere to the guidelines for equipment use. Guidelines include:

- Directing guest speakers not to attempt to connect personal devices, such as laptops or speakers, to the equipment.

- Bringing presentations on a USB drive or connecting through an online link.
- Partnering with someone from Diaconate Formation before moving any equipment.
- Using the designated Zoom accounts for each room when hosting a Zoom meeting.

In addition, it is also best practice to have a representative from the office using the room present before and during events to assist with equipment use.

If you have questions, please reach out to Diaconate Formation.



# The Good News

**A weekly encouraging message from Archbishop Grob!**

The Good News is being spread in a new way! Archbishop Jeffrey S. Grob is offering a brief weekly video message called "The Good News." Follow the Archdiocese of Milwaukee on Facebook or Instagram and look for "The Good News" in your feed every Wednesday.

**Please share it!**   [www.archmil.org/Good-News](http://www.archmil.org/Good-News)

## *Our Mission*

Proclaim Christ and Make Disciples through the Sacramental Life of the Church.



YOU ARE INVITED TO JOIN US FOR A

MASS OF

# *Remembrance*

Celebrated by Archbishop Jeffrey S. Grob

**Monday, November 3, 2025**

Noon Mass

*Followed by a light lunch*

*We invite you to join Archbishop Grob and Campanile Society donors at our weekday Mass to pray for the souls and celebrate the lives of our loved ones who have gone to live in the light of the Lord.*

Mater Christi Chapel

*Mary Mother of the Church Pastoral Center*

Whether or not you are able to attend, you are invited to share the names of your loved ones to be remembered at Mass. Please submit them through the online form.

RSVP online [HERE](#) by October 21 or scan the QR code.  
Contact Rebecca with questions at [pattonr@archmil.org](mailto:pattonr@archmil.org) or x3493



Catholic Stewardship Appeal

Archdiocese of Milwaukee



# Wellness Newsletter

## October National Health Observance

Women's Health and National Breast Cancer Awareness Month

October is Women's Health and National Breast Cancer Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

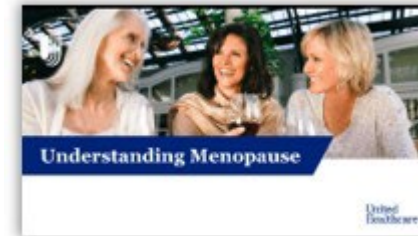
- [Women's health](#)
- [Menopause](#)
- [Breast cancer symptoms and treatment](#)
- [Breast cancer screening and diagnosis](#)



## United at Work Presentation of the Month

### Understanding Menopause

This presentation shines light on perimenopause, menopause, and life after menopause.



The changes in the body and causes of menopause, and common symptoms associated with this life stage will be discussed. Treatment options and health considerations for post-menopausal women will also be explored.

Available to view in [English](#) and [Spanish](#).

## Health Tip Flier of the Month

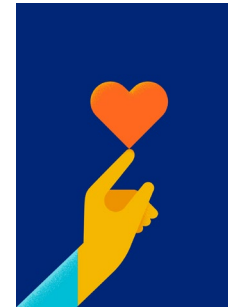
### Mammogram Screening Recommendations



Check out this month's Health Tip Flier on Mammogram Screening Recommendations.

Available in [English](#) and [Spanish](#).

## Health actions of the month



- Schedule your breast cancer screening
- Review your family health history

### November preview

- Diabetes Awareness & Great American Smoke Out Month
- United at Work presentation: Eating with Diabetes
- Health Tip Flier: Eating with Diabetes

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