

# ***Catholic Professional & Business Club of the Fresno Diocese***

Volume 13 Number 6

Newsletter

Mar 2010

## **49er Highlights – March Programming!**



KNXT, Catholic Television for the Central Valley, is proud to announce new programs in March!

**Vision for the Future** is a brand new program we are proud to air, hosted and produced by Jim Grant. It will bring to the diocese's attention the 5 priorities of the Diocesan Pastoral Plan Our Vision for the Future: Vocations, Catechetics, Youth Ministry, School of Ministries and Parish Life Coordinators.

**Airs Sundays at 6:00 pm, Wednesdays at 8:30 pm & Thursdays at 11:30 am**

**LIVE On the Air** has been successful at a **full hour** thanks to our wonderful viewers! Tune-in as Monsignors Perry & Scott and a panel of exceptional Catholic sources answer your questions about the faith.

**LIVE at 7:30 pm, Wednesday March 10th.** Call (559) 488-7440 at 7:30 pm to ask any burning question about the faith, can be anonymous.

Tune-in to the new season of **This Is Our City with H. Spees!** Join H. Spees as he continues this season with exciting topics and interviews. Meet some of the movers and shakers whose passion for Fresno make our city great!

**Thursdays at 8:00 pm & Fridays at 1:00 pm**

Visit our NEW website <http://knxt.tv> to watch LIVE program streaming and for more information on our programs and specials. Or call us at (559) 488-7440!







# Patrick McCaskey

By JoEllen Strait



Over 200 people attended our February breakfast to hear guest speaker Patrick McCaskey, co-owner of the Chicago Bears football team and grandson of the founder, George Halas. He started the morning off by reminding us that Catholics used to carry wallet cards indentifying that individual as a Catholic and asking that a priest be called in case of an emergency – and that his grandfather carried a card saying he was an *important* Catholic and to please call a *Bishop*! It was quite obvious from listening to Patrick that he has very successfully woven his faith into his business, sports, and family life, and that he had a very close relationship with his grandfather. George Halas passed away at the age of 88 and left the team to his family, who today still value championship, sportsmanship, and helping other people.

As a young man, Patrick played football, ran cross-county, and eventually took up writing humor. His sense of humor was very evident as throughout the breakfast he presented us with several thought-provoking and entertaining anecdotes, original poems, and bits of wisdom such as:

- The apostles would have been a good football team; Peter as the quarterback; Andrew a receiver; James and John running backs; and the others rounding out the team as linemen. And all of them would have played offense, defense, and special teams.
- Do your best and you're a winner regardless of the score.
- His goal as a parent was to show interest without meddling. He would take notes at his sons' games, but show them only to his sons and not their coaches.
- His grandfather said "No man is completely worthless, he can always serve as a horrible example!" He also yelled at a ref that "Jesus died for your sins".
- We shouldn't be discouraged if we know people who are not Bears fans – some of the greatest Christians started out as atheists.
- He reads a newspaper for information and the Bible for wisdom.

Patrick's grandfather was also his godfather, and great friend. He lived his faith and loved the Bears. Patrick believes that God's plan for him is to work for the Bears and wants to keep the team in his family until the second coming! However, he is hopeful that the world will not end until the Bears have the most championships!

## Thank-You to CP&BC!



In lieu of our usual Business Person of the Month, Kathryn Weakland, the Director of Development and Communication for the Poverello House thanked the CP&BC board and members for their generous support during the holiday season. Our members donated \$862 to the Poverello House – enough to purchase 969 pounds of turkey (or about 80 turkeys).

*Editor's Note: You could be our Business Profile for a future edition by placing your business card in the fishbowl at the check-in table.*

## EMOTIONAL FITNESS

By: Rick Warren

In the words of Scott Peck, "Life is difficult." We all encounter the daily heat of living --- the pressures, the anxieties, the disappointments and the deadlines, which can drain our emotional vitality unless we practice the 3 R's of emotional fitness:

### 1. REMEMBER ... a time to choose the best.

You may be saying, "In my circumstances, you've got to be kidding!" No, not really. Consider these questions:

- In a shipwreck, can there be sunken treasure?
- After a rainstorm, can there be a rainbow?
- Even in the darkest night, is there the promise of a new morning?

**Let's practice some emotional fitness:**

- During the day... highlight the positives --- trash the negatives.
- At bedtime... think on the best --- forget the rest.

**Remember:** *"Yet there is this one ray of hope: His (God's) compassion never ends. It is only the Lord's mercies that have kept us from complete destruction. Great is His faithfulness; His loving kindness begins afresh each day."* Lamentations 3:21-23

### 2. REST ... a time to replenish.

Do you have a day in the week when activity and obligation are not synonymous? If not, consider this advice for emotional fitness:

- Stop working for one day a week --- enjoy a day of rest and relaxation.

**Remember:** "Six days a week are for your daily duties and your regular work, but the seventh day is a day of Sabbath rest before the Lord your God. On that day, you are to do no work..." Exodus 20: 9,10

### 3. REFRESH ...a time to encourage.

Remember how good it feels to have someone give you an encouraging word when you really needed it? Why not:

- Give a friend a call --- with no agenda.
- Give an associate a word of encouragement about their work.
- Take the time to help someone who is not able to help themselves.

You'll feel good about yourself --- and you'll help them to feel worthwhile. Both of you will be refreshed by the encounter.

**"A man finds joy in giving an apt reply, and how good is a timely word!"** Proverbs 15:23

## **FINAL WORDS**

**Prayer Network:** CP&BC is reinstating a “prayer network” that will be utilized for member prayer needs for themselves or other loved ones. Sally Lauritzen has agreed to take direction of the “prayer chain” that will be conducted by telephone. We need to enlist members to assist the board members... individuals who would be willing to make one or two calls to another member on the telephone chain. If you would like to volunteer to be part of the prayer chain, please call CP&BC President Pat Ogle at 244-5609. After we have the callers set, we will announce how members can make prayer requests...so look for that information in the next newsletter and from the podium at our March 12 breakfast.

**CP&BC Change in Membership Information:** If you have an address, email, etc. that you would like changed, please use the form included in this month’s insert. Or, if you prefer, you can send an e-mail to [membership@cpbcfresno.org](mailto:membership@cpbcfresno.org). For more information call Jeff Lauritzen at 559.288.7280.

**THANKS TO SPONSORS:** The CP&BC thanks our sponsors for the year: Arthur J. Gallagher Risk Mgt. Services; Big De Farms & Cattle/Dan Souza; DiBuduo & DeFendis Insurance; Dowling, Aaron & Keeler, Inc., Attorneys at Law; Electric Motor Shop; Frank A. Borges & Associates; Gary McKeighan Insurance; Jay Chapel/Wayne Gomes; Me-N-Ed’s Pizzerias; Mike & Marybeth Hogan; Pardini’s Catering & Banquets; QUALI-T-RUCK Services, Inc; Sheridan & Dorothy Loyd; Sierra West Warehouse, Inc; Tom McGowan/ Automated Office Systems; and, Whitehurst Sullivan Burns & Blair Funeral Home/Don Cardell. **Please consider becoming a sponsor now** to help pay the cost of printing and mailing nine issues to nearly 400 Catholics. If your interest and budget will allow we would appreciate a donation of up to \$200 since this helps defray the cost of one issue. Please contact Pat Ogle at 244-5609 to become a sponsor.

[www.cpbcfresno.org](http://www.cpbcfresno.org)

BY VISITING OUR LOCAL CP&BC WEBSITE YOU CAN:

- OBTAIN UPDATED INFORMATION
- MAKE RESERVATIONS ON-LINE BY CLICKING ON “RESERVATIONS” AND THEN BY CLICKING ON “MAKE RESERVATIONS ON-LINE”
- FIND LINKS TO OTHER CATHOLIC ORGANIZATIONS
- VIEW PREVIOUS NEWSLETTERS