



# CATHOLIC PROFESSIONAL NETWORK

Catholic Professional & Business Club  
Diocese of Fresno

Established: 1997 Co-Founders Frank and Mary T. Borges

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2021-2022

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## February 11 Billy Arcement

Kicking off CP&BC's spring 2022 speaker lineup on Friday, February 11th is "The Candid Cajun," Billy Arcement, traveling to us all the way from Prairieville, Louisiana!



A cradle Catholic, Billy served as an Altar Boy from age five (Yes FIVE) through age thirteen. This fostered a love of the Mass and his faith that is still burning brightly in his soul today.

A teacher by training, he taught and coached at a high school level for six years. Leaving the profession, he started a career as a chemist for a new chemical manufacturing facility. Within five years, he was promoted to a management position. For 28 years, he had oversight of product quality, global customer service, and safety and environmental regulatory compliance.

Since retiring from his former employer, he began his current speaking and consulting business.

Billy is the author of six books: "Searching for Success," "The Journey," "Leading Yourself, Leading Others," "Leadership Skills and Strategies that Win," "Become the Best Version of Yourself," and "Creating a Climate of Respect and Building Relationships in Today's Workplace Culture."

We hope you will join us for this very special breakfast speaker in-person at Pardini's on February 11th.

## What's Inside?

- February Prayer
- December Program Notes
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# 22 RULES OF KNIGHTHOOD

By Jim Flanagan

Jim suggests we consider these 22 rules as New Year's Resolutions for 2022.

In his Feb. 3 address in Phoenix, Archbishop Chaput summarized the rules of knighthood written more than 500 years ago by Erasmus of Rotterdam in his book "The Manual of a Christian Knight."

1. Deepen and increase your faith.
2. Act on your faith; make it a living witness to others.
3. Analyze and understand your fears; don't be ruled by them.
4. Make Jesus Christ the only guide and the only goal of your life.
5. Turn away from material things; don't be owned by them.
6. Train your mind to distinguish the true nature of good and evil.
7. Never let any failure or setback turn you away from God.
8. Face temptation guided by God, not by worry or excuses.
9. Always be ready for attacks from those who fear the Gospel and resent the good.
10. Always be prepared for temptation. And do what you can to avoid it.
11. Be alert to two special dangers: moral cowardice and personal pride.
12. Face your weaknesses and turn them into strengths.
13. Treat each battle as if it were your last.
14. A life of virtue has no room for vice; the little vices we tolerate become the most deadly.
15. Every important decision has alternatives; think them through clearly and honestly in the light of what's right.
16. Never, ever give up or give in on any matter of moral substance.
17. Always have a plan of action. Battles are often won or lost before they begin.
18. Always think through, in advance, the consequences of your choices and actions.
19. Do nothing — in public or private — that the people you love would not hold in esteem.
20. Virtue is its own reward; it needs no applause.
21. Life is demanding and brief; make it count.
22. Admit and repent your wrongs, never lose hope, encourage your brothers, and then begin again.

## Book Review

### Is it ever OK to use your phone in Church?

Yes, if you are using an eMissal!

The USCCB-approved Breaking Bread 2022 eMissal app offers new way to participate in the liturgy. With instant access to songs, readings and the Order of Mass, parishioners can remain connected to their faith community through song and prayer from the convenience of their smartphone or tablet.

Users can add psalms and acclamations to individual celebrations, allowing them to prepare for Mass ahead of time. Breaking Bread 2022 eMissal is also perfect for those unable to attend Mass in person who want to participate via livestream. Simple and easy to use, it's a resource for active participation in the liturgy and for personal devotion.

#### What's included:

- Over 850 songs, psalms, and Gospel Acclamations
- Readings and Mass propers for Sundays, holy days and daily Masses
- Order of Mass
- A full PDF of the missa

#### What's new:

- Full readings for daily Mass
- Zoom feature, making music easier to read
- A linked table of contents for easy navigation



Breaking Bread 2022 eMissal is available for all iOS and Android smartphones and tablets. \$4.99

Adapted from the OCP Website.



### Become Part of Our Prayer Network Today!

Prayers when you and your loved ones need them the most! It's amazing, simply join the CP&BC Prayer Network, call or email your requests, and our network will pray for you.

To join, contact [Sally salauritz@att.net](mailto:Sally.salauritz@att.net) or 559-439-8378

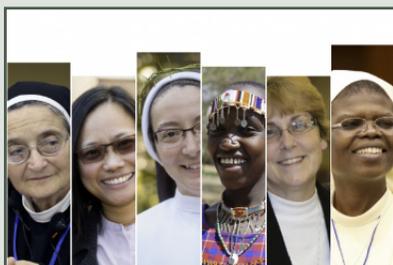
Interested in sponsoring the newsletter?

Contact Denise Correia  
vavi@cns4u.com

## February Prayer

### A Prayer for Religious Priests Brothers and Sisters

Heavenly Father, in your wisdom you have called certain women and men to a life of special consecration so that in prayerful observance of a lifestyle of poverty, chaste celibacy and obedience, they might be witnesses to us that as St. Paul says, “our true citizenship is in heaven.” Give them, Lord, the grace of joy and perseverance in their holy vocation. We ask this through Christ, our Lord.



## December Program Notes

“In December we had the great pleasure of seeing and hearing the children’s choir of OLPH performing live for us. Under the direction of Melita Mudri-Zubacz, the Concert Choir at Our Lady of Perpetual Help School is an auditioned ensemble that prepares more advanced repertoire.

This group consists of students from the 4th through the 8th grades ,who work exceptionally hard at their once-per-week rehearsals. Their mini concert of Christmas favorites was an Advent gift to us.

Our Business Person, was Ivonne Der Torosian, Vice-President for Community Health and Well-being for Saint Agnes Medical Center Foundation. She spoke on behalf of Holy Cross Center for Health and Wellness, which was our Christmas Charity. The Center continues to provide and accept donations of clothing, toiletries, and baby items (baby food, diapers, formula) for women experiencing homelessness, crisis, or are low income. If you wish to donate cash or a check, please make your donation to Holy Cross.

For online donations visit <https://www.samc.com/location/saint-agnes-holy-cross-center-for-women>. Ivonne told us that the women especially like jeans and leggings.



## Business Person of the Month: Teresa Amaral Beshwate

Teresa Amaral Beshwate is a certified professional life coach who helps widowed people learn to live and love their life again, on their terms. She holds a master’s degree in public health, is a best-selling author, motivational speaker, and frequent blogger on the topics of life after loss and reconstructing a life worth living.

Her new best-selling book, ”Life, Reconstructed: A Widow’s Guide to Coping with Grief, Finding Happiness Again, and Rebuilding Your Life,” is for those who are grieving and those who love them and want to offer better support.

Teresa was herself widowed suddenly in 2012 and credits her faith as a key factor in her own healing and growth.

Teresa attends St. Jude Church in Easton where she serves as a lector and co-facilitates the “A Family of Faith” program.

## Upcoming Events

- February 11, 2022
- March 11, 2022
- April 8, 2022

## Pope’s Worldwide Prayer February Intention

**For religious sisters and consecrated women**

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.

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DIOCESE OF FRESNO**

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**CP&BC Membership Dues:** Annual dues are \$48 per person and are due August 1, 2022. The deadline for the 2023 Membership Directory is December 31, 2022. For more information contact John Kanaley at 315-243-6597 or email [membership@cpbcfresno.org](mailto:membership@cpbcfresno.org).

**Reservations:** Reservations are required for all breakfast meetings held at Pardini's and can be made by sending an email to [reservations@cpbcfresno.org](mailto:reservations@cpbcfresno.org) or by calling Denise Correia at 559-434-2722 or by visiting the website [www.cpbcfresno.org](http://www.cpbcfresno.org) then click on reservation link. Doors open at 7:00 a.m. for coffee and networking. The program starts at 7:20 a.m. and concludes at 8:30 a.m. The breakfast cost is \$17 for members and \$22 for non-members. An option to attend via ZOOM is available with a requested link and password for members only. An annual discounted cost of \$135 is available to members that prepay for the year. Prepaid members are also requested to make reservations.

**Membership Directory:** Ad space in the annual 2023 Membership Directory starts at \$50. The deadline for advertising reservations and artwork is December 31, 2022, for the 2023 publication. For more directory information, email [directory@cpbcfresno.org](mailto:directory@cpbcfresno.org) or call Denise Correia at 559-434-2722.

**Prayer Network:** CP&BC has a "prayer network" to be used for member prayer needs for themselves or loved ones. We have members already signed-up to pray for special needs submitted; however, anyone else is invited to also become part of the prayer network. Sally Lauritzen is the point person to whom requests can be made, and once they are received she will email or phone the network. Contact Sally ([salauritz@att.net](mailto:salauritz@att.net) or 559-439-8378) to become part of the network or to submit a prayer request.

**Website:** Please be sure to visit [www.cpbcfresno.org](http://www.cpbcfresno.org) for all the latest information about our club. CP&BC thanks J. Colin Petersen of J - I.T. Outsource for the design and maintenance of the website. CP&BC also thanks Uhuru Network, LLC for their design and preparation of the newsletter.

## **Mission Statement:**

As Catholic professional and business men and women, we are called to live our Christian ethics not only on Sundays, but throughout our daily lives at home and at work.

Our goal in the Catholic Professional & Business Club shall be to incorporate and uphold our beliefs in every aspect of our daily lives, and to gather to share with others who seek a more ethical business environment.

Each of us shall strive to achieve a commingling of our ethical obligations and our professional obligations in demonstration of the fact that ethics and business need not be mutually exclusive terms.

## **Publisher:**

Uhuru Network, LLC