

St. Thomas More Society
of San Francisco

www.stthomasmore-sf.org

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Regis Servus Dei Prius

January 12, 2017

Dear Members and Friends of the Society:

Happy New Year! On behalf of the Society, I wish all of you the best for 2017. This is a time for examining the past year, planning for the future and possibly making some resolutions.

As lawyers and judges, it is easy to become consumed by our work. The desire to serve our clients and administer justice can easily push other commitments aside. Yet, the world so desperately needs those of us who work in the legal sector to be animated by love and service, and fortified by faith. Thus, one of my goals for 2017 is to find more ways to integrate my faith and my values into my daily life.

If you are also looking for ways to share your faith, expand your knowledge of the Church's teachings, learn more about important social justice issues, serve your community and have fun with a great group of Catholic lawyers and judges this year, the St. Thomas More Society can help! We are planning on a vibrant 2017 for the Society, and we want you to be a part of it. Here are some ways for you to become involved:

- *Become a Member of the Society or Renew Your Membership.* All interested lawyers, judges and law students are welcome at our events, but becoming a member demonstrates your commitment to our organization, ensures you hear about all our events, and supports our great programs, including our law school scholarships, our essay contest and our service activities.
- *Get involved by attending any of the events,* starting with our first luncheon of the year on January 19. Our meetings are generally held on the third or fourth Thursday of the month. We have some great speakers lined up, but please contact me with any ideas you may have or topics you'd like us to consider. We also

offer “Theology on Tap” events, a Lenten study series, and service opportunities, and are open to other ideas.

- *Invite others to join you.* We would love to expand our reach, particularly to younger attorneys. Prospective members are welcome to attend a lunch at no charge. We also offer discounted memberships for students and newer attorneys.

January Lunch

Our first lunch of the year will be held on January 19. Our speakers will be John Scudder and Tim Szarnicki. They will talk to us about the unique Cristo Rey educational program – where young women are given a high-quality Catholic college-preparatory education, while also experiencing work-study internships in professional settings, such as law firms and corporations. There is a thriving Cristo Rey school in San Francisco, and Mr. Scudder will discuss the ongoing efforts to establish a similar school in Oakland. They have also promised to bring along an inspiring young woman who has benefited from the program.

Please RSVP either by submitting the attached form, responding by Evite or simply emailing our treasurer, Andres Orphanopoulos at orphanopoulos@gmail.com.

- Date:** Thursday, January 19, 2017; 12:00 noon
- Place:** The Family Club, 545 Powell Street, San Francisco
- Cost:** \$52, \$42 (less than 10 years practice), \$25 (law students and clergy) There is no cost for first time prospective members of the Society.
- Speakers:** John Scudder and Tim Szarnicki of Cristo Rey.

Lenten Series

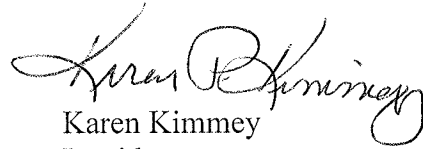
We are pleased to announce that Society member and scholar, Don Carroll, will once again lead a series of luncheon studies and reflections during the Lenten season. The meetings will be brown-bag lunches on Tuesdays in March, and will be held at the Farella, Braun & Martel offices at 235 Montgomery Street in the Financial District. More details to follow.

Membership

The 2017 Membership Form is attached to this letter and may be used to pay your dues and update membership records. Annual dues for 2017 are \$100.00 for attorneys with five years or more of practice and \$50.00 for retired attorneys and those with fewer than five years of practice. There is no charge for law students to join. Your dues are essential to the Society and enable us to fund events, attract quality speakers, and award scholarships, so please get them in.

We also are pleased to now offer the ability to register and pay your dues on line on our updated website. Please check us out at: <http://www.stthomasmore-sf.org>.

I look forward to serving you in 2017!

A handwritten signature in black ink, appearing to read "Karen Kimmey". The signature is fluid and cursive, with a large initial "K" and a long, sweeping tail.

Karen Kimmey
President

A Spiritual Resolution

January is a fitting time to take stock of our lives. It is the proper occasion to look back at where we have been and see ahead, hopefully, to a better future. Earnest resolutions are made by many people at this time of year. They forge promises to God and to themselves, in an effort to amend their lives for the better.

According to the consumer research firm, Nielson Company, the top ten most common New Year's resolutions, in descending order of frequency, are to stay fit and healthy, lose weight, enjoy life to the fullest (whatever that means), shop less, save more, spend more time with family and friends, get organized, travel more frequently, and read more. Indeed, there is no shortage of possible resolutions to improve our lives and make us better people.

In addition, many attorneys may seek to reform themselves professionally. One worthwhile resolution that, I am certain, tops the list for many attorneys is achieving a more manageable balance between work and other worthy pursuits in life. Lawyers with families, for instance, may resolve to click off the billable hours timekeeper earlier in the evening, in order to be more present to their loved ones. Others may choose to terminate clients who skirt ethical or other boundaries. Still others may commit themselves to reducing unhealthy perfectionism and an incessant preoccupation with producing a repeatedly flawless work product, at the expense of personal health.

As worthy as many of these resolutions may be, the new year also is a good time to consider how well we are practicing

the faith we profess. I know I have a lot of work to do, and I imagine many others do as well. In this article, I would like to suggest one spiritual resolution that may bear fruit even in our busy lives: decompartmentalization.

As human beings, we possess the remarkable ability to classify thoughts and actions into separate categories. It is a technique we use to avoid the cognitive dissonance arising from conflicting values and emotions that may exist in our psyche. Psychologists call this mental defense mechanism "compartmentalization," and religion is no exception to this human inclination. You may have heard the old joke that Christians pray in church on Sunday and then prey on their neighbors on Monday. As unfair as that characterization may be, many of us do have a tendency to separate religion from the rest of our life. We may go to church and pray on Sundays, but perhaps not much else happens spiritually the rest of the week.

One commendable New Year's resolution is to decompartmentalize our faith, that is, to make every attempt to weave the supernatural into our everyday lives and infuse our spirituality into every thought and action throughout the day. In his First Letter to the Thessalonians, St. Paul urges his readers to "[r]ejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus" (1 Thess. 5:16-18). Of course, this easily could involve turning off the billable hours counter sooner each day, spending more time with the family and friends God has given to love us, defining ethical boundaries more

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carefully, and letting go of our propensity to perfectionism. Each of these could be regarded as a spiritual practice.

However, we also should take care never to sell short a daily routine of prayer, a proper regard for silence in our day-to-day existence, and due attention to the interior life, through which the presence of God is cultivated in our lives. Yet, as busy attorneys, long periods of contemplative prayer or meditation may not be feasible. Nevertheless, it is possible to saturate our daily existence with thoughts of God. For instance, a venerable tradition in Roman Catholic piety consists of so-called ejaculatory prayers. These are short, exclamatory prayers spontaneously offered to the Lord throughout the day. Unfortunately, many people unwittingly use these prayers in a rather profane way when, for example, exclaiming “Jesus!” or “Oh my God!” without really meaning it. Yet, when used properly, these prayers can be highly meaningful and draw us closer to God. One such invocation is the well-known Jesus Prayer: “Lord Jesus Christ, Son of the Living God, have mercy on me.” Indeed, many people use these quick prayers to remember and call upon God regularly, especially during times of stress, when praying, for example, “Lord, help me in my time of need.” Other people set timers to remind them to stop and think about God for a minute or two out of the day. Instead of watching the elevator monitor on the way up to my office each morning when I was an attorney, I would close my eyes and pray.

Whatever method you prefer, seek this year to decompartmentalize your lives and make God a part of every moment.

May God bless you abundantly in this New Year.

Father Roger Gustafson

ST. THOMAS MORE SOCIETY JANUARY 2017 LUNCHEON RESERVATION

THE FAMILY CLUB

545 Powell Street, San Francisco

Please use this Form to reserve your spot at the luncheon and to make payment.

I plan to attend the St. Thomas More Society Luncheon at 12:00 noon on January 19, 2017, at The Family Club, 545 Powell Street, San Francisco

Please reserve ____place(s) \$52 per person.

Please reserve ____place(s) \$42 per person (fewer than 10 years in practice).

Please reserve ____place(s) \$25 per person (law students and clergy).

There is no charge for first-time prospective members of the Society.

Member Name: _____

Member e-mail: _____

Names of other attendees for whom payment is submitted:

I am bringing the following potential members as a Guest of the Society (no charge):

The total amount of my enclosed check is \$ _____

Please make checks payable to the "St. Thomas More Society of San Francisco." If you RSVP and cannot attend, please let us know in advance. Cancellations on less than 48 hours cannot be reimbursed.

Please return this form and your check to our Treasurer:

Andres Orphanopoulos
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2350 Kerner Blvd, Suite 360
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Facsimile: (415) 461-5946
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**ST. THOMAS MORE SOCIETY OF SAN FRANCISCO
2017 MEMBERSHIP FORM**

*Use this form to pay your annual Dues and update your Membership Record.
New members may use this form to join the Society.*

Name: _____

Firm, Company or Court: _____

Street Address: _____

City, State and Zip: _____

Telephone: _____

Email: _____

Parish: _____

Law Student? _____ **(No dues for law students in 2017)**

Year Admitted to Bar: _____ **Retired from Practice?** _____

Please accompany this application with your current dues payment. Annual dues for 2017 are: \$100 for attorneys over five (5) years in practice; \$50 for attorneys retired from practice and attorneys with five (5) years or less in practice; and \$0 for law students. Please make checks payable to **St. Thomas More Society**.

Return this form and check to:

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