

# The Pulse

OF CATHOLIC MEDICINE



CATHOLIC  
MEDICAL  
ASSOCIATION

SUMMER 2016 VOLUME 2 ISSUE 2



## THE HEART OF THE CMA: OUR GUILDS

**Guilds of the Catholic  
Medical Association: Q&A**

**CMA Moves to Unify  
Guilds on the State Level**

**A New Eye-Opening Course  
for Guild Members**



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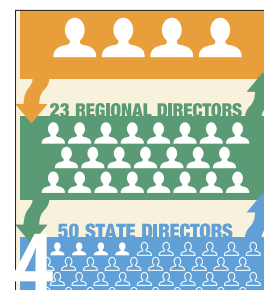
**The Pulse**  
OF CATHOLIC MEDICINE

**SUMMER 2016**  
VOLUME 2 ISSUE 2



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GUILDS

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## DEAR CMA MEMBERS AND FRIENDS,

Welcome to our next edition of *The Pulse*. As an English major in college, I have always believed that words mean something. All of us in health care know that the word “pulse” refers to a vital sign that we use to measure the presence of life. Further into the meaning, it also implies the circulation of blood being pumped by the heart to bring necessary nutrients and oxygen to sustain life. So it is with this publication; hopefully, you will find articles and information that will motivate you to support the life and mission of the CMA and invite “Just One More” colleague to join us.

One of the most important sustaining organs of the body is the heart to pump that blood; so it is with our guilds. Again, guilds are an association of people for mutual aid or the pursuit of a common goal, which in our case is that of spreading the Good News of the Gospel of Jesus Christ in medicine and bringing healing to the suffering, one at a time.

Our guilds are the life-blood of our organization. This issue aims to spotlight some of the work of our guilds, which meet throughout the year to support our mission by organizing, inspiring and educating its members to uphold the principles of the Catholic faith in science and the practice of medicine. We now have 99 guilds and we hope we will be approving our 100th guild in this 85th year of our existence. If you are not a member please join; if you are, please consider support and expansion in any way you can, and, if there is not a guild in your area, form one and give the CMA the increase in voice in the culture.

To facilitate these efforts, the CMA Board has recently developed the position of state directors to answer the complexity of individual issues that are ‘state-specific’ and these state directors will answer to the current system of regional directors that send voting representatives to the board. If you are interested in being a state director, please contact your local regional director or the national office.

Finally, the board has developed a new vision statement that speaks to the life of the CMA — the life of Christ that we represent in the healing profession and that we see in each of our broken patients. The new vision statement of the CMA is “Inspiring Physicians to Imitate Jesus Christ.” If a colleague, or anyone for that matter, asks you why the CMA exists or what is their vision, you have a very simple but extremely powerful tool of verbal evangelization.

To further promote this vision, the board also voted to strengthen and combine our educational outreach by joining our Boot Camp Committee, our Mid-Year Meeting Committee, and our Conference Committee into one Continuing Medical Education Committee that will be responsible for all of the above individual committee efforts, as well as overseeing an online CME and a mid-year educational conference also offering CME’s. If interested in helping our educational outreach, contact me through [info@cathmed.org](mailto:info@cathmed.org).

We need your prayers. We need your support. We need your voice. Come, join us and strengthen the ‘pulse’ of the Body of Christ, His Church!

Thanks and God bless you all,

Lester A. Ruppertsberger, D.O., FACOOG  
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*The views and opinions expressed in this magazine are solely those of the authors and do not necessarily represent those of the CMA.*



## DEAR CMA MEMBERS AND FRIENDS,

As this issue of *The Pulse of Catholic Medicine* has as its focus that of how CMA guilds are making a difference in their localities, I am edified by their dedication and good works. Whether it be our guilds offering opportunities for the spiritual formation of their members to be inspired to grow in holiness, or providing a place of mutual support to live faithfully the vocation of medicine in loving adherence to

Catholic teaching regarding the Gospel of Life, may Our Lord bless these endeavors. I know that it takes sacrifice and dedication on your part, in the midst of the busyness of medical practices, to plan for, provide for, or even to participate in guild events. It is to be hoped though that all of you appreciate the value of having a life-giving active guild and are willing to share in the work to make it so, even when it is difficult.

It is a pleasure and blessing not only to be the national chaplain of the CMA, but also the guild chaplain for the Omaha Guild. I am amazed by the dedication of the members of the Omaha Guild as they provide annually a day of recollection during Lent, a White Mass, and an ethics conference along with support and mentorship of the Catholic medical students at the two medical schools in our community. Also, it has been exciting to work together with the Lincoln Guild since Nebraska is one of the states where the CMA is piloting the state director initiative. Members from both guilds are working with our Nebraska Catholic Conference to advocate for our Catholic voice in legislative matters such as conscience rights and right to life issues. It truly has been a grace for me to personally experience the impact that local guilds can have for the benefit of their members and upon the public square regarding the Culture of Life.

With the CMA on the verge of establishing its 100th guild, it is evident that this is the work of the Holy Spirit. So, let the guilds be places for a new Pentecost in Catholic medicine to take place. This will indeed happen as all of you, open to the inspiration of the Holy Spirit, choose to be active participants in your local guilds.

Know my daily prayers are for the good of all our members and the success of all the activities of our local guilds.

Sincerely in Christ,

*Fr. Gutowski*

Fr. Matthew J. Gutowski  
NATIONAL CHAPLAIN

# New Vision for CMA State Representation

## CMA Moves to Unify Guilds on the State Level

BY JANE KEMMEY SCHNEIDER

**T**HE CMA NATIONAL BOARD OF DIRECTOR’S plan to establish the positions of state directors to oversee guilds in all 50 states is off and running, and in addition to improved organization and enhanced communication between local members and the board, the effort may result in an even more crucial outcome: the preservation of the Catholic practice of medicine.

Discussions regarding the need for state directors began more than three years ago among CMA leadership and board members, driven in large part by the exponential growth of the association in recent years, according to CMA Executive Director Mario Dickerson. Currently, the CMA’s membership numbers more than 2,100 and the association’s 99th guild officially launched this past spring, representing a substantial increase over the two guilds and 200 members that existed in the 1990s. While the expansion has been encouraging, Dickerson noted, it also has revealed a need for more effective member representation within the structure of the association.

“We need to ensure the proper representation of the members to the general assembly and to the board at the association’s annual conference,” Dickerson said. “There was no intermediary, no coherent representation of the guilds to the board. Regional directors have served as the intermediaries, but as the regions have been growing so fast, we realize there needs to be more, and the state director model fits into that.”

Developed during an 18-month study by the Committee for Restructuring State Representation — an ad hoc committee of the national board of directors — and approved as a formal proposal by the CMA’s general assembly at the annual conference in October 2015, the move to establish state director positions offers additional benefits that extend beyond improved representation of

guild members to the national board, Dickerson said. State directors will also spearhead the efforts of guilds in each state in creating faith formation opportunities for physicians, as well as hosting continuing education events that are more accessible to physicians because they offer the convenience of being held locally, yet can draw more participants than an event hosted by a single guild.

### NEBRASKA CATHOLIC MEDICAL GUILDS

Collaborative efforts within states offer other vital advantages to CMA members, according to diagnostic radiologist and Omaha Guild member Dr. Dave Hilger, who was recently named state director for the Nebraska Catholic Medical Guilds, the name assigned to the state initiative for the Omaha and Lincoln guilds in his state.

“The primary purpose of the state director is to facilitate communication and organization of the CMA,” Hilger explained. “This follows the principle of subsidiarity, since many issues occur locally and at a state level.”

As secretary of the national board of director’s ad hoc committee overseeing the development of the state director plan, as well as serving as a regional director representative on the board of the CMA, Hilger understands this point well.

He sees his main role as state director as facilitating communication between his state’s two guilds, and to communicate with the Nebraska Catholic Conference about issues pertaining to faith and medicine. Recently, a measure introducing physician assisted suicide came before a judicial committee in the Nebraska legislature and several CMA members testified against the proposal; although the initiative did not make it out of committee, the vote was close, and Hilger said he believes the Nebraska CMA Guilds will need to continue to address the issue.

The Nebraska guilds also have joined efforts to host ethics conferences for their communities such as an event

last year on conscience protection, as well as an upcoming program in September at Creighton University on human dignity, sponsored with the Archdiocese of Omaha, the Nebraska Catholic Conference, the Thomas Moore Society and Omaha Catholic schools.

### WISCONSIN CATHOLIC MEDICAL GUILDS

Another early pilot program of the CMA state director model is the Wisconsin Catholic Medical Guilds, the name assigned to the six CMA guilds in Wisconsin unified under one umbrella with anesthesiologist Dr. Robin Goldsmith as the state director. In her role as president of the St. Gianna Molla Guild of Northeast Wisconsin — one of the state’s six guilds and winner of the CMA’s Outstanding Guild Award for 2015 — Goldsmith has been instrumental in creating a model for her state’s combined guild efforts.

Also a member of the national board’s ad hoc Representation Restructuring Committee, Goldsmith has been hard at work with other committee members at developing descriptions for a range of duties for state director and assistant state director positions, including overall function and voting in the general assembly. Some of these recommendations have been approved officially, or are in the process of review by the board.

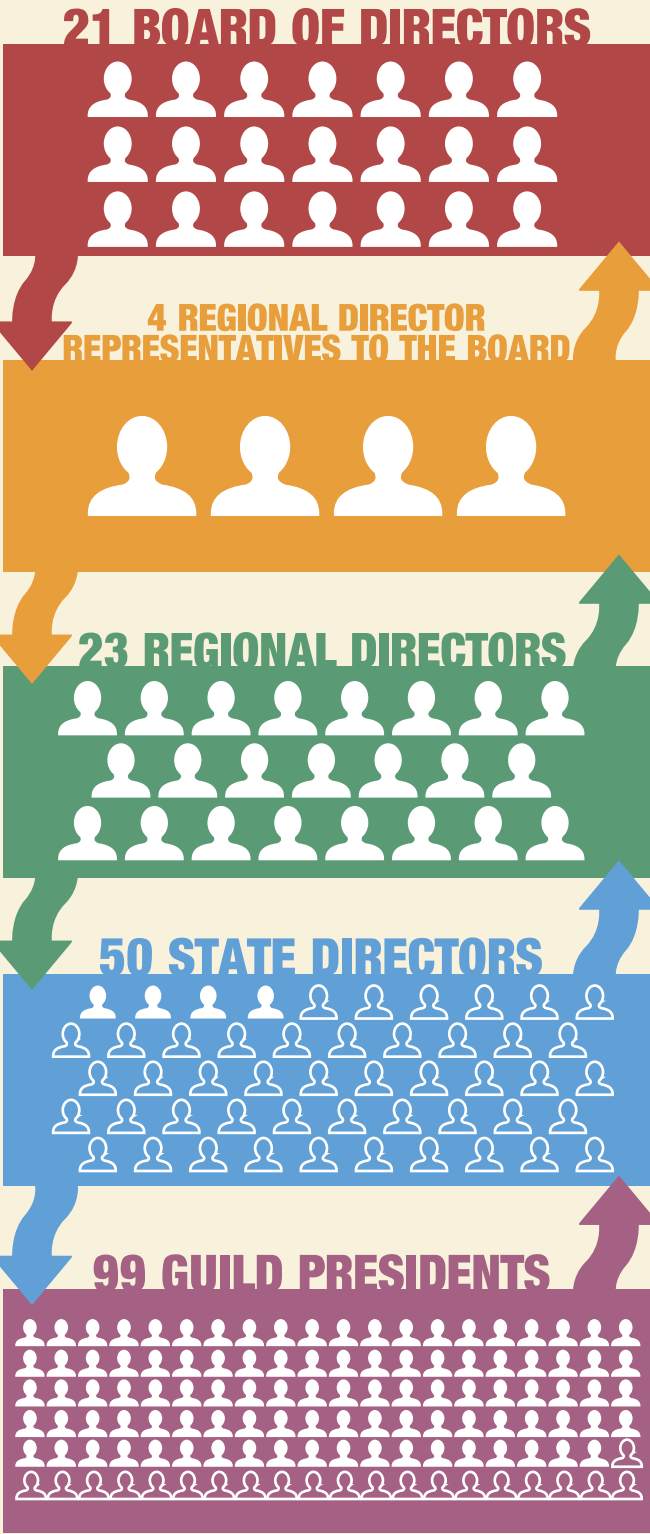
“The national board has been very supportive and very involved in overseeing this work; it’s going very well,” she said. “It’s been a privilege and a delight to work with people like Committee Chairman Dr. Louis Breschi, and the CMA officers. They have been very engaged, along with the ad hoc committee members, because everyone’s motivated by making the CMA as effective as possible at communicating how important incorporating faith and medicine is in our daily lives and in society. So it’s a beautiful, faith-driven group of people.”

Goldsmith credits the ability of the guilds in her state to work closely together and to support one another as the key element in accomplishing a unified set of goals; namely, developing faith formation for CMA members and for the public, providing education for members, particularly about how faith and medicine are intertwined, and offering fellowship for people — both in and outside of medicine — in order to develop camaraderie, “because it’s very easy to feel alone when you’re fighting these battles,” she said.

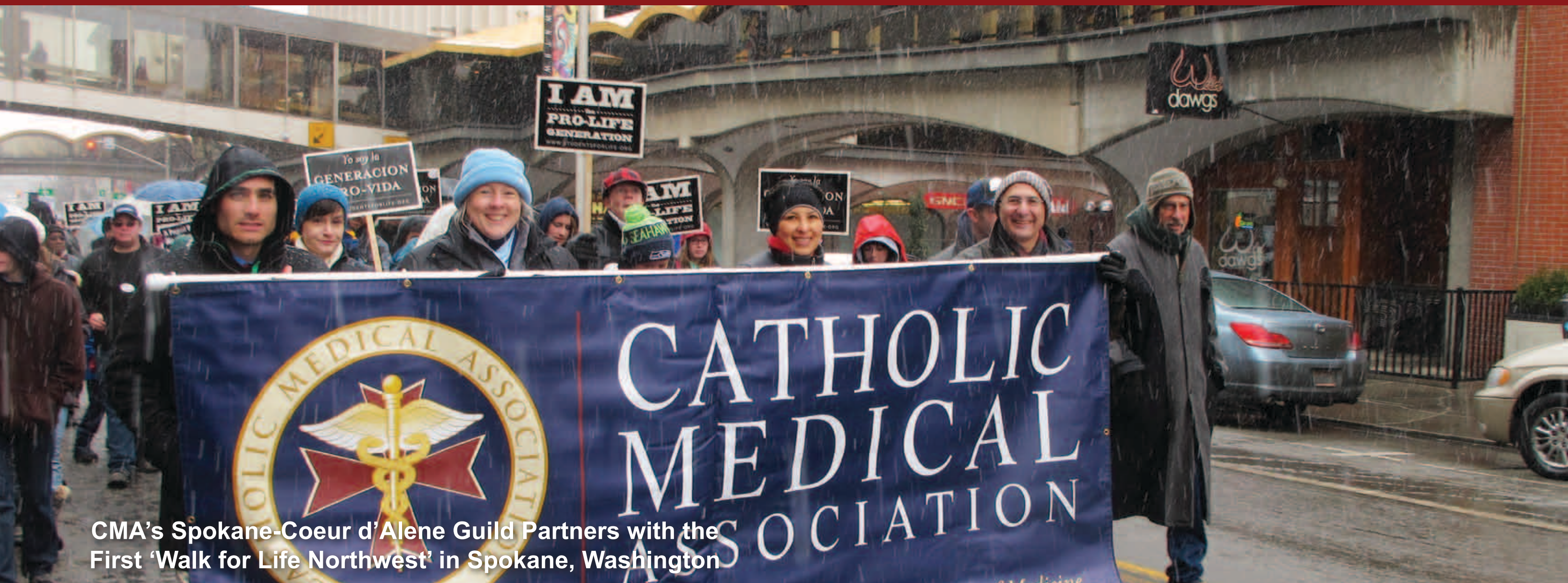
Among the endeavors of the Wisconsin Catholic Medical Guilds are the efforts to work with pro-life organizations

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### CONNECTING THE GUILD’S MEMBERS







## CMA's Spokane-Coeur d'Alene Guild Partners with the First 'Walk for Life Northwest' in Spokane, Washington

By Al Oliva, M.D.

**A**N ESTIMATED EIGHT HUNDRED PEOPLE attended the first ever Walk for Life Northwest in downtown Spokane, Washington this past January in a celebration of life. The Walk was full of warmth, laughter and vibrancy despite low temperatures, freezing rain and snow.

The Walk for Life Northwest stands in solidarity with those marching in Washington, D.C at the longstanding March for Life and other cities that host a Walk for Life as a unified voice for the unborn and women victimized by abortion.

Spokane's Walk for Life began with Mass at our Lady of Lourdes Cathedral, concelebrated by the Most Reverend Thomas Daly of the Diocese of Spokane, and the Most Reverend Eusebio Elizondo of the Archdiocese of Seattle,

along with more than a dozen diocesan priests and deacons. Bishop Daly gave a poignant homily on the sanctity of life marked by compassion, understanding and forgiveness, but also underscoring the intrinsic evil of abortion and its destructiveness in our society. He reminded us of the horror of abortion and our cultural complacency and moral relativism in the face of evil. He recalled our unwavering Catholic mission to uphold the sanctity of life at all stages and at all costs.

The crowd then walked to a rally a few blocks away at Riverfront Park. Despite the harsh conditions, those gathered were enthusiastic in their support of the speakers that included representatives from Silent No More, Sidewalk Advocacy and Gonzaga University Students for Life. The speakers were all inspirational and some related their own experiences with the devastation of abortion.

The keynote speaker Reverend Walter Hoye, a Baptist

minister and founder of Issues 4Life Foundation, gave an extremely powerful testimony. He spoke on the chilling decimation of the black community from abortion, observing how Planned Parenthood has targeted black neighborhoods for their abortion clinics. CMA members may remember Reverend Hoye because he spoke during the CMA national conference in Santa Barbara.

The Students for Life led the walk through slushy streets in downtown Spokane. Their banners and chants "*We are the Pro-Life Generation*," were inspiring and hopeful. The organizers of the walk had placed a priority on emphasizing the celebration of life, and therefore, the event had a reverent and joyful tone. Participants

came from throughout Washington State, Idaho, and Montana.

The Spokane-Coeur d'Alene Guild participated by providing half the budget for the walk and ongoing organizational assistance. Guild members also set up the speakers' stage, helped with vendors' tents and manned the first-aid station. Our guild will continue to help the Walk for Life Northwest grow and provide a voice for the unborn.

We all look forward to the next walk scheduled for Jan. 21, 2017. Please join us!

*Dr. Oliva is the president of the Spokane-Coeur d'Alene Guild.*





# GUILDS OF THE CATHOLIC MEDICAL ASSOCIATION



## HARRISBURG GUILD

### » When was your guild founded, and how many members belong to your guild?

Our Guild was founded in 2009, and we have approximately 60 members.

### » What specific needs is your guild meeting in the Catholic medical community?

Our guild is building fellowship among Catholic physicians and health care workers while providing some spiritual opportunities for them. Our guild also serves as the liaison with the National CMA. We also provide outreach to Catholic medical students from the Penn State Hershey Medical Center, as well as outreach to St. Thomas More Society of legal professionals.

### » What events/resources do you provide for your members?

We provide an annual White Mass with reception, an annual Lenten Morning of reflection, and a summer family picnic.

### » How do you provide outreach/support to medical students/residents?

We invite medical students to all of our events, plus

we provide additional dinner meetings with students throughout the year to discuss spiritual or moral issues.

### » Is there a goal your guild set and was able to achieve?

Our goal was to increase awareness of our guild among our medical and Catholic colleagues; establish a website; and have annual events all of which we have been able to accomplish. Our new website is [www.CATHMEDHARRISBURG.ORG](http://www.CATHMEDHARRISBURG.ORG)

### » What is a unique or important contribution your guild has provided to the local or statewide medical community?

Perhaps the unique contribution is our outreach to the St. Thomas More Society of Catholic Legal professionals. Currently we are co-sponsoring a Lenten Reflection. We invite them to our events and accept invitations to their events, thus uniting Catholics in these two professions.

### » How do you become a member of your guild?

To become a member of our guild, the interested person must complete an application that requires agreement with the CMA's principles. Anyone wanting to learn more can email us at [CATHMEDHBG@AOL.COM](mailto:CATHMEDHBG@AOL.COM) or visit us on our new website, our Facebook page or through the diocesan website.

## MIAMI GUILD

### » When was your guild founded, and how many members belong to your guild?

Our guild was founded in October 2013, and we currently have 12 active members.

### » What specific needs is your guild meeting in the Catholic medical community?

Our guild provides mentoring for our medical students. We also reviewed and discussed Ethical and Religious Directives for Catholic Health Care Services.

### » What events/resources do you provide for your members?

Last year in April we held our first Hippocratic Oath Mass. This event was eminently successful with the credit going to Fr. Scott Francis Binet, our past president. It brought new members to the Guild, and it was well attended by medical students, members and even nonmembers. We decided to make it a yearly event, holding our second Hippocratic Oath Mass this past April.

Past events have also included a picnic in December because we can hold picnics in the middle of winter in Florida; and an annual White Mass in the fall.

### » How do you provide outreach/support to medical students/residents?

We offer students the opportunity to shadow with practicing physicians; answer specific concerns; and teach natural family planning methods.

### » What is a unique or important contribution your guild has provided to the local or statewide medical community?

The contribution we intend on making to our local community through our guild is to witness to Catholic Church teaching in the public square through formation based on Church doctrine, including witnessing to life, marriage between a man and a woman, the family, religious freedom and conscience protection. The Guild will also support the Archdiocese in medical matters and collaborate with prolife organizations, in solidarity with the community.

### » How do you become a member of your guild?

Members have come to us through word-of-mouth, personal invitation and through our activities. Anyone interested in learning more about our guild and how to

become a member can email us at [MIAMIGUILD@CMA.GMAIL.COM](mailto:MIAMIGUILD@CMA.GMAIL.COM).

## MILWAUKEE GUILD

### » When was your guild founded, and how many members belong to your guild?

Our guild was founded 2004, and we have 25 members.

### » What events/resources do you provide for your members?

We provide a yearly guild picnic at the lovely lake home of our members, Drs. Franklin Smith and Krishna DasGupta. We also had a White Mass followed by a presentation by speaker Dr. Kevin Miller from Franciscan University of Steubenville, who addressed the topic of "Serving the Gospel of Life: Theological Meaning and Health Care Applications." We also held a conference on "Human Dignity at the End of Life: The Vital Role of the Health Care Professional," where CME credits were offered. We had nearly 250 people in attendance. We also had a Lenten retreat for health care workers called the Lenten Spark last spring. More than 20 attended.

### » Is your guild involved in any legislative action?

Legislatively, our guild was busy. Our guild president, Dr. Cynthia Jones-Nosacek, testified on SB 179 Fetal Pain Bill, which passed. The bill has the potential of saving up to 80 babies' lives a year. She also testified in favor of defunding Planned Parenthood, which passed; for the Banning Use of Fetal Parts Bill, which stalled on the floor of the Assembly without a vote; and in favor of AB 489 Sex Traffic Bill, which did pass, but without the provision mandating physicians to report underage sexual activity.

### » What is a unique or important contribution your guild has provided to the local or statewide medical community?

Our board met with diocesan leaders and expressed our concerns about an incident that occurred with a Catholic hospital. Diocesan officials were grateful for the medical insights we offered and will use it to ensure that all diocesan hospitals are complying with the Ethical and Religious Directives that all Catholic hospitals must follow.

### » How do you become a member of your guild?

To become a member of our guild, please contact Dr. Todd Miller at [TODD.A.MILLER@AURORA.ORG](mailto:TODD.A.MILLER@AURORA.ORG).





# Another Doctor at Calvary

## A New Eye-Opening Course for Guild Members

BY NADIA SMITH

**T**HE CMA's OWN DR. THOMAS W. MCGOVERN has released his latest course examining the Passion of Christ from a medical and historical perspective, and it is being offered through Catholic Distance University. Building on the classic *A Doctor at Calvary* by Dr. Pierre Barbet, McGovern's *Another Doctor at Calvary* course completes, and in a few instances corrects, those findings. What he uncovers may surprise you.

For instance, one intriguing discovery is that the long held theory that Jesus suffocated on the cross isn't so.

"By reviewing all available Greek and Latin crucifixion sources from 600 B.C. through the abolishing of crucifixion in the fourth century Roman Empire, and based on ancient graffiti of crucifixion and modern experiments, there is no support for crucifixion victims having difficulty breathing or wheezing or being able to move while on the cross – all of which would be signs of suffocation," McGovern said. "In fact, healthy volunteers cannot even push themselves up on a cross when their knees are bent so how could someone in a state of shock who had been tortured do so?"



What is his theory? To find out, McGovern encourages all guild members to take the course, where he reveals what he believes caused Christ's actual death.

"The CMA's new vision statement: 'Inspiring Physicians to Imitate Jesus Christ' is at the heart of why I write courses," said McGovern, who serves on the national CMA Board of Directors as a regional director representative and is one of two regional directors for the states of Indiana, Michigan, Ohio and Kentucky. "At this point in history, physicians are called to be martyrs – witnesses – for the Culture of Life in a society often bent on the destruction of human dignity and human beings. In *Another Doctor at Calvary*, physicians can learn to know better the model of all martyrs, the hope of all martyrs, Jesus Christ himself. This course stimulates the science-loving and investigative urges of the typical physician while deepening one's love for Jesus."

The course is part of a formation program being developed for CMA members. To that end McGovern has been working as a liaison between the Catholic Distance University and the Catholic Medical Association to accomplish this goal.

McGovern, an Indiana based dermatologist and Mohs surgeon, was one of the founding members of the Dr. Jerome

Lejeune Catholic Medical Guild of Northeast Indiana — the first guild in Indiana, formed in 2012. He served as the Guild's president from its founding until he took the position as a regional director last year. At that time, McGovern was upset that the HHS Contraceptive Mandate went into effect, so he joined the CMA to add his voice and financial support as a way to fight back.

"If I joined, I knew we would need a local guild," he said.

Under his leadership, the Guild was awarded the Outstanding Guild Award in 2014, and it was during this time that with the support, encouragement and direction of his bishop, Bishop Kevin C. Rhoades, he wrote 12 discussion-based catechesis courses known as the *ManAlive in Christ* series with the bishop's imprimatur. He also wrote the course *On the Christian Meaning of Human Suffering*, which helps physicians and nurses understand suffering and how to respond to it based on Saint John Paul II's Apostolic Letter by the same name.

"I wrote that course when I realized that while physicians are expected to be experts in suffering, few of us had any formal training on the subject," McGovern said. "This course served as the first series of eight monthly meetings that our guild held in Fort Wayne. Since then, several guilds have benefited from taking this course."

Nearly two years ago he was approached by Matthew Bunson, Ph.D., Faculty Chair at Catholic Distance University, about writing an online course delving into the medical aspects of the Passion of Christ – a topic he had been speaking on for 20 years.

McGovern agreed and after more than 500 hours of work during much of 2015 and early 2016, he completed the eight lesson course with the title specifically chosen to "pay homage to Dr. Pierre Barbet, who galvanized interest in understanding Christ's passion with his 1950 book," he said. The CDU course includes 33 two-minute audios and over 100 pictures.

"Unlike any previous work on the subject, it relies heavily on the ancient history of crucifixion as depicted in Greek and Latin literature, findings from ancient graffiti artwork and inscriptions, as well as the results of medical case-reports and studies," McGovern said.

CDU also plans to release a basic course in medical ethics for physicians and nurses, meant for those who cannot commit a full-year to more intense Catholic medical ethics programs that are available, as well as spiritual, moral and witness formation for physicians and those working in the medical field as part of the CMA certificate program, he added.

Despite his busy workload, family life with his wife of 25 years, Sally, and seven children and new grandchild, McGovern is already working on his next course offering: one that will unpack temperaments and the practical application to more effective relationships with family, friends, patients and coworkers. That too will be available to guild members through CDU when it is finished.

### Register online for ANOTHER DOCTOR AT CALVARY:

1) Go to [WWW.CDU.EDU](http://WWW.CDU.EDU) . Hover your cursor over the **Continuing Education** tab along the top of the page for the drop-down menu.



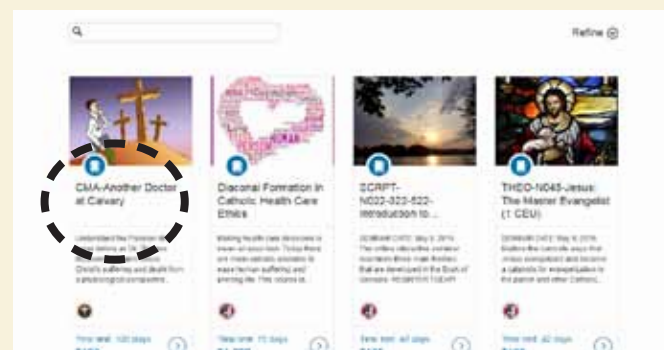
2) Click on **Catholic Medical Association Partnership**.



3) Then, click on **Register Now** to see the list of courses.



4) Click on the course.



To obtain a free copy of the *ManAlive in Christ* course, email Dr. McGovern at [TWMCGOVERN@COMCAST.NET](mailto:TWMCGOVERN@COMCAST.NET) .





## Catholic Women Physicians' Retreat

### A call for renewal, spiritual growth and friendship

BY KATHLEEN RAVIELE, M.D.

**F**AR AWAY FROM NIGHT CALLS, BUSY DAYS IN THE office or hospital, technology and family responsibilities, the Catholic Women Physicians' Retreat truly is a time for recollection and spiritual renewal.

Dominican Sister Mary Diana Dreger, an internist in the Nashville Guild, along with her order, the Dominican Sisters of St. Cecilia in Nashville, have hosted this retreat at the Bethany Retreat House for the past four years.

From the moment the date of the next retreat is scheduled until I get on the road with a fellow physician for the four-hour drive from Atlanta, Georgia to Dickson, Tennessee, where the sister's retreat house is located, I savor the thought of returning. It was no different this past fall when I and four other physician friends made our way to Bethany for the 2015 retreat.

By the time we arrived, the sun had set. Turning in at the white picket fence and driving past the sisters' house, we wound our way up the long curvy gravel driveway in the dark. When we came around the bend and saw the whole retreat



house lit up with a flood of welcoming lights, including the new chapel wing, we let out a cry of delight. We were back!

Forty-five minutes from the Nashville airport, Bethany is perched on a hill in the country overlooking a scenic valley of farmland and ponds. It is reminiscent of a hunting lodge with a massive great room, full of comfortable sofas and



chairs with all kinds of seating arrangements, conducive to reading, needlepoint or conversation. At night there is a fire roaring in the fireplace and the loft upstairs has a library full of great spiritual books and comfortable chairs. I have gone on weekend retreats for many years and this is the best retreat center I have ever visited.

Two of the sisters greeted us with smiles and hugs on that cold, windy night and showed us to our rooms. Over the weekend we had the opportunity to pray the Liturgy of the Hours, the Rosary and the Chaplet of Divine Mercy. These opportunities were optional, but almost all gathered in the chapel to pray together. Praying together creates such a bond of unity that continues after we return home. We participated in the Mass together each day, as well as in two conferences with the retreat master and informal group discussions. Confession was available the whole weekend.

Father Basil Cole, O.P., from the Dominican House of Studies in Washington, DC, was the retreat master and he had so much wisdom to impart not only in his conferences, but also in his homilies. There was plenty of time for personal prayer and reflection, and spiritual reading that Sister Mary Diana usually provides us with to read on the retreat or to take home and read later.

The magnificent new chapel that we had seen the year before as a shell was completed in time for the 2015 retreat. It was absolutely beautiful with stained glass windows, rich, dark wood pews and stalls and a magnificent crucifix. It rivals many of our parish churches.

On Friday night we had adoration all night, each taking our turn, as well as silence for 24 hours thereafter. The chapel is such a beautiful place in which to spend time with Our Lord. In the middle of the night it may just be you with the King of Kings. Believe it or not, we women can be silent! Even though we were not talking to each other, there was still that spiritual bond of being physi-



cians together on retreat, as well as being women with all the other responsibilities we have of caring for parents, patients, children and/or husbands.

The meals the sisters so lovingly made for us were out of this world. We could sit in the dining room or out on the deck or on the screened porch with our delicious repast, and get to know the various women on the retreat. We all asked the sisters for recipes of our favorite dishes that they had so masterfully prepared for us. After meals you could walk the grounds, walk around the deck that surrounds the whole second story, or go down to the outside Stations of the Cross. We left Sunday afternoon, after lunch, refreshed and inspired for another year already planning our return.

The next retreat will be held Nov. 3-6, 2016. All Catholic women physician are invited. Won't you consider joining us this November?

**To register for the retreat, email**  
**BETHANYRETREAT@OP-TN.ORG**



# A SPIRITUAL HAVEN IN MEDICAL SCHOOLS: OUR CMA STUDENT SECTION CHAPTERS

BY LINDSEY MARUGG

**W**HEN IT COMES TO MEDICAL SCHOOL, THE CMA Student Section Chapters are making all the difference in the world. I see this in my daily interactions with students

across the country in my role as president of the national CMA Student Section Board, and I experienced it firsthand at my own medical school with my local CMA Student Section chapter.

Once I had been accepted to the Boonshoft School of Medicine at Wright State University in Dayton, Ohio, I knew I had accepted the call to a long and difficult path, but I was excited for the opportunities it would bring. I also knew it would be the first time in 16 years of education that I would be in a public school, and that the field of medicine is a very different culture than my liturgical music major at Notre Dame. I braced myself for the isolation and cherished the last few months I had attending Mass with my closest friends and the community I had built in South Bend.

However, I would soon realize that God was going to take good care of me in medical school thanks to the

CMA. On my second day of orientation I attended an activities fair, where the CMA Student Section had a table. I met my ethics professor, Dr. Ashley Fernandes, and he and the CMA-SS local president welcomed me, gave me some resources such as “A Student’s Prayer,” and a list of activities the group typically does throughout the year.



They invited me to come to Mass on campus with the group that weekend, as well as to the first George Dinner—their monthly Sunday evening event. It was such a sigh of relief to know that there was an active local CMA chapter at Wright State.

Dr. Gary George and Mrs. Jean George graciously open their home to all the Catholic medical students in our community once a month during the school year for dinner followed by a discussion on Catholic bioethics. Over the last couple of years we have had

presenters come and speak on many different topics ranging from critical care, physician assisted suicide and natural family planning to Divine Mercy, the philosophy of suffering, and the witness stories of many local Catholic physicians. The outstanding witness of this beautiful Catholic family that continues to welcome us and give us a taste of home has been such a comfort to me throughout the years.

When it comes to medical school, the CMA Student Section Chapters are making all the difference in the world.

I also cannot understate the friendships I have made through the student section – they are among my dearest and closest friends. I have a community to sit with at Mass. I have a group of people I can reach out to when I have a prayer request with a simple text that reads “prayers please” and know that they will without question respond with “praying.” There are some days where my heart can become so heavy with the weight of the burdens my patients have to carry—and to know that I can reach out to my peers to pray for both my patients and my own strength is such a blessing. We are all on the same team, working toward the same goal of getting ourselves and our patients closer to God.

Our local chapter also has some specific liturgical events throughout the year, including a White Mass around the Feast of St. Luke, the patron saint of physicians. That is a great opportunity to interact with some of our local phy-

sicians and other surrounding CMA guilds in our state. It is a pretty powerful image to see the white coats at Mass. During Lent we try to do a lunchtime Bible study in conjunction with the Christian Medical and Dental Association. This has also been a great opportunity for an ecumenical interaction with some of our other peers, as well as a good way to take a step back during Lent and focus more intentionally on Scripture and prayer as a community. We also occasionally mix it up and go on a field trip. We’ve done a hike and “Wilderness Mass” at our local state park, as well as “Catholic Canoeing.”

These opportunities for fellowship, prayer, meeting other local Catholic physicians, and opportunities to encourage each other is what the CMA Student Section Chapters are all about. Their purpose is to uplift and encourage – to provide a spiritual haven in medical school..

## 2016 STUDENT SECTION LEADERS AND CHAPTERS



**Lindsey M. Marugg**  
**PRESIDENT**  
*Dayton, OH*



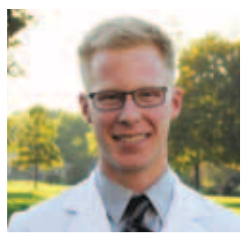
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**VICE PRESIDENT**  
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**Michael G. Barkowski**  
**SECRETARY**  
*Philadelphia, PA*



**Anna Purzycka**  
**COMMUNICATIONS  
DIRECTOR**  
*Troy, MI*



**Ryan D. Kelsch**  
**TECHNOLOGY OFFICER**  
*Naperville, IL*

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CMA-SS at Feinberg School of Medicine  
CMA-SS Creighton University  
CMA-SS of Chicago  
CMA-SS of Colorado  
CMA-SS of Drexel University College of Medicine  
CMA-SS of Indiana University School of Medicine  
CMA-SS of John Hopkins University School of Medicine  
CMA-SS of San Antonio  
CMA-SS of Southern Illinois University School of Medicine  
CMA-SS of the University of Nebraska Medical Center  
CMA-SS of University of Florida College of Medicine  
CMA-SS UWSMPH Chapter  
El Paso CMA-SS  
Louis Pasteur Roman Catholic Society  
Mary Health of the Sick CMA-SS of Loyola University Chicago

Saints Cosmas and Damian CMA-SS of University of Arkansas  
Ss. Francis and Clare Guild of CMA-SS  
St. Basil the Great Catholic Society of UT Southwestern  
St. Joseph Moscati CMA-SS at Houston  
St. Joseph Moscati CMA-SS of Tampa Bay  
Texas A&M Health Science Center CMA-SS  
The Blessed Mother Teresa of Calcutta CMA-SS of Mayo Medical School  
The Ohio State University John Paul II Chapter of the CMA-SS  
The Twin Cities CMA-SS  
University of Maryland CMA-SS  
University of North Dakota CMA-SS  
Vanderbilt School of Medicine’s Society of Saints Cosmas and Damian  
Virginia Commonwealth University





# Q&A

## RESIDENT SECTION OF THE CATHOLIC MEDICAL ASSOCIATION

### » How did the Resident Section get started?

After the founding of the student section in 2010, the idea of a resident section was discussed for some time. The pivotal discussion was at the Mid-Year Meeting at Mundelein Seminary in June 2013. That meeting included sessions on long-term goals for the Catholic Medical Association, and once again, the idea of a resident section was proposed. The Student Section Board at the time, which was made-up of Paul and Amber Day, Kris Yoon, Charles Armstrong and Brian Bamberger, met and developed bylaws for the new section. They decided to continue to serve the CMA after their terms on the board ended so as to ensure a solid foundation for the new resident section. On Nov. 25, 2013, the Board of the Catholic Medical Association approved the bylaws of the resident section, officially making it a part of the CMA. It was not until March 23, 2014, in the days after Match Day 2014 that the new section was officially unveiled to members via email, Facebook and Twitter.

### » Does the Resident Section have a patron saint?

St. Giuseppe Moscati is the patron saint of the resident section. He was a lay physician known as the “Holy Physician of Naples,” who was canonized by Pope John Paul II in 1987. He viewed his medical practice as a lay apostolate, stating that “not science, but charity has transformed the

world.” The first modern physician to be canonized, St. Giuseppe Moscati dedicated his life to serving the poor and teaching interns.

### » How is the Resident Section set up differently than the Student Section?

While modeled after the CMA and the CMA-SS, the CMA-RS has some important differences in organization. There are five resident section board members overseeing the CMA-RS. However, unlike the guilds of the CMA and the chapters of the CMA-SS, there are no official local “units” for organization. The intent is that resident section members be part of their local physician guilds rather than a separate entity. Currently, there are 170 members. Dr. Jack Lane serves as the physician adviser to the CMA-RS.

### » How specifically does the Resident Section support Catholic residents?

The goal and vision of the resident section is to ensure that resident physicians have a “home” in the CMA during their postgraduate training. While the CMA-RS encourages its members to be involved in their local guilds, the resident section serves as an additional support for residents by connecting them to the rich resources of the CMA. As a defined unit of the CMA, the resident section now officially offers members scholarships to the annual conference, as well as to the Bioethics Boot Camp. With a foundation in prayer, the CMA-RS offers annual



novenas for the intercession of our patron saint, as well as encouraging all residents to pray daily via a Resident Prayer Pledge. Ultimately, the resident section seeks to serve as a bridge from the student section to full physician membership.

### » How are you selected to be on the board?

Board members are selected from the general membership of the CMA-RS. Applications for open positions are solicited via email, and must include a letter of sponsorship from a CMA physician member. Through a discernment process, board members are selected. In addition to each officer’s specific roles/responsibilities, all CMA-RS board members maintain the following spiritual norms: Daily prayer to St. Michael the Archangel, confession twice per

year, group monthly Holy Hour, weekly spiritual communion outside of Sunday Mass. These spiritual norms allow us to have a focused intent to daily pray for all CMA-RS members.

### » Is there anything new for this year?

New for this year is that the annual conference will feature the first ever resident breakout session entitled, “The Five-Minute Consult: Ethical and Moral Issues Faced by Resident Physicians.”

### » How do you become a member?

Any physician-in-training — intern, resident, fellow — can join at [WWW.CATHMED.ORG](http://WWW.CATHMED.ORG). Membership dues are \$50 annually.



# WHY WE SERVE

## The 2016 Resident Section Leaders



**Brian Bamberger, M.D., MPH**

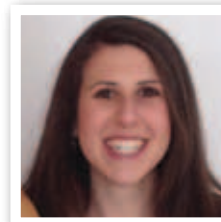
**PRESIDENT**

“The Catholic Medical Association and its student section were formative parts of my undergraduate medical education. Grateful for the resources and connections I made as a student, I wanted to continue to give back to the CMA as a resident. Moreover, I have had the pleasure of being part of an extraordinary leadership team since December 2011; Paul, Amber, Kris, Charles — and now Jenny — have done so much, and all of this would not have been possible without them.”

**Amber Day, M.D.**

**VICE PRESIDENT**

“The CMA Student Section was a vital support for me during medical school. Having those resources, friends and mentors during a time with many moral challenges reminded me that I was not alone. I wanted to continue as a resident section board member to provide residents with similar friendship and support during a time that is equally if not perhaps more challenging.



**Kristopher Yoon, M.D.**

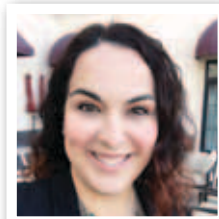
**SECRETARY**

“I’ve enjoyed serving the CMA as part of the student section and wanted to continue with this great team as a resident section board member.”

**Paul Day, M.D.**

**COMMUNICATIONS OFFICER**

“The CMA provided me with such a wonderful support system during medical school that I hoped to continue that collegiality during residency. The idea of trying to provide that type of support and encouragement for residents across the country truly appealed to me. Through my interactions with residents searching for truth, I continue to believe that I receive much more than I give.



**Jennifer Perone, M.D.**

**TECHNOLOGY OFFICER**

“Being part of the CMA was a crucial part of my medical school career. Through my local CMA-SS at Ohio State, I met some of my closest friends and advisors; for me it was like a light in the darkness. It was invaluable to me that I have a place that shared both my passion for medicine and my faith, and that would challenge and support me in this journey. After attending the past few national conferences, I felt called to become more active in the CMA-RS. I feel very blessed to be a part of this organization and to work with Brian, Kris, Amber and Paul.”

## TENNESSEE



chaplain at Aquinas College in Nashville, spoke on the Passion of Christ. The evening also offered an opportunity to receive the Sacrament of Reconciliation. The Guild also hosted David Allaway, director of the Heritage Program at St. John’s University, who discussed the Sermon on the Mount through the lens of the St. John’s Bible: an entirely hand-written, hand-illustrated bible made using quills, precious metals, and paints manually ground from precious minerals. He also gave his presentation to medical students of the Society of Saints Cosmas and Damian – the Vanderbilt University’s CMA Student Section, and the Medical Campus Fellowship – a protestant student group at Vanderbilt.

In April the Guild also co-hosted two live performances of C.S. Lewis’ classics *Screwtape Letters* and *The Great Divorce* by The Mirror Theatre Company. Please visit the Guild’s new website, which features a quarterly reflection on mercy from Sr. Mary Diana Dreger, OP, M.D., as well as videos of prior guild events at [WWW.NASHVILLECMA.ORG](http://WWW.NASHVILLECMA.ORG).

The Nashville Guild has had some wonderful events recently including the eighth annual Lenten Evening of Reflection hosted by the Dominican Sisters at the St. Cecilia Motherhouse, where Fr. Kevin McGoldrick, the campus

## WISCONSIN



Catholic faith. With over 120 in attendance, the evening exceeded expectations and was very well received.

The following day, the Most Rev David Ricken celebrated the White Mass. At the end of Mass, Bishop Ricken presented a first degree relic of St. Gianna Molla to President Dr. Robin Goldsmith and Vice President Dr. Susan Allen that he had received from Dr. Gianna Emanuela Molla, the saint’s daughter while attending the 2015 World Meeting of Families in Philadelphia. He allowed all attendees at the Mass to venerate the relic and then gifted it on loan to the St. Gianna Clinic, a primary care clinic in Green Bay that is loyal to Catholic teachings, and to the St. Gianna Molla Guild of Northeast Wisconsin as a means to bring God’s graces to each.

The Mass was followed by a reception featuring speaker Father Quinn Mann, founder and leader of Catholic Youth Expeditions, who beautifully discussed the topic, “Teens at Risk – encountering God’s Love and Mercy.” Fr. Mann’s apostolate has reached out to thousands of young adults and high school students with the truth and joy of the Catholic faith.

The Saint Gianna Molla Guild of Northeast Wisconsin celebrated its annual White Mass, which is actually a weekend event held at St. Francis Xavier Cathedral in Green Bay, Wisconsin. The weekend event began with a mini-retreat lead by the captivating Steve Ray, the protestant convert turned Catholic author and speaker. He spoke on how Catholics can stay faithful in a world antagonistic to the



## DEACON ALAN RASTRELLI, M.D.

Dr. Alan Rastrelli was a founding member of the Denver Guild, and has served in its leadership since its formation in 2008. He also serves as a deacon for St. Thomas More Catholic Church. He has been chosen as the Denver Guild's Star Member because of his tireless dedication not only to the profession of medicine and the Catholic Church, but also to his wife Brenda Rastrelli of 40 years, his seven children and 16 grandchildren. Despite retiring recently from a productive career as an anesthesiologist specializing in palliative care, he helped found a nonprofit organization called Divine Mercy Supportive Care, which is a Christ-centered hospice. Because Dr. Rastrelli recognizes the importance of assisting patients in dying with true compassion and dignity, he has chosen to continue to serve the Catholic medical community as the medical and spiritual adviser for this nonprofit. Divine Mercy Supportive Care is comprised of experienced professionals that partner with patients and their families to navigate through advanced illnesses in accordance with Catholic values. Dr. Rastrelli also joined his colleagues to testify against physician assisted suicide in Colorado for the second year in a row. To learn more about this incredible nonprofit organization, visit [WWW.DMSCI.ORG](http://WWW.DMSCI.ORG).



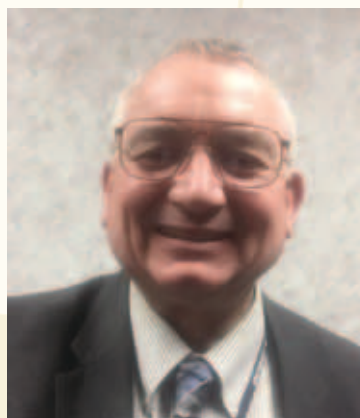
## DEACON TIM EGAN, M.D.

Dr. Tim Egan was the founder of the St. Raphael's Guild of Duluth, Minnesota, which was formed in August 2008. He has been chosen as the St. Raphael's Guild's Star Member because of his faithful dedication to the success and growth of the Guild. He is a child and adolescent psychiatrist and served as the Guild's first president. Under his leadership the Guild grew and obtained its nonprofit designation of a 501(c) (3) in May 2009. In 2010, he initiated the White Mass tradition, which is celebrated yearly by Bishop Paul Sirba. Dr. Egan has since retired from his medical career, but has been ordained a Deacon. Although no longer the Guild's president, he continues to be quite active: he's given lectures for the Guild three times in the past two years on subjects ranging from medical ethics to spiritual healing. According to Dr. Gordy Harvieux, the Guild's secretary and treasurer, "We simply would not exist as a guild of the Catholic Medical Association if it were not for Deacon Tim Egan."



## JOSEPH E. THORNTON, M.D.

Dr. Joseph Thornton was a founding officer of the St. Gianna Guild of North Central Florida of the Catholic Medical Association since its formation in 2011. He is the faculty sponsor for the medical student section of the CMA at the University of Florida, where he is an adjunct professor of psychiatry and the UNESCO Chair in Bioethics at the university's Veterans Affairs Unit. Currently he is serving as the Assistant State Director of Florida alongside State Director Dr. Diane Gowski. He has been chosen as the St. Gianna Guild's Star Member because of his loyal dedication to the work of the CMA and witness to the Catholic faith. He had a "prison conversion" to the Catholic faith over two decades ago. He served as the psychiatrist on staff for the prison where death penalties occur in Florida. Through the interaction with the prison chaplain there, he studied the Catholic faith and converted through the RCIA process. Now he works tirelessly at the state level to abolish the death penalty in Florida. According to Dr. Angeli Maun Akey, the current guild president, "Many doctors, nurses and medical students have joined our guild because of Dr. Thornton's example of humility, excellence and compassion," she said. "He is our 'go to' person in the Guild for matters of faith and ethics, and he is constantly in prayer. It's no wonder why he reflects the divine physician so well."





**CMA State Representation** *continued from p5*

within the state — Pro-Life Wisconsin and Wisconsin Right to Life — as well as other faithfully Catholic organizations such as the Wisconsin Catholic Conference in helping to stop the Wisconsin Medical Society from approving a physician assisted suicide measure that would have required physicians who were personally opposed to assisted suicide to refer patients who sought the procedure to other physicians who would do it. Acting in unison with Wisconsin bishops, the Wisconsin state CMA guilds also have worked diligently to oppose POLST (Physician Orders for Life-Sustaining Treatment) and have been active in writing letters, contacting legislators and providing testimony on a range of issues including the Unborn Child Protection Act. Among their state's positive outcomes are two bills that were passed this year in the Wisconsin state legislature that successfully defunded Planned Parenthood.

"Our goal is to work to unite and collaborate with as many people that we can," Goldsmith said. "I believe that there's always a way to work together: you always remain faithful, you always remain true to your purpose, but you continue to reach out, continue to build bridges. Ultimately, if we're untied, we'll continue to succeed. That's the underlying drive behind a state model."

Goldsmith pointed to the strong working relationship of the Wisconsin guilds with bishops in dioceses throughout the state as a key element in the strength of their efforts. Foremost is the need to inform bishops "we will do everything we can to help them in their most important role as shepherds," and she stresses the need for the Holy Alliance, the movement within the CMA to unite physicians and clergy in the belief that faith and science are never in conflict because they both originate from God.

"We know this is a spiritual battle. From the very beginning we actively recruit priests and religious to come to our events, to pray for us, to guide us every step of the way," Goldsmith said. "I cannot emphasize enough that the spiritual component is of the utmost importance in everything we do, both at the St. Gianna Molla Guild level, and at the state level. God is first and everything else is second."



**FLORIDA CATHOLIC MEDICAL GUILDS**

The recognition of the need for spiritual support and collaboration with clergy is also front and center for the newly formed Florida Catholic Medical Guilds, led by state director, hospitalist and internal medicine physician Dr. Diane Gowski, and assistant director and psychiatrist Dr. Joseph Thornton. The state model was approved to oversee Florida's six guilds officially in January 2016 and one of the early highlights of their unified efforts was a spiritual retreat held for all members throughout the state. Coordinated by priest and physician Fr. Scott Francis Binet, Region V Director for the CMA and a spiritual chaplain for the Florida guilds, the retreat served as a unifying time for the guild members.

"It really was a steppingstone for us, like a leadership retreat," said Gowski. "We had the opportunity to try to unify the team, to see where we are separately and where we need to come together."

Gowski also credits the national CMA's Holy Alliance program, which she participated in during her eight year term as president of the Diocese of St. Petersburg Guild, with being crucial for physicians attempting to incorporate faith into their practices.

"I think we're really blessed to have Fr. Scott because he is both a physician and priest. He is a kind and holy priest whose spiritual insights help build us up and guide us."

With a growing unified model of organization, the Florida CMA guilds now have a new website, [www.Cathmedflorida.org](http://www.Cathmedflorida.org), and a Facebook page through which they hope to increase their impact on legislative issues, making certain that the voice of the CMA is heard and that the pro-life position

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**EX-OFFICIO  
DR. LESTER  
RUPPERSBERGER**  
• Pennsylvania  
(CMA PRESIDENT)

is represented. Gowski recently testified before the Florida senate subcommittee on the issue of POLST, representing the Florida CMA guilds' opposition to the measure.

The guilds in Florida are also preparing to advocate on possible upcoming Health Care Rights of Conscience and pro-life legislation, and are reviewing the issue of health care providers' participation in death penalty executions. Both Gowski and Thornton see the advantages to collaborating with other Catholic faith-based groups such as the Florida Catholic Conference and Florida Right to Life, as well as other physician groups who advocate for pro-life positions and who have spoken against POLST.

"We really need a group effort and a unified team effort to advocate for physicians and patients to uphold the Catholic principles in health care," Gowski said. "We hope to increase the awareness of the CMA in Florida, and to increase the outreach to individual physicians and health care workers who are looking for us, even though they may not realize it. When they find us, they'll be very happy."



**INDIANA TO FOLLOW SUIT**

Beyond the unified efforts in Florida, other states are developing their own plans for a state model of representation, said Indiana dermatologist and surgeon Dr. Thomas McGovern, who serves on the national CMA Board of Directors as a regional director representative and is one

of two regional directors for the states of Indiana, Michigan, Ohio and Kentucky.

While McGovern said he hopes to have a state director approved for Indiana in the near future, the guilds in the state recently experienced the opportunity to function as a state model of unity when one of the most expansive bills to ban abortion in the state's history, and in the country, was passed by the Indiana House of Representatives and Senate, and made its way to the desk of Governor Mike Pence. With strong opposition to the bill coming from abortion rights physicians and groups, CMA guilds throughout Indiana mobilized within 24 hours to compose a statement that was signed by all guild presidents. The statement was forwarded to local bishops, and pro-life media outlets were notified. With an influx of letters from pro-life physicians supporting the bill as good medicine and good law, the governor signed the bill.

McGovern points to such efforts for why the state model has been well received, noting that "members see that they are part of a more efficient and effective organization that can really impact the culture" and by doing so preserve the Catholic practice of medicine.

For more information about state directors, contact the CMA national office at (484) 270-8002.

*Jane Kemmey Schneider is a freelance writer living and working in suburban Philadelphia.*

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**FLORIDA'S SIX GUILDS** came together for a special retreat in late February, coordinated by priest and physician Fr. Scott Francis Binet, Region V Director for the CMA and the spiritual chaplain for the Florida guilds. The retreat served as an opportunity for the Guild members to come together and discuss their move to a state model under the newly formed Florida Catholic Medical Guilds. The retreat master was Fr. James Kelleher, SOLT and the guest speaker was Sr. Renee Mirkes, OSF, from the Pope Paul VI Institute in Omaha, Nebraska.

**THE HARRISBURG GUILD AND THE ST. THOMAS MORE SOCIETY OF CENTRAL PENNSYLVANIA** teamed up to host a morning reflection and Mass for Lent celebrated by Bishop Ronald Gainer. Pictured Bishop Gainer and Deacon Tom Lang receive the gifts from Guild President Dr. Greg Burke and Esquire Michael Krimmel, president of the St. Thomas More Society.



Dr. Marguerite Duane and members of the **ST. GIUSEPPE MOSCATI D.C. GUILD**, along with CMA Executive Director Mario Dickerson, gathered for a special meeting at the St. John Paul II Center, Saturday, April 9, in which they celebrated Mass in the Shrine's chapel followed by lunch. Members discussed current and future activities, including the upcoming national CMA conference in D.C. from Oct. 13 to 15.

**THE MIAMI GUILD AND MERCY HOSPITAL** held the second annual Hippocratic Oath Celebration April 17 at the Mercy Hospital Chapel in Miami. The event began with the celebration of the Holy Sacrifice of the Mass, during which medical students and physicians professed the oath and committed themselves to the health care values upheld by the Catholic Church. A reception followed.



CATHOLIC MEDICAL ASSOCIATION ANNUAL APPEAL 2016

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