

Monthly Newsletter

Friends,

I began this monthly exercise on Ash Wednesday and am completing it after the men's U.S. hockey overtime gold-medal performance. You may receive this letter in Lent or after Easter. Therefore, I chose an early church reading, *Carmen Christi (Hymn to Christ)* that St. Paul embedded in his letter to the Philippians to encourage humility and unity and to express in a few short verses the process the Greeks called *kenosis*. That term referred to the voluntary self-emptying of Christ and then his incarnation and birth, his ministry leading to the cross, Resurrection, and Ascension. In your five minutes of silence, reflect on this Paschal Mystery as we move into spring and the baseball season.

Our article this month offers ethical tips for making morally complex choices. I hope the article will be helpful in addressing present dilemmas or present an opportunity to review a decision that might have gone astray. There is power in small groups enabling participants to see around a problem and provide perspective, insight, and learning.

On to book recommendations. First, a book I have read every morning since the beginning of the year: *What Matters Most and Why: Living the Spirituality of St. Ignatius of Loyola*. This book comprises 365 daily reflections by Jim Manney. The format for each day is a quote from Ignatius and a one-page reflection. I am surprised how often the quotes speak to my current state, and when they don't they excite my curiosity—both goods!

The second recommendation is my Lenten diet book with the great title, *Eat Your Ice Cream: Six Simple Rules for a Long and Healthy Life*, by Ezekiel J. Emanuel, M.D. Any health book that lets me eat from my favorite food group I had to buy. Ezekiel Emanuel, a bioethicist and a professor at the University of Pennsylvania Medical School. (Full disclosure: he is Rahm Emanuel's brother—a Chicago connection). Dr. Emanuel gives good advice with a little laughter thrown in! (Check out the title of the first chapter.)

The winter cold has had me reading a lot this past month, and my final recommendation for historians and those concerned with aging is *Winter Dreams: A Historical Guide to Old Age* by Barbara H. Rosenwein, professor emerita at Loyola University of Chicago. As an old history major, I was delighted to be taken on a ride through the ages in a multi-disciplined way, learning how the challenges of aging have been expressed and have evolved over the centuries. A wonderfully written narrative.

Finish Lent strong and have a happy Easter! Remember that we are a people called to live the virtues of Faith, Hope, and Charity (Love)!

AMDG,

John Fontana



MISSION

The mission of *Faith @ Work* is to establish and lead a network of business executives to explore their respective religious traditions in order to help the individual executives

- integrate faith, family, and professional life,
- develop a corporate culture that is reflective of their religious faith and values, and
- exercise a beneficial influence upon society at large.

The communities, grounded in the Roman Catholic tradition, welcome believers who are open to and respectful of one another's religious traditions. They are committed to the conviction that ethics and values grow out of one's religious heritage.

SCRIPTURE READING:

Philippians 2:5-11

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death— even death on a cross. Therefore, God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

ARTICLE

[*3 Tips for Ethical Decision-Making*](#), based on insights from Brooke Vuckovic. *KelloggInsight*, December 5, 2025



REFLECTION QUESTIONS

Be attentive: Are any of you or your organizations currently confronting morally complex choices? Describe a case.

Be intelligent: Do you have a case in mind from the past to which you would like to apply the “3 tips”?

Be reasonable: What are your thoughts on the “3 tips”? Are they helpful? Do you have any additional insights?

Be responsible: What were key insights that surfaced in today’s discussion? Any food for further contemplation? Any action steps? What are the implications for you at work, in your community, and at home? Leverage the conversation for good!



CLOSING PRAYER

Personal Prayer of Pedro Arrupe, S.J.

Grant me, O Lord, to see everything now with new eyes;
to discern and test the spirits that help me read the signs of the times;
to relish the things that are yours, and to communicate them to others.
Give me the clarity of understanding that you gave Ignatius.

Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be, world without end.
Amen!

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