



3499 Lexington Ave. N., St. Paul, MN 55126-8098

Non-Profit Org.
U.S. Postage
PAID
Permit #000

OUR *catholic* JOURNEY

THE OFFICIAL PUBLICATION OF CATHOLIC UNITED FINANCIAL

Become Part of
Our Story , pg. 8

How **WINE** is
Bringing Catholic
Women Together,
pg. 7

**Drive into summer
with a new loan.**

Catholic United Financial Credit Union can
help you save even more on your next loan
with a 1.00% APR* Discount.

Call us at 1-877-871-8313 or apply online
today at www.catholicunitedCU.org.



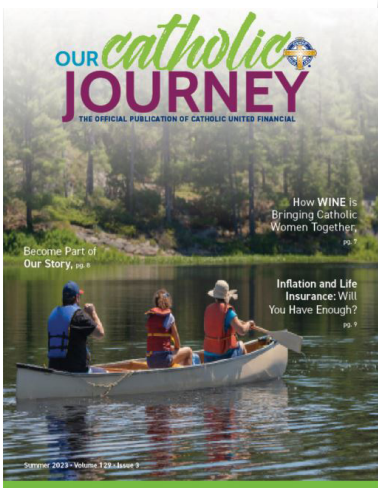
*Mention this ad and receive a 1.00% Annual Percentage Rate (APR) discount on the published rate when you apply for a car, truck, boat, motorcycle, personal recreational vehicle or personal loan. Discount cannot be used to refinance an existing Catholic United Financial Credit Union loan and cannot be used with any other discount. Loan is subject to credit approval. Offer expires June 30, 2023.



TABLE
of contents

Want one of your photos featured on the front cover of Our Catholic Journey?

Send your high resolution photo to news@catholicunited.org and you could be featured in the next issue!



FEATURES:

- 6 | SECURE Act 2.0: What You Need to Know
- 7 | How WINE is Bringing Catholic Women Together
- 8 | Become Part of Our Story
- 9 | Inflation and Life Insurance: Will You Have Enough?

DEPARTMENTS:

- | | |
|---------------------|-----------------------------|
| 3 Community Collage | 10 Credit Union |
| 4 Member Engagement | 11 Recipes & Games |
| 6 Foundation | 12 Member Advisor Directory |
| 7 Association | |

Our Catholic Journey

Official Publication of Catholic United Financial

Magazine Staff:

Publisher: Michael M. Ahles
Editor: Kayla Ince
Staff: Susan Detlefsen, Gabby Japke

Office of the Publication:

Catholic United Financial
3499 Lexington Avenue N.
Arden Hills, MN 55126

President:

Michael M. Ahles, Chisago City, Minn.

Senior Vice President and Secretary/Treasurer:

Paul Zastrow, Mendota Heights, Minn.

Board of Directors:

Renee Brod, Lead Director, Forest Lake, Minn.
Robert Krattenmaker, New London, Minn.
William Lucas, Edina, Minn.
Jean Hart, Cold Spring, Minn.
Marty Seifert, Marshall, Minn.
Jim Wensel, Rice, Minn.
James Gibbons, Lake Elmo, Minn.

Please send payment checks to:

Catholic United Financial
C/O 21st Century Bank
17635 Central Ave NE
Ham Lake, MN 55304-4304

For general questions, please call 1-800-568-6670 or email us at info@catholicunited.org

Our Catholic Journey (USPS 093500) (ISSN 21641617) published bi-monthly by Catholic United Financial, 3499 Lexington Ave N, STE 200, St Paul, MN 55126-7056. Periodicals postage paid at St Paul, MN and additional mailing offices.

Postmaster: Send address changes to Our Catholic Journey/ Catholic United Financial, 3499 Lexington Ave N, St Paul, MN 55126-7055.

A MESSAGE FROM MIKE

Michael Ahles | President, CEO and Chair of the Board



STORY TIME



The best times of our lives are spent with stories. Hearing them and telling them changes us forever. God created this in us and gave us His Son, thus creating the Greatest Story Ever Told. Our Holy Bible is filled with parables to build our morals and beliefs by making them persuasive, understandable and relatable to dictate the lives we lead.

Take a moment and think of the stories you’ve heard over the years. I suspect it started when you were very young, lying in your bed with mom or dad nearby sharing a bedtime story. Or were you sitting on the couch next to grandma or grandpa hearing them spin yarns about their adventures in the years gone by? Maybe there were campfire stories told by a brother or sister playfully scaring you under the moonlight. Or your hometown pastor delivering a heartfelt homily that left you on the brink of both tears and joy at the same time. The stories that came to your mind just now moved you and you remember them like they were yesterday. Why? The words are important, of course, but we all know the best stories are told by people who share their feelings and emotions, so you feel how they felt when they first experienced the story. Words matter. But the person telling the story matters so much more.

I’m in my 11th year at Catholic United Financial and I’ve heard hundreds of stories about our organization. Past Presidents, Board Members, Council and Volunteer Team Leaders, Bishops, Priests, Sisters, Nuns, Deacons, Seminarians and countless Members have told me of their legacy with passion and vigor. Stories about the German Catholic immigrants who founded us. The faithful Members who joined them and the people who served as employees and volunteers through the years. Each has forged one of the most compelling stories possible—an organization founded and rooted in serving others during times of loss and coming together to build a faith-filled world for their family and friends. Their words were important, yet their emotion is what captured my heart. It’s time to capture yours again, too.

In the following pages you will see our reimagined approach to sharing the story of Catholic United Financial—a new era in which we actively invite people to “Become Part of Our Story.” We’re proud of it and know you will be as well. Your story as a member of our organization is impactful and compelling, and ordinarily I would just stop here and thank you for being part of us. Yet now is the time for me to ask more of you.

Please tell your story, each month, each week, even daily if you like. Share how you connect with Catholic United Financial, our Credit Union and our Foundation. Tell people why we’re important to you and how we can be important to them by connecting with us and protecting their family. Your story and your voice matter as it is thousands of these personal connections which will propel the growth and create the future of our wonderful organization.

May your summer be blessed with family, friends and stories both old and new!

Mike

If there is anything I can do to help you, or you want to share a nice story with me, please give me a call at (651) 765-4124 or email me at mahles@catholicunited.org.

COMMUNITY COLLAGE



St. Isidore PVT in St. Charles, Minn., held an omelet breakfast fundraiser on April 2. The funds generated from the breakfast were directed to the Parish Youth Ministry to assist with offsetting costs to attend events. Pictured here is Fr. Biren with an event attendee.



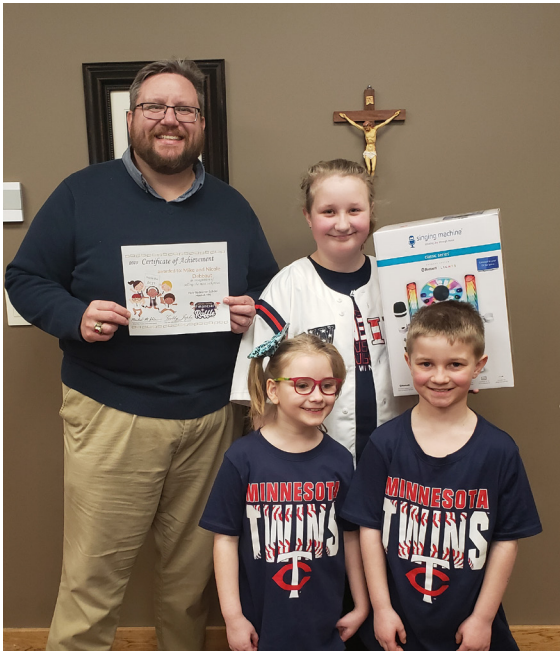
Attendees wait in line to build their omelets during the fundraising event in St. Charles, Minn., on April 2.



On March 19, the Church of St. Boniface held a Bunny Bingo in St. Bonifacius, Minn., to raise money for youth summer camps. The event included Bingo, food and raffles.



An excited Bunny Bingo winner who was lucky enough to win some money during the event on March 19 in St. Bonifacius, Minn.



Senior Member Advisor and Advanced Case Specialist David Schonhardt pictured here with the raffle ticket top-seller winner from Holy Redeemer Catholic School in Marshall, Minn.



The Gilyard Family posed with their new karaoke machine and top-seller certificate alongside St. John's Principal Christine Friederichs. St. John's Area School in Foley, Minn., raised a total of \$16,165 this year.



Kiera Keske is pictured with her singing karaoke machine. Kiera was the top-selling student at St. Vincent de Paul Catholic School in Brooklyn Park, Minn.



Submit your photo(s) to be featured in the next issue!
Email your photo and caption to news@catholicunited.org

MEMBER ENGAGEMENT

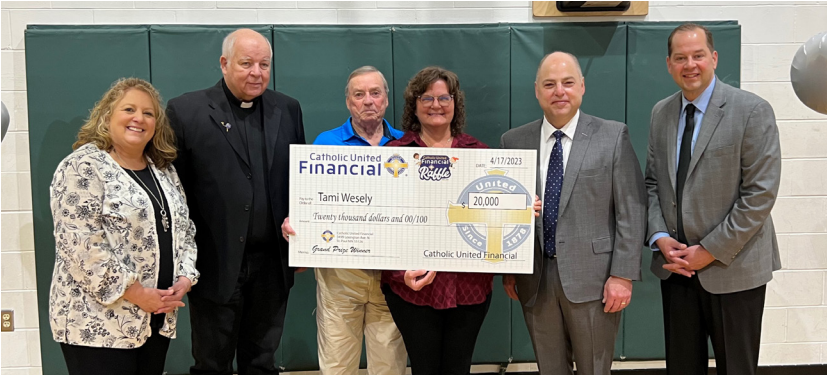
My First Year as the Raffle Coordinator

Let me reintroduce myself: my name is Gabby Japke, and this was my first year coordinating Catholic United Financial's Annual Raffle. It's been amazing to see what the schools can do when they pull their students together. The money they raised will go toward buying materials for the students, new technology, improvements to the schools, field trips and more! These dollars raised will go a long way to help these schools and it wouldn't be possible without everyone in their community supporting them by buying a ticket.

With the hard work of the 85 participating schools and over 14,000 students, a total of \$1,398,332 was raised for Catholic schools in 2023. This was our fourth highest total to date! Every dollar that is raised by the schools stays within the school. No money ever comes back to Catholic United Financial. On top of all of that, there are more ways that the schools can receive money. We have a top-selling school grant. The school that sells the most tickets per student receives a \$3,000 grant. Two schools can receive a top-performing school grant of \$3,000 by having the most new members for Catholic United Financial. Every year, we also have a prize for the top-selling student at each school. The student who sold the most tickets won a singing karaoke machine. These top-selling students are then entered to win a scholarship. The winners are chosen at random. If they're not a member, they receive a \$200 scholarship. If they are a member, they receive a \$500 scholarship. This money goes toward their tuition for the following school year.



It has been rewarding, challenging and fun to help the schools reach their goals. One of the more fun perks of the job is picking out all the prizes and calling the winners. We have our grand prize of \$20,000 or a new Chevy Trax, \$5,000 for a



Grand prize winner Tami Wesely pictured with her check at St. Philip's Catholic School in Bemidji, Minn., on April 17.

dream vacation, a Softub Spa and two tickets to see Shania Twain (my personal favorite), an outdoor sectional patio set, cooking classes, Massage Envy gift cards, Yeti Soft Coolers, Visa gift cards, Nintendo Switches, Apple AirPods, a 70-inch smart TV, Omaha Steak gift cards and Green Egg grills.

To celebrate another successful Raffle, we had a Grand Prize Ceremony on March 9. This year, we had a St. Paul native and Catholic as our emcee, Jim Cunningham. For the past 35 years he's worked as an actor—both on camera and off—as well as an emcee/host. Jim spent more than 20 years as a game host for the Minnesota Twins and Minister of Fun for the Minnesota Wild NHL hockey team. Once again, retired Bishop John LeVoir assisted in drawing tickets. We also announced the top-selling school this year, Marquette Catholic School in Virginia, Minn., who averaged 88 tickets sold per student. Our top-performing schools were St. Mary's in Tracy, Minn., and Our Lady of the Prairie in Belle Plaine, Minn.

This year, our grand prize winner was Tami Wesely from Bemidji, Minn. On April 17, Mike Ahles, President and CEO; Greg Gall, Regional Sales Director; and I visited St. Philip's Catholic School in Bemidji, Minn., where the winning ticket was bought to present the check to her. It was a surreal moment for Tami, who still couldn't believe her luck!

I'd like to thank everyone who helped to make this year's Raffle a success!



A Very Special Wisconsin Raffle

When I started my job at Catholic United Financial, I did not think it would lead me back to my roots. Last spring, I was pleasantly surprised to learn that St. Francis Xavier Catholic School in Merrill, Wis., where I attended grade school for several years, was a participating school in a Catholic United Financial fundraising program. When I was told that I could tag along for a Raffle ceremony that took place on March 28, I immediately said yes! The drawing was held during the final Lent fish fry at St. Francis Xavier Catholic Church (which I am told is one of the better fish fries in the area).

When I arrived, I saw many familiar faces and was introduced to some new ones. I got to feel what it was like to be one of the students again as I sold raffle tickets that night for the fish-eating patrons at my alma mater. I had so much fun catching up with old friends and telling people about the Catholic United Financial story while I was selling tickets. Something I love about that Parish is that no matter how long you've been away, you can always fall back into the friendships and fellowships you created while there.

Once the fish fry dinner ended, it was time to draw the winners. This specific raffle was much smaller in comparison to our Catholic United Financial Raffle, but I still found it very exciting because this was my hometown community of people who would be the raffle winners. I did not recognize many of the winners' names, but a great deal of people attending the ceremony knew the grand prize winner, which brought even more joy and excitement to the event.

What I enjoyed most about this raffle ceremony was raising money for the school, sharing the Catholic United Financial story and reconnecting with my community. The staff was very kind and let me enjoy the fish fry with them. And, I must agree with the previous reviews of their fish fry—it really is one of the best.

A huge thank you to St. Francis Xavier Catholic School for welcoming me back. Let's make next year the biggest year yet for their school raffle.

—Gabby



2023 Participating Wisconsin Raffle Schools:

Assumption Catholic Schools
Wisconsin Rapids

St. Francis Xavier Catholic School
Merrill

St. Joseph Catholic School
Boyd

Thorp Catholic School
Thorp



MEMBER ENGAGEMENT

Welcoming

Catholic United Financial’s Newest Members

We’d like to welcome aboard the following individuals who recently became members. We thank you for being a part of and actively telling our compelling story of being a member-owned, not-for-profit financial services company who connects people of faith, protects their future and generously impacts parishes, schools and communities.



Lawson Anez of Willmar, MN
Vineet Atkins of Corte Madera, CA
Oliver Baltus of Belle Plaine, MN
Charlotte Baltus of Belle Plaine, MN
Bryce Benson of Ramsey, MN
Isaac Benzine of Minneapolis, MN
Colt Bergmann of Detroit Lakes, MN
James Bieganeck of Brainerd, MN
Mabel Blenker of Freeport, MN
Stephen Boegeman of Webster, WI
Forsythia Brink of St Cloud, MN
Robert Brooks of Huron, SD
Benjamin Brown-Brech of Page, ND
Beau Brunsing of Wagner, SD
Doris Budig of Yankton, SD
Michele Budin of Rosemount, MN
Ozzy Caron of Owatonna, MN
Carter Citterman of Ivanhoe, MN
Thomas Cotton of Sioux Falls, SD
Paxton Cabbage of Gibbon, MN
Colette Dahl of Chatfield, MN
Braylee Dixon of Coleman, SD
Brandice Durham of Vermillion, SD
Emma Eirikson of Pine Island, MN
Ellie Ellison of Loretto, MN
Rayla Engesser of Mounds View, MN
Lylea Erickson of Cumming, GA
Benjamin Eroglu of Faribault, MN
Warren Fischbach of Albany, MN
Mark Fogarty of Belle Plaine, MN
Itasca Foltz of Minneapolis, MN
Jerome Francis of Wisconsin Rapids, WI
Lucy Frie of West Fargo, ND
Sheila Friedman of Sioux Falls, SD
Clara Giles of Belle Plaine, MN
Ramah Grabill of Harlan, IA
Michelle Groff of Otsego, MN
Anthony Grossman of Rosemount, MN
Thomas Hackenmueller of Maple Lake, MN

Olivia Harris of Pine Island, MN
Nellie Hennen of Cologne, MN
Robert Henriksen of Ortonville, MN
Elouise Herdering of Albany, MN
Lillian Hesse of Victoria, MN
Melvin Hickey of Coon Rapids, MN
Elizabeth Hingst of Dawson, MN
Emilia Hirman of Buffalo, MN
Heidi Hoffmann of Glenwood, MN
Audrey Holdvogt of Melrose, MN
Mari Jackson of Eau Claire, WI
Elizabeth Jaeger of Fargo, ND
Sana Janiszewski of Marshall, MN
James Jarnot of Avon, MN
Brita Jerzak of Ivanhoe, MN
Conrad Jirele of Owatonna, MN
Genevieve Johnson of Maple Grove, MN
Ella Johnson of Hanover, MN
Mckenzie Jorgensen of Superior, WI
Adrian Juba of Dell Rapids, SD
Bo Kafka of Tyndall, SD
Delaney Kantor of Sauk Rapids, MN
Kiana Kavanagh of Fergus Falls, MN
Clark Keller of Lakeville, MN
Lillian Kerber of Belle Plaine, MN
Robert Kieffer of Alexandria, MN
Jeffrey King of New Prague, MN
Henry Kleinschmit of Yankton, SD
Parker Klemisch of Bismarck, ND
Eliza Kloeckner of Redwing, MN
Paisley Koback of Plover, WI
Noelle Krieter of Waite Park, MN
Timothy Kuchta of Volin, SD
Oliver Lamberty of Medford, WI
Sawyer Landkammer of Rochester, MN
Summer Larison of Cold Spring, MN
Adler Laudenbach of Becker, MN
Marianne Lauwagie of Plymouth, MN
Josie Leblanc of Little Falls, MN

Noah Lovelette of Saint Michael, MN
Henry Mandt of Dexter, MN
Kathryn Matos of So St Paul, MN
Owen Matthies of Sioux City, IA
Ian Mattson of Pierz, MN
Jaxon Maves of Wis Rapids, WI
Steve Maves of Wisconsin Rapid, WI
Kolbe Mcgee of Grand Forks, ND
Margaret Mcgee of Grand Forks, ND
Diane Mcmanus of Sioux Falls, SD
Tuffy Miller of Scranton, ND
Lillian Minear of Annadale, MN
Beau Minten of New York Mills, MN
Larry Moe of Sartell, MN
Raiden Morse of St Cloud, MN
Joleen Mueller of Mitchell, SD
Gideon Mueller of Adams, MN
Mark Mueske of Crystal, MN
Rita Mueske of Hood River, OR
Raegan Mulder of Brandon, SD
Jennifer Murguia of Yankton, SD
Jacob Nelsen of Austin, MN
Amanda Nelson of Big Lake, MN
Emily Neuvirth of Elkton, MN
Lucas Olson of Fargo, ND
Devin Pence of Yankton, SD
Hank Peterson of New Ulm, MN
Bethany Peterson of Isanti, MN
Fiona Pick of Mora, MN
Kenneth Posterick of Andover, MN
Allison Potter of Lone Rock, WI
William Rambo of Lakeville, MN
Zoey Ratelle of Eden Prairie, MN
Theodore Rausch of Rapid City, SD
Christina Rogers of Fort Benning, GA
Danel Rogers of Star Prairie, WI
Florence Rollins of Forest Lake, MN
Wilbur Ruther of Dubuque, IA
Francis Ryan of Bloomington, MN

Natalie Salmich of Dekalb, IL
Leticia Sanchez of Belle Plaine, MN
Holden Sauer of Wyoming, MN
Patrick Sauvageau of Fargo, ND
Ivin Schell of Stacyville, IA
Margot Scherber of Mendota Heights, MN
Emma Schlangen of Sauk Centre, MN
Emma Schmitz of Kindred, ND
Aubrey Schmitz of Adams, MN
Taylor Schuelke of Manawa, WI
Aldous Scott of Sauk Rapids, MN
Samantha Sexton of Zumbro Falls, MN
Lucy Simmons of Saint Paul, MN
Madison Sosnowski of Wausau, WI
Lillian Sowa of Wheaton, IL
Robert Spangenberg of Oakdale, MN
Gemma Stai of Sioux Falls, SD
Leo Stai of Sioux Falls, SD
Michael Starkman of Lakeville, MN
Louisa Storey of Des Moines, IA
Lloyd Sypnieski of Clearwater, MN
Ellery Teach of Kent, MN
Kevin Theobald of Austin, MN
Calvin Thome of Adams, MN
Gavin Vanmoer of Marshall, MN
Remington Virchow of Richmond, MN
Rita Vogt of Richmond, MN
Crew Voss of Forest Lake, MN
Mathew Wallace of Litchfield, MN
Dean Westendorf of Burnsville, MN
Blaise Wheeler of Minneapolis, MN
Abigail Willenbring of Bismarck, ND
Susanna Winklepleck of Sioux Falls, SD
Rydlee Wiste of Adams, MN
Lillian Zimmerman of Winona, MN
Cecilia Zubrod of Buxton, ND

► New Member? Name not listed? Email us at news@catholicunited.org

REMEMBER WHEN...



Conference Highlights From Years Past

Thinking about our next Triennial Business Meeting and Leadership Conference in summer 2024, take a step back in time with these (what was then) Catholic Aid Association's Annual Convention photos!



Showing of a handmade quilt as part of the quilt auction at the convention are Jean Bongard, of the St. Victoria Council, Victoria, Minn.; and Joe Goeden, of the St. Joseph Council, Wadena, Minn. Thousands of dollars were raised over the years from mission sales and auctions during annual conventions.



Banner-carrying delegates highlight the convention opening procession of the Catholic Aid Association convention.

Myron and Deborah Pauly, of the St. John the Baptist Council in Jordan, Minn., lead the procession into the convention-opening Mass at the Chapel of St. Thomas Aquinas at the University of St. Thomas in St. Paul, Minn.

Myron, a highly respected leader of our Association, passed away in March 2023. He was an integral part of the Foundation's Disaster Response unit and will forever be remembered for his hard work and faith-filled dedication to our community. ►





SECURE Act 2.0: What You Need to Know

In January of 2023, Congress passed a new law, known as the Secure Act 2.0, that could affect your savings, retirement and charitable giving. This new law includes retirement changes that may affect your saving and your charitable giving. It may even make it easier for you to impact your favorite charitable organizations, such as the Catholic United Financial Foundation. Below are three important things to know about the SECURE Act 2.0.

1. Increase in required minimum distribution age

The federal government requires that when seniors who own IRAs reach a specific age, they must take required minimum distributions (RMDs) from those IRAs. The original Secure Act passed in 2020 pushed that age requirement from 70 1/2 to 72. The SECURE Act 2.0 changes the RMD rule to even later in life.

The new rule immediately pushes RMDs out to age 73, and if you were born in 1960 or later, you won't have to take an RMD until age 75.

If you were already 72 or older in 2022 and are already taking RMDs, the new rules do not apply to you. Keep taking your RMDs as usual. See the list below:

- Born 1950: RMD age is 72, or 70 1/2 if taking it prior to the original SECURE Act
- Born 1951 - 1959: RMD age is 73
- Born 1960 or later: RMD age is 75

This change gives you more time to save or (in a wobbly economy), for your stocks to recover. You can enjoy additional tax-deferred growth.

2. Adjustment of the annual limit on direct gifts to qualified charities from your IRA

Since 2006, individuals who are required to take annual minimum distributions from their IRA accounts have had the option of transferring up to \$100,000 per year directly from one or more IRAs to one or more public charities and/or private operating foundations such as the Catholic United Financial Foundation. This transfer to a public charity is known as a “qualified charitable distribution” (QCD).

SECURE Act 2.0 indexes the \$100,000 annual exclusion limit for inflation beginning in 2024 and provides a second option to take advantage of the exclusion beginning in 2023 for those taxpayers who have reached age 70 1/2 and are required to take minimum distributions.

3. New way to fund a life income gift: a distribution from your IRA

SECURE Act 2.0 permits a taxpayer who is 70 ½ or older to make a one-time \$50,000 distribution directly from an IRA or IRAs to a charitable remainder trust or a charitable annuity and make a one-time election to treat the contributions as if they were qualified charitable distributions made directly to a charitable entity.

Unlike a direct charitable contribution, contributions to a split-interest entity benefit not only the charity but also the individual IRA owner. The overall economic impact is that at least a small portion of what is transferred goes to charity and up to 90 percent of the economic value of what is transferred (up to approximately \$45,000) can be paid out to the individual IRA owner over a selected term of years, not exceeding 20 years, or for his or her lifetime.

Note: This opportunity comes with special rules, so contact us to see if this option is right for you.



We're here to help

We can help answer any additional questions you might have about how the new retirement laws affect your charitable giving. Contact Executive Director Robert Heuermann at **651-765-4135** or **foundation@catholicunited.org** to have a conversation about your legacy.

Catholic United Financial Foundation does not provide legal or tax advice. The information herein is general and educational in nature and should not be considered legal or tax advice. Tax laws and regulations are complex and subject to change, which can materially impact investment results. Catholic United Financial Foundation cannot guarantee that the information herein is accurate, complete, or timely. Catholic United Financial Foundation makes no warranties with regard to such information or results obtained by its use, and disclaims any liability arising out of your use of, or any tax position taken in reliance on, such information. Consult an attorney or tax professional regarding your specific situation.

Save the Date!

Catholic United Financial

FOUNDATION

GOLF TOURNAMENT

25th Annual

Tuesday, August 8, 2023

Keller Golf Course | Maplewood, MN

Register:

www.catholic-united-golf.perfectgolfevent.com

WINE brings women together like nothing else, but you won't find it at the bottom of a glass



Part of the missional impact of Catholic United Financial is to encourage religious education and faith formation in our Members at all stages of life's journey. Partnering with WINE to encourage Catholic women to explore and practice their faith fits into that mission naturally. WINE is growing. New groups are sprouting up from Sioux Falls, S.D. to Green Bay, Wis. Catholic United has opened our grants program to help new WINE groups get off the ground, or enhance the experience of existing groups.

What if starting a women's ministry at your parish wasn't a chore but a blessing? What if you could bring together Catholic women to flourish in their faith using an established ministry instead of trying to build a group from scratch?

That's where WINE comes in. No, not your favorite brand of Chardonnay or Pinot Noir, but WINE: Women In the New Evangelization, a ministry designed for the Catholic woman who is passionately exploring the Catholic faith and wants to be surrounded by "beautifully talented, incredibly passionate and ridiculously busy women" who want to know Jesus Christ.

WINE connects women in homes, parishes and online with the goal of knowing the dignity, truth and nurturing value found in practicing the Faith as women. On the organizational level, WINE partners with parishes to help them "jump start" women's ministries with a packaged program versus the parish trying to build community and programming from the ground up.

But, why the name WINE? It isn't about tastings or drinking or becoming a sommelier (although there is some wine drinking involved at WINE-sponsored retreats and events). The acronym reminds women that wine has special meaning to the Catholic faith: in the Mass, in the Eucharist, in the first miracle of our Lord at the wedding in Cana. And it offers the ministry's creative team some chances to play with puns in their promotions. For example, their book clubs are titled "Read Between the WINES."

"WINE provides an opportunity to really grow in your faith in a way that I haven't experienced before," said Renee Brod, Catholic United Financial Member who currently serves as Lead Director of our Board of Directors. "The small group I joined initially included 12 women from our local Catholic church meeting once a week to discuss the latest reading we covered in one of the WINE book clubs. Our small group bonded quickly and shared deep and lively discussions."

Founded in the Midwest, WINE now has groups and conferences across America, from up north in Minnesota straight south to Texas and Louisiana. Advocates

and leaders of WINE join together at three national conferences held every year, including one held just last February in Wayzata, Minn. Catholic United Financial employees joined the gathering on the evening of February 17 to lead a Faith and Finances Spiritual Spa Bingo for the women attendees.

Brod served as the color commentator for this soiree, donning her "church basement lady" persona and a mumu as the spa and finances-themed bingo was called using words instead of numbers. After the bingo caller announced "Sauna" Brod's character called out "Those are hot!!" in her best midwestern "You betcha" accent. The next bingo term was "Invigorate." Brod's church lady loudly stated that was "not appropriate for church," which generated much laughter from the audience.

"The conferences are fun and offer so much: from confession, adoration, prayer teams and always great food and conversation," said Brod. "The speakers have been some of the most inspirational women I have heard."

As the Church promotes the New Evangelization calling Catholics to deepen their faith experience by being evangelized and to evangelize, small group studies like WINE fit into that calling. WINE founder Kelly Wahlquist notes that small group formation at parishes is being encouraged at the diocesan level. In the Archdiocese of Saint Paul and Minneapolis, Archbishop Bernard Hebda announced that the formation of a small group ministry at every parish "that fosters personal relationships, builds community and provides formation to help parishioners grow as joyful missionary disciples of Christ" is a priority during 2023 and 2024.

Brod is excited to see a partnership between WINE and Catholic United continue and grow. "Many women struggle with knowing if they are doing the will of God or are even headed in the right direction. WINE brings women together, provides them with great Scriptural knowledge, profound speakers and true relationships based on our Lord, Jesus Christ."

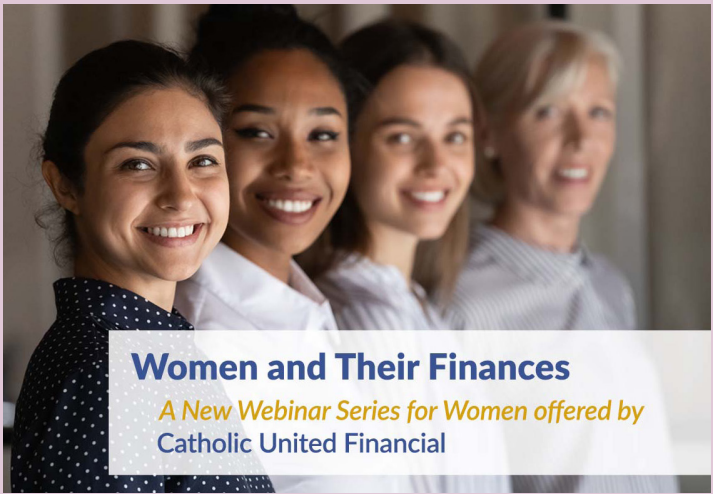
Brod describes her WINE experience in a word, "Divine. Divinely blessed, divinely beautiful and gifted from our divine Redeemer!"



Renee Brod, Lead Director of the Association Board of Directors, entertained the WINE conference audience with her "church basement lady" persona at the Feb. 17 event.



WINE conference attendees enjoy the spa and finances-themed bingo game, sponsored by Catholic United Financial.



Women and Their Finances
A New Webinar Series for Women offered by
Catholic United Financial

NEW! Women and Their Finances Webinar Series

Catholic United Financial recently introduced a new Women and Their Finances Webinar Series that will help women gain practical knowledge on personal finance topics.

To view upcoming webinars and workshops, visit www.catholicunitedfinancial.org/workshops/upcoming-workshops or scan the QR code with your smartphone. All webinars and workshops are free and open to the public, so tell your family and friends, too!



View upcoming webinars and workshops

BECOME PART OF OUR STORY



Team Lead
Vicky Giacalone

The Catholic United Financial story is one that we retell often in the pages of this publication. We are a member-owned, not-for-profit financial services company, connecting people of faith, protecting their future and generously impacting parishes, schools and communities.

The Catholic United story begins 145 years ago and is a true “slice of life” story of society and culture in the latter years of the 19th century. On a cold January 8 in 1878, 14 men came together at Assumption Parish in St. Paul, Minn., described as the “German Catholic Cathedral of Minnesota”. They were German Catholics whose families had left the valleys of the Rhine River, fed by melting snow from the Swiss Alps, to settle in the valleys and flood plains of the Mississippi, Minnesota and St. Croix Rivers. The men all called Minnesota home (the state itself had only been established 20 years before) and came from different regions: the industrial centers of St. Paul and Minneapolis, the farming community of Hastings and the river towns of Winona and Wabasha.

Protected from the cold winds of early January in Assumption Hall, these men represented ten different benefit societies formed for the express purpose of helping the women and children left destitute by the deaths of their husbands and fathers. Connected by the German language and culture—distinct from the state and nation they had adopted as their own—they came together to combine their efforts under one banner. They formed the Mutual Life Insurance Association of the German Roman Catholic Benevolent Societies of Minnesota. Research gleaned from the early records of the Association show these leaders acted with four values as touchstones: accountability, Catholicism, financial security and the care of the members of the society.

As the men left the parish to begin the cold trek home by horse-drawn carriage, on horseback or by train, could they have hoped or imagined that the organization they established and the values they enshrined would endure 145 years later?

The origin story of Catholic United Financial is our story, and it is part of a story that we create every day through our work as volunteers, members, employees and clergy supporters. Many of our Member Advisors have current stories about times when their work embodied those four values codified back in 1878. We share the story about the Catholic United life insurance policy benefit that paid an outstanding debt to help keep a farm within the family that had been working it for generations. We tell the story of helping a married couple make an estate plan to express their charitable wishes, and then witnessing the gratefulness of the surviving spouse as that plan was seamlessly enacted without confusion, stress or haste. And we love sharing the stories of families who have four or five living generations of members, from newborn daughter to great-great-grandmother, who are all protected with Catholic United Financial life insurance policies.

Like many companies, Catholic United Financial is hiring Member Advisors during one of the most competitive and challenging job markets in recent memory. We believe that the Catholic United Financial story sets us apart from other financial employers and careers. As a recently certified Great Place to Work®, our company culture—centered around our mission to connect and protect—supports the capabilities of our Member Advisors as they create effective solutions to our members’ financial needs.

As our Advisors engage those founding values of accountability, Catholicism, financial security and care in their work, they create new narratives that will become part of the Catholic United story. Those narratives will fill the pages of this publication, be shared across the table as friends enjoy a cup of coffee together, or maybe even be communicated 145 years into the future as the history of this member-owned, not-for-profit financial services company is retold to new generations.

Have you ever considered a career in providing financial solutions to fellow Catholics? Or, maybe you know someone that reminds you of your own Member Advisor and think they could be a perfect fit for this rewarding career? If so, reach out to Kelly Schmeltzer, our Talent Acquisition Director to learn more. Kelly’s contact information can be found in the yellow box to the right.

It’s been said that stories are “the creative conversion of life itself into a more powerful and meaningful experience.” We encourage interested professionals to become part of our story to change lives and help us create the stories that will be told and retold in years to come.

“Tell me a fact and I’ll learn. Tell me a truth and I’ll believe. But tell me a story and it will live in my heart forever.”

—Ed Sabol, founder of NFL Films

\$1,000 if you refer a friend or \$2,000 donation to your parish or school!

Come work with us! Apply online at www.catholicunitedfinancial.org/salecareers or contact our Talent Acquisition Director to discuss how your career with us provides amazing support and income potential.



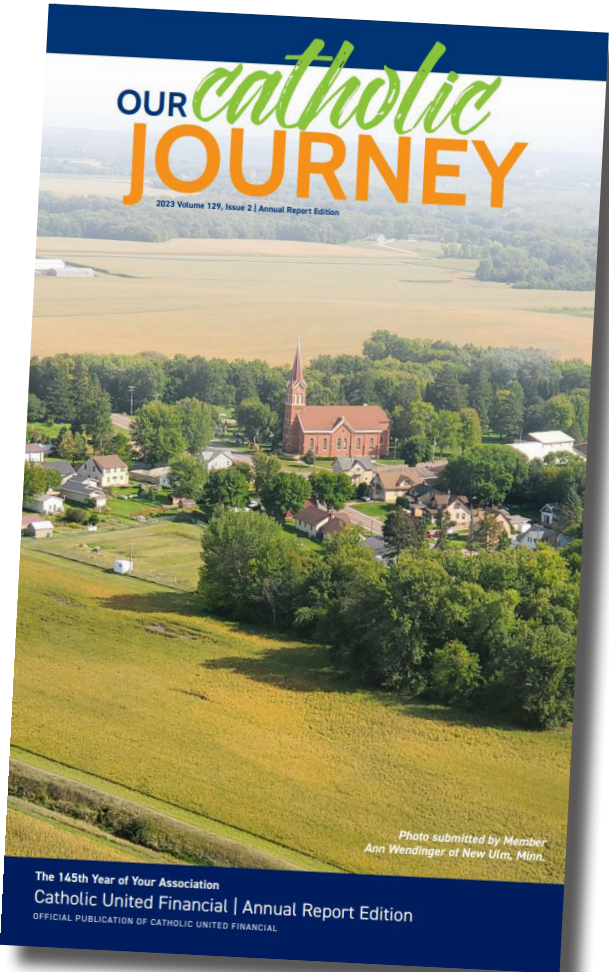
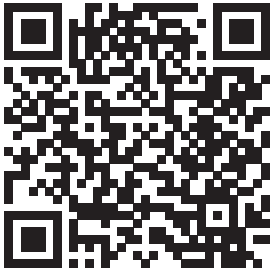
Call or Email:
Kelly Schmeltzer
612-590-8063
kschmeltzer@catholicunited.org



2022 Annual Report Is Available!

If you would like to read the 2022 Annual Report, visit www.catholicunitedfinancial.org/magazine or scan the QR code with your smartphone camera to view the report on your phone.

If you would like to receive a printed copy of the 2022-2023 Annual Report, please send an email to news@catholicunited.org.



INFLATION & LIFE INSURANCE

Will You Have Enough?

Inflation seems to have everyone looking over their monthly budget these days. The costs of gas, housing and eggs have increased dramatically over the past two years. With inflation driving up the cost of living, it can be difficult to determine how much life insurance you need. If you buy a policy with today's prices in mind, it might not provide enough for your family to buy groceries or pay the rent in the future.

Traditionally, the inflation rate in the U.S. is considered to be about two to four percent every year. While it doesn't appear like much at first, even a small deviation from this rate of increase can have far-reaching effects over the course of two decades. What's more, in 2022, the average inflation rate was eight percent, according to the Consumer Price Index (CPI).

Despite being unable to avoid inflation, we can prepare for it. Learning to factor in the economy to your coverage can help you stay better prepared for the future. Below are a few things to consider when it comes to inflation and life insurance.

Can inflation change life insurance premiums?

Inflation or other economic changes will not change your life insurance premiums, regardless of if you have a Term, Universal or Whole life insurance policy. The only time you'll have to worry about a change in your life insurance premiums is when your Term life insurance policy expires. When you purchase your life insurance policy, your rates are locked in. This is why it's beneficial to shop for life insurance earlier rather than later, making it easier to get more affordable premiums.

But keep in mind that because of inflation, the purchasing power of the dollar is reduced and it is not able to buy the same amount of coverage as it could in the previous year. The premium you pay for life insurance today will be the same, but keep in mind that a dollar today won't be worth as much 10 years from now because of inflation.

It's a great idea to review your life insurance policy annually as part of a general financial health check. For example, if you go through a significant life event, such as buying a house, getting married or having children, you may need to increase your coverage. When adjusting the policy's face value, speak with your local Member Advisor about how the new amount should be adjusted for inflation.



Adjusting your life insurance coverage for inflation is a critical part of planning for your financial future. Whether you currently have a life insurance policy or would like to explore your options, contact your local Catholic United Financial Member Advisor listed in the Advisor Directory on pg. 12.



Calculate how much life insurance you need IN 5 SIMPLE STEPS

Do you have enough life insurance? Instead of guessing “how much life insurance do I need,” follow the steps below to get a better idea.

- **Step 1: Multiply your annual salary by the number of years that number would need to replace.**

\$ _____ X _____ years

A policy should replace income for as many years as dependents would have relied on your earnings. Once you have identified the number of years you will need to supplement, multiply it by your annual salary.

- **Step 2: Calculate the amount needed to pay off your mortgage.**

\$ _____

If your house isn't paid off, you'll want to make sure your beneficiaries have enough money to take care of remaining mortgage payments. In doing so, simply check your remaining mortgage balance and add it to the equation.

- **Step 3: Add up any other debts.**

\$ _____ \$ _____ \$ _____
\$ _____ \$ _____ \$ _____

Create a list of all your debts: Credit card bills, medical bills, car payments and any other financial obligations that will remain after your passing need to be accounted for and added to the equation.

- **Step 4: If you have children, estimate the cost of education for each.**

\$ _____

Whether it is college or similar educational expenses, you should add the amount you expect to spend on a future education to your plan; that way, the dependent won't have to front the money themselves.

- **Step 5: Consider end-of-life expenses.**

\$ _____

While each funeral is different and we all have our own final wishes, burial costs are expensive. On average, funeral and burial costs will set loved ones back about \$8,000. Consider your final wishes and factor that amount into the equation.

ADD UP ALL THE COSTS FROM STEP 1 THROUGH 5 TO GET A STARTING POINT FOR HOW MUCH LIFE INSURANCE YOU SHOULD HAVE.

= \$ _____ total



Summary Report of the Compensation Committee | Approved May 11, 2023

Following is the report of the work of the Compensation Committee of the Board of Directors for Catholic United Financial for the year 2022.

The Compensation Committee (CC) is responsible for coordinating the annual performance review of the two officers and proposing compensation recommendations for the officers, Board of Directors, and Committees of the Board, for approval by the full Board of Directors.

The CC reviewed and discussed trends in the regional and national markets from the Employer Associations of America National Executive Compensation Survey and IRS Form 990 data of Catholic United Financial and other peer fraternal insurers. Data showed that executive compensation continued to trend upward over the past year and this information was used to assess the competitiveness of Catholic United Financial's compensation levels.

The CC utilized the process established in the prior year for officer performance evaluations which includes a mix of subjective and objective criteria and includes all members of the Board. The CC tabulated the officers' performance ratings for the year, recommended areas for discussion with the officers during

their executive evaluations, and prepared compensation recommendations based on existing guidelines. The resulting recommendations were approved by the full Board during their May 11, 2023 meeting.

In consideration of the guidelines established for officer pay, a compensation increase of 2.25% was approved for each officer. However, Mr. Ahles and Mr. Zastrow each elected to forgo the approved compensation increases given the overall financial and operating results for 2022. As such, the officers pay remains unchanged for 2023. Total cash compensation will remain at \$393,125 for Mr. Ahles as President and CEO and \$334,875 for Mr. Zastrow as Senior Vice President and Secretary/Treasurer. Additionally, no changes for Board members and Committees of the Board were made for 2023, thus annual cash compensation remains at \$17,250 with an additional stipend of \$1,500 for the Lead Director. Board committee members receive a cash stipend of \$800 per meeting with an additional stipend of \$200 per meeting for the Committee chair.

Respectfully submitted,
The Compensation Committee of the Board

Making Moves:

Catholic United Opening New Financial Center in Fall 2023

It's no surprise that Catholic United Financial has undergone some significant changes over the last few years. Between a reimagined convention, new product offerings, improved technology, a team-based sales model and many, many others, it's been an extremely exciting time to be a part of this member-owned, not-for-profit organization.

So, why stop there?

We're pleased to announce we're opening our new Catholic United Financial Center this fall! This new full-service Financial Center will be conveniently located in Downtown St. Cloud, Minn. Catholic United Financial Credit Union's current St. Cloud location will be relocated to this new Financial Center and will continue to be managed by Emily Ripplinger, Branch Manager. This location will also be home to the Lakeland Team of Member Advisors which includes Dave Stang, Team Lead and Mark Orzolek, Catholic United's newest Member Advisor. Bailey Wiczek, Field Senior Sales Support Specialist will be based out of this new location to help serve Members with their financial needs as well.

"The relocation of our Credit Union branch to a bigger and better location is part of our commitment to enhance and provide the best in-person member experience," stated Andrea Ferkingstad, Catholic United Financial Credit Union President. "Even as we continue to invest in technology that makes access to banking easier and more available from anywhere, we haven't lost sight of the importance of human connection."

By opening this new Catholic United Financial Center, we'll be able to better serve and support our current and prospective Members and their families, as well as our Catholic communities, parishes, schools and other Catholic organizations in Central Minnesota.

This new location is scheduled to open early October 2023. Stay tuned for details on our upcoming Grand Opening celebration!



Meet Your Local Member Advisor:

New title better describes connection between members and representatives


"This is one of the most informed groups I've spoken in front of."

A real estate attorney made this comment after finishing her presentation to the collected Sales Representatives of Catholic United Financial at a training event in February of 2023. The topic of her presentation had been estate planning, asset protection and related issues involving end of life financial decisions. After the last slide of her presentation, the speaker opened the floor to questions.

To her surprise, the insurance professionals in the room were bringing up circumstances they had dealt with that required training and education at a level she wasn't expecting. This wasn't your average collection of people who sold insurance and financial products. This was a group of people who could discern when a client just didn't need a product, they needed a solution.

The experience of this guest speaker is not an accident, but an intentional mission. Catholic United Financial strives to hire, train and mentor sales teams to advise our Members toward solutions, not just push products on them. In this role, accountability and relationships matter. Our Sales Representatives are trusted advisors for our Members.

To recognize this relationship, we are excited to announce we have changed the title of our sales staff from Sales Representatives to Member Advisors. This title change reflects the level of service, advice and experience our employees provide, and one we will continue to strengthen as we move forward in our second century of connecting and protecting our members, volunteers, clergy, schools, ministries and organizations.



MEMBER OFFERS & DISCOUNTS

LOAN DISCOUNT

1.00%

APR LOAN DISCOUNT

*Mention this ad and receive a 1.00% Annual Percentage Rate (APR) discount on the published rate when you apply for a car, truck, boat, motorcycle, personal recreational vehicle or personal loan. Discount cannot be used to refinance an existing Catholic United Financial Credit Union loan or combined with any other discount. Loan is subject to credit approval. Offer expires June 30, 2023.

SAVINGS SPECIAL

4.00%

APY 14-MONTH CD

MINIMUM DEPOSIT \$10,000

*Mention this ad to receive this limited-time offer. New money only - means money not currently on deposit at the credit union. Funds transferred from an existing credit union account are not eligible. Annual Percentage Yield (APY) is subject to change. Minimum deposit is \$10,000. A penalty may be imposed for early withdrawal. Fees may reduce earnings. At maturity, the certificate will automatically renew at a 12-month term at the rate in effect on that date.

APPLY & OPEN YOUR ACCOUNT TODAY!

catholicunitedCU.org | 1-877-871-8313

Solutions to this issue's puzzles on pages 11 & 12

3	2	4	5	6	1	7	8	9
1	9	8	4	2	7	6	3	5
7	5	6	3	8	9	4	1	2
8	7	5	6	1	3	2	9	4
2	6	3	7	9	4	8	5	1
9	4	1	8	5	2	3	6	7
5	8	2	9	4	6	1	7	3
4	3	9	1	7	8	5	2	6
6	1	7	2	3	5	9	4	8

S	A	L	T	N	E	D	A	Y	A	D
E	R	E	A	E	P	R	E	R	E	E
D	N	O	B	E	S	I	A	N	R	F
A	T	A	P	T	S	I	S	S	S	S
H	T	A	B	S	E	L	B	A	R	P
E	M	E	E	R	A	E	E	E	E	I
G	N	H	C	A	E	R	P	D	I	D
R	A	R	P	U	I	I	I	I	I	I
S	P	S	L	A	C	O	K	N	O	M
E	M	S	E	L	N	S	I	N	S	I
G	N	I	N	A	D	R	O	E	G	A
A	R	R	D	I	I	I	I	I	I	I
N	D	L	E	I	Y	E	C	N	A	N
A	R	E	N	V	R	A	U	A	A	A
M	R	N	O	T	C	I	D	E	N	B



Grilled Shrimp & Pineapple Kabobs

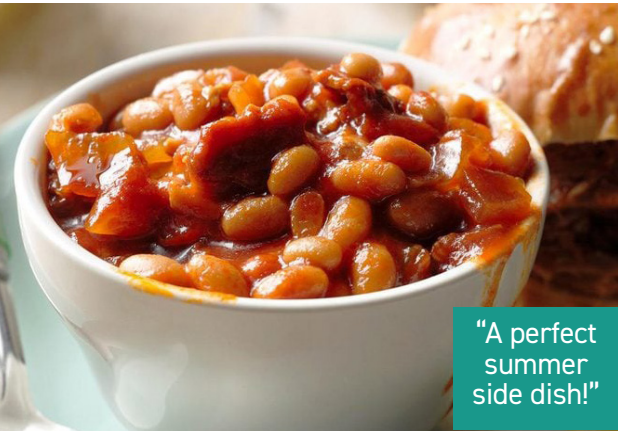
Kayla Ince, Editor | Somerset, Wis.

INGREDIENTS

- 18 large raw shrimp, peeled & deveined
- 12 fresh pineapple pieces, cut into 1-inch chunks
- ¼ cup soy sauce
- ¼ cup balsamic vinegar
- ¼ cup honey
- 1 tsp minced garlic
- ¼ tsp pepper
- 6 wooden skewers, soaked in water for at least 30 minutes

DIRECTIONS

1. Lay out the shrimp and pineapple on a cutting board.
2. Thread the pineapple and shrimp on the skewers.
3. In a large and strong zipper plastic bag, mix the soy sauce, balsamic vinegar, honey and pepper.
4. Add the skewers into the bag, careful not to puncture the bag (I cut the sharp ends off the skewers).
5. Mix the marinade around the pineapple and shrimp.
6. Allow the bag to marinate in the fridge for 10 minutes. Don't leave it longer because it can break down the shrimp.
7. When ready to cook, heat the grill to medium heat.
8. Remove the kabobs from the bag and grill for 5-8 minutes or until shrimp start to curl and turn pink. Flip once.
9. Serve with a side of grilled vegetables, rice or linguine.



BBQ Beans

Member Veronica Moritz | Sauk Centre, Minn.

INGREDIENTS

- 2 lbs ground hamburger
- 2 large cans (15 oz each) pork & beans (do not drain)
- 1 small onion, chopped
- 1 cup ketchup
- 2 tbsp vinegar
- 2 tbsp Worcestershire sauce
- 6 tbsp brown sugar
- ½ pkg onion soup mix
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 350°. Spray a 9x9 or similar baking dish with cooking spray.
2. In a large mixing bowl, combine all ingredients. Stir well.
3. Pour mixture into greased baking dish.
4. Bake uncovered for 1 ½ hours.



Peanut Butter Balls

Member Clarice Schroeder | Waite Park, Minn.

INGREDIENTS

- 1 cup peanut butter
- 2 cups graham crackers, crushed (about 2 packages)
- 1 cup powdered sugar
- 1 stick of butter, softened
- Chocolate almond bark for melting

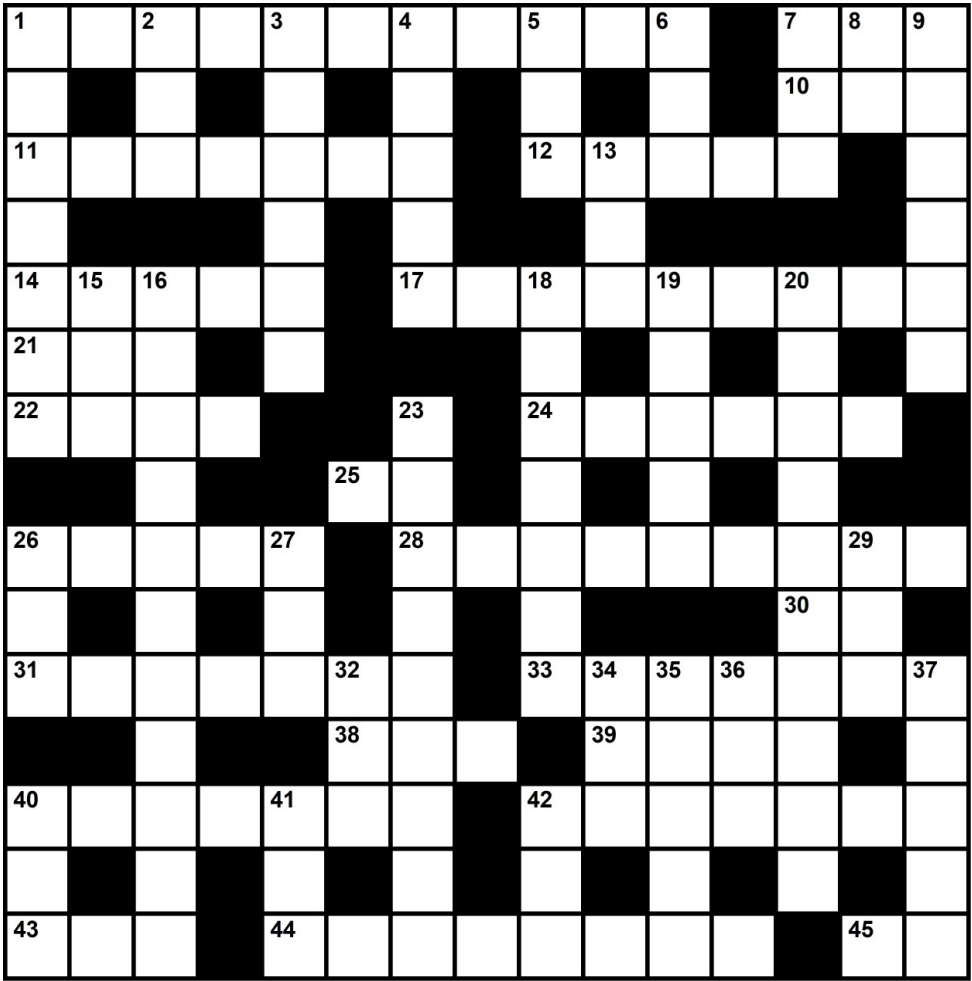
DIRECTIONS

1. Mix together peanut butter, graham crackers, powdered sugar and softened butter.
2. Form peanut butter mixture into 2-inch balls.
3. Place formed balls on wax paper.
4. Insert a toothpick into each ball and place in freezer for about 1 hour.
5. Once firm, melt the chocolate almond bark.
6. Holding onto the toothpick, dip each peanut butter ball into the melted chocolate.
7. Put back in freezer until chocolate is firm.



Send Me Your Favorite Recipes!

Our Catholic Journey Recipes
ATTN: Kayla Ince
3499 Lexington Ave N.
Arden Hills, MN 55126



Across

1. Service in which the congregation is blessed with the Blessed Sacrament
7. In the Bible, the animal Abraham burned as a sacrifice instead of his son
10. Historic time period
11. Mechanism by which sins can be removed
12. Submit
14. Picture
17. Investing with priestly authority
21. Transgression
22. Person who practices a strict religious and ascetic lifestyle

Down

1. One of the seven sacraments that takes away original sin and actual sin
2. Mother Teresa, e.g.
3. The man in the Bible who was unharmed in the lion's den
4. Words to live by
5. Plant that grows up walls
6. Compass point
7. Wine classification
8. Rogers' state, abbr.
9. Take charge
13. Russell Crowe's middle name
15. "O Sole ____"
16. Celebration of years of marriage

24. Hugs
25. Raise
26. Giant slayer in the Bible
28. Delivering a sermon
30. North-eastern state, abbr.
31. Story told by Jesus which has message
33. Bible word for sunday
38. Adherent's suffix
39. Element
40. Head of the Catholic Church, Pope

42. Show resilience
43. "And God called the light ____": Genesis
44. Passionately
45. Top grades

18. Orders
19. Esau's father in the Bible
20. Permission to print certain kinds of religious books
23. Persecuted
26. Go down a little
27. Small amount
29. Fisherman's equipment
32. 52, in old Rome
34. Copy
35. Tower of many tongues in the Bible
36. Good buddy
37. Hell
40. Feasted
41. Accounting expert, abbr.
42. Fled

MEMBER ADVISORS
in your area

Your local Member Advisor is your first resource for any questions you have about financial security or member engagement.



Find your local Member Advisor on our website! Visit www.catholicunitedfinancial.org/rep-finder or scan the QR code with your smartphone.

Regional Directors



Regional Director: Gregory Gall, FIC, LUTCF 320-229-0717 greggall@catholicunited.org
Regional Director: Butch Byers, FICE, LUTCF 605-661-2437 bbyers@catholicunited.org

Countryside



Team Lead: Bill McMullen, FIC, 763-656-8603 bmcmullen@catholicunited.org
Eve Hennen, FIC, 952-367-6844 (Independent Agent) ehennen@catholicunited.org
Rick Mathiowetz, FIC, 952-447-2546 (Independent Agent) rmathiowetz@catholicunited.org



Lakeland



Team Lead: David Stang, FICE, 320-469-4735 dstang@catholicunited.org
Mark Orzolek, 320-221-2746 morzolek@catholicunited.org



River Ridge



Team Lead: Vicky Giacalone, FICE, 920-475-3196 vgiacalone@catholicunited.org
Pete Herold, FIC, 952-994-7558 pherold@catholicunited.org
Travis Schmitz, FIC, 507-438-9827 tschmitz@catholicunited.org
Susan Stenzel, ChFC, LUTCF, FIC, 507-282-1793 sstenzel@catholicunited.org



Prairie View



Team Lead: Brian Zitzmann, FICE, 701-238-3643 bzitzmann@catholicunited.org
Jay Fritzemeier, FIC, 605-999-2705 jfritzemeier@catholicunited.org
Angie Jorgensen, FIC, 605-660-5814 ajorgensen@catholicunited.org
Devon Miller, FICE, 701-206-0270 (Independent Agent) dmiller@catholicunited.org
David Schonhardt, FICE, 763-670-9058 dschonhardt@catholicunited.org
Philip Zubrod, FIC, 701-840-8560 pzubrod@catholicunited.org



Maple Trail



Team Lead: Kendra Turner, FICE, 763-442-8711 kturner@catholicunited.org
Donna Nelson, FICE, 320-221-1566 dnelson@catholicunited.org



Northwoods



Team Lead: Dean Demarais, FIC, LUTCF, 320-685-8899 ddemarais@catholicunited.org
Scott Jones, FIC, 320-424-9976 sjones@catholicunited.org
Becky King, FIC, 218-841-4600 bking@catholicunited.org
Brenda Kraemer, 320-685-8899 bkraemer@catholicunited.org



Member Advisor Support



Butch Colago, FIC, 651-490-0170 x 4153 bcolago@catholicunited.org
Peter Orme, FICE, 651-490-0170 x 4427 porme@catholicunited.org
Tara Donohue Weiss, FIC, 651-490-0170 x 4155 tweiss@catholicunited.org
Bailey Wiczek, FICE, 320-360-2309 bwiczek@catholicunited.org

Sudoku grid with numbers 1-9 in some cells.

To solve a Sudoku, each of the nine white boxes must contain every numeral 1 through 9, in each full row and full column.

BECOME PART OF OUR STORY
Are you or someone you know interested in a new career opportunity? Join our team!
Call or email Kelly Schmeltzer, Talent Acquisition Director 612-590-8063 • kschmeltzer@catholicunited.org
NO FINANCIAL SERVICES EXPERIENCE REQUIRED!