

OUR *catholic*
JOURNEY

THE OFFICIAL PUBLICATION OF CATHOLIC UNITED FINANCIAL

Merry Christmas!

From your friends at **Catholic United
Financial**



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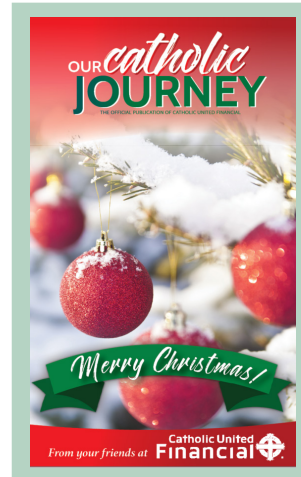
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A MESSAGE FROM MIKE



Michael M. Ahles | President, CEO and Chair of the Board

The (Catholic United) Christmas Song

Sung with the soft, soothing tones of the legendary Nat King Cole

Members snuggling by a cozy fire
Grandchildren sitting near your toes
Sales Reps singing Christmas carols like a choir
And Home Office dressed up in C-U-F logos

Everybody knows an annuity and some life insurance
Help to protect our lives from fright
Credit Union loans with their rates oh so low
Will make it hard to pass them by

We know the Baby Jesus is on his way
His birth inspires our hope with God each and every day
And every donor's pride helps the Foundation decide
The Catholic charities that we will help to thrive

And so I offer this simple phrase
To connect Members from years one through one hundred forty-two
I know it's been said with heartfelt thanks, in many ways
Merry Christmas to you.

May the joy and wonder of Advent and the Merriness of Christmas refresh your spirit and bring you peace!

Mike

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



'Tis the Season for Schuler Seminarian Grants

Fr. Jonathan Kelly, Rector of St. John Vianney Seminary hosted Catholic United Financial on Dec. 5 for a presentation ceremony at St. John Vianney Seminary on the St. Thomas Campus in St. Paul, Minn. We presented 28 Minor seminarians Msgr. Schuler Seminarian grant checks.

Additional presentations were held at St. Paul Seminary, Immaculate Heart of Mary Seminary in Winona, Minn. and the Diocese of Superior. A total of 171 seminarians representing parishes throughout Minnesota, Wisconsin, South Dakota, North Dakota and Iowa will be receiving Msgr. Schuler Seminarian grant checks this year.



To learn more about the Msgr. Schuler Seminarian Fund, scan this code with your phone's camera.





As you get ready to toast the new year, consider these smart ways to wrap up 2022 on a financial high note. Not only can you save on your taxes, but you can also make a huge impact at The Foundation.

Contribute appreciated stock instead of cash.

If you have owned a stock for more than one year and it has grown in value, you may be in line for two tax benefits: avoid taxes on the appreciated value, and qualify for an income tax charitable deduction based on today's market value when you itemize.

You receive the same tax saving as if you wrote a check, but with the added benefit of eliminating capital gains taxes.

Timing: Complete all transfers by Dec. 31. This includes by mail, electronic transfer or hand-delivery of the assets.

Sell depreciated assets and donate the cash.

Unfortunately, 2022 wasn't good for all portfolios. If you would like to support The Foundation but your stocks or cryptocurrency have fallen in value, it is best to sell them first and then donate the cash. This allows you to record the loss as a tax deduction and qualify for an income tax deduction for the gift.

Timing: Complete all transfers and cash donations by Dec. 31.

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Open a donor advised fund account.

Contribute to a donor advised fund and enjoy a tax savings on the amount when you itemize.

Timing: Complete the contribution by Dec. 31. You do not have to designate the funds this calendar year to receive the tax benefits.

Make a qualified charitable distribution of IRA assets.

If you are 70½ or older, you can give any amount up to \$100,000 per year from your IRA directly to Catholic United Financial Foundation. You will not pay income taxes on the transfer. If you are required to take minimum distributions, you can use this transfer to satisfy all or part of your obligation.

Timing: We must receive your gift by Dec. 31 for your donation to qualify this year. If you have check-writing features on your IRA, please be aware that your check must clear your account by Dec. 31 to count toward your required minimum distribution for the calendar year.

Help offset the tax liability on a retirement account withdrawal.

If you are 59½ or older, you can take a distribution from your retirement plan account and then make a gift to Catholic United Financial Foundation without an early withdrawal penalty. If you itemize your deductions, you can take a charitable deduction for the amount.

Timing: If your gift is in the form of a check, it must be postmarked on or before Dec. 31 for your donation to qualify this year.

How to Make a Tribute Gift

Any year-end gift can be made in a loved one's name. This can be a heartfelt way to celebrate someone important in your life or to remember someone.

The Countdown Is On

As we approach the end of the year, we are happy to help ensure that you realize the greatest benefit for your hard-earned assets. Please contact Robert Heuermann at **651-765-4135** or foundation@catholicunited.org.





Winter Minestrone Soup

It's around Christmastime that the story of Jesus at the home of Martha and Mary comes to mind. Remember Jesus' rebuke of Martha as she is absorbed in serving her guests?

"Martha, Martha, you are anxious and worried about many things. There is need of only thing. Mary has chosen the better part" (Lk 10:41-42).

Oh, to be a Mary, to simply sit back and engage with our company. It's not so simple for those who are the host. We want to be sure everything is perfect and all are enjoying themselves.

To bring out the attentive Mary in you this Christmas season, try this simple one-pot, made-in-advance meal. This hearty winter minestrone packs goodness and flavor. A vibrant parsley oil adds a special flourish. It's easy and costs little time and money to make.

Minestrone is fitting for a peaceful Christmas Eve, a meal following midnight Mass or a late supper on Christmas Day. Make the soup a day or two ahead, leaving out the kale and pasta. Cover and refrigerate the minestrone and parsley oil, separately.

About 30 minutes before you're ready to serve, remove the soup and parsley oil from the fridge. Reheat the minestrone to a simmer and then add the kale and pasta as the recipe directs. Give the parsley oil a good whisk, as it may separate a bit in the fridge.

WHAT YOU'LL NEED:

Minestrone:

- 1 pound bulk Italian sausage (mild or hot variety)
- 1 tablespoon olive oil
- 2 large carrots, chopped
- 3 celery ribs, chopped
- 1 yellow onion, chopped
- 6 garlic cloves, minced
- 1 tablespoon tomato paste
- 8 cups vegetable broth
- 3 cans (15 ounces each) cannellini or Roman beans, drained and rinsed
- 1 large can (28 ounces) diced tomatoes with juice
- 1 bay leaf

- 2 teaspoons dried oregano
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon crushed red chili flakes
- 2-3 ounces Parmigiano-Reggiano rinds (optional)
- 8 Tuscan kale or Swiss chard leaves, spines removed and chopped
- 1 cup small-shaped dried pasta

Italian Parsley Oil:

- 1 bunch fresh Italian parsley, washed and patted dry
- 1 tablespoon fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon kosher salt
- Pinch of crushed red pepper flakes
- 1/2 cup extra virgin olive oil

Winter Minestrone Soup

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DIRECTIONS:

1. In large, heavy pot or Dutch oven, cook sausage over medium-high heat, breaking it into bits with a spoon, until the meat is brown. With a slotted spoon, remove the sausage and set aside. Carefully drain all but a tablespoon of grease from the pot.
2. Add the olive oil, carrots, celery and onion to the same pot and cook over medium heat until onions are soft. Add the garlic and tomato paste and cook while stirring for another minute or two.
3. Add the beef broth, beans, tomatoes, bay leaf, oregano, thyme, chili flakes, parmesan rinds (if using) and the sausage. Bring to a simmer. Reduce heat to low, cover and cook for 30 minutes.
4. While the soup cooks, prepare the parsley oil. Cutaway thick stems from the parsley. In a mini food processor or blender, add the parsley, lemon juice, garlic, salt, pepper flakes and olive oil and whirl until all the ingredients are well incorporated. Transfer to a small bowl and set aside.
5. Uncover the minestrone and stir in the kale and the pasta, simmer for 8 minutes until pasta is al dente. Remove from heat.
6. Ladle minestrone into individual bowls and garnish with a teaspoon of parsley oil. Serve with a crusty baguette or rustic-style bread.

"The true light, which gives light to everyone, was coming into the world. He was in the world, and the world was made through him..."

- John 1:9-10



Do you know the meaning behind these Christmas Symbols?

Evergreen Tree: Titus 1:2
Eternal Life

Bells: John 10:13

Ring out to bring lost sheep back to the fold

Star & Lights: Matthew 2: 9-10
Start that told of Christ's birth

Holly & Berries: Titus 1:2, Luke 22:44

*Green = Eternal life,
Red = Blood of Christ*

Candy Cane: Luke 2: 8-9, John 10:11
*Staff of shepherds who visited the Christ child/
Christ is the good shepherd*

Gift: Matthew 2:1,11, John 3:16
Gifts of the Wise Men/The gift of Christ to us

Gifts That Pay Off!

If you want to spend money this holiday season on gifts that can have a lasting financial impact instead of a trendy toy that will be tucked away in a closet by February, then this financial gift guide is for you!

1. Certificates of Deposit (CDs)

Opening a Certificate of Deposit (CD) for a child in your life can help teach them about how banking works and introduce them to the concept of planning ahead.

For a limited time, you can earn more on a CD at Catholic United Financial Credit Union with a **3.04% APY* for 13-months!**

For more information, call the Credit Union at **(877) 871-8313** or visit their website at **www.catholicunitedCU.org**.

2. Single Premium Youth Term Insurance

Instead of another toy or gadget that will sit on the shelf once the new and shiny has worn off, get the kids, grandkids, nieces, and nephews in your life the gift of protection with a Single Premium Youth Term life insurance policy. A Catholic United Youth Term Life policy purchased early in a child's life:

- Provides term protection at affordable rates
- Can be converted to permanent insurance to age 30 without evidence of insurability
- Gives young people the benefits of membership in Catholic United Financial, including eligibility for a Post-High School Tuition Scholarship

Insuring a child early offers them advantages that multiply over time. And, you can get it on our website with just a few clicks right now! If you're in need of a last-minute gift idea for the young person(s) in your life, visit **www.catholicunitedfinancial.org/spyt-app** to fill out the online application for Youth Term Life Insurance today.

3. Donation to a Charity or Cause

Here's another gift idea that can have far-reaching effects. It's a great option for the person who "has everything." Donate to a charity or cause in the name of your gift recipient!

Donating to the Catholic United Financial Foundation is tax-deductible and supports efforts to strengthen the communities and causes that Catholics care about.

Contact the Foundation to learn more about these types of giving. When making a planned gift such as bequests, life insurance, and retirement plans, we can assist you with the proper execution of your type of gift.

Let Us Help with Your Holiday Expenses

Get your shopping done early this year with a Christmas Loan from Catholic United Financial Credit Union! Our Christmas Loan is designed to help cover added expenses without relying on high-interest rate credit cards and is a perfect short-term way to assist with any last-minute expenses.

The Christmas Loan includes:

- Borrowing up to \$2,500
- Rate is 7.99% APR**
- 12-month term
- Automatic loan payment required

Hurry, this offer expires on Dec. 31, 2022. Don't let the holidays break the bank this year—we've got you covered! Apply online today at **www.catholicunitedCU.org** or call **(877) 871-8313**.

From all of us at Catholic United Financial, we wish you a Merry Christmas and a happy and healthy New Year!

**Annual Percentage Yield (APY) is effective 11/1/2022 and subject to change. Minimum deposit of \$1000. A penalty may be imposed for early withdrawal. Fees may reduce earnings. At maturity, the certificate will roll into a standard 12-month certificate at the rate in effect on that date.*

***Annual Percentage Rate (APR) is effective 12/1/2022 and fixed for the term of the loan. Rates are subject to change. Only one Christmas Loan per year, per member. Minimum credit score is 650. Maximum loan amount is \$2,500. Loan term is 12-months. Automatic loan payment is required. This loan cannot be used to pay off an existing CUFCU loan. Loan is subject to credit approval. The monthly payment on a \$2,500 loan at 7.99% APR for 12-months is \$217.46. A \$35 Loan Application Fee will be assessed on all approved loans.*