



Diocese of Springfield

Office of the Bishop

January 6, 2020

Dear Msgr., Father, Deacon:

One of my priorities for the new year is to increase awareness, among our priests and deacons, of how to live a healthy, happy, and holy life. Members of the Presbyteral Council, in response to several requests from priests and deacons in the diocese, asked that the issue of health and wellness be given more attention at clergy days.

The Committee for the Continuing Education, Formation and Support of Clergy (CEFSC) in collaboration with the Saint John Vianney Center (SJVC), Downingtown, PA, has planned a special program entitled, *Acceptance as Journey Toward Transformation*. SJVC consults with dioceses throughout the country and provides ongoing education to clergy in the area of health and wellness in mind, body and spirit. The focus of the presentations is on how to accept and respond compassionately to the experience of addiction, anxiety, and depression.

In light of the fact that many of the pastoral/ministerial demands placed upon you can pose mental, physical and spiritual health risks I encourage our active/retired priests and deacons to join me for this important Clergy Day on Tuesday, January 21, 2020 at the Bishop Marshall Center, 10:00 a.m. – 2:00 p.m. (lunch will be provided). Please send the enclosed RSVP card to Stacy Dibbern by **Thursday, January 16, 2020**.

I am happy to welcome Dr. Donald R. Marks and Dr. Erik Ranstrom to be our presenters. Donald R. Marks, Psy.D., HSP, serves as a professional consultant with the Saint John Vianney Center providing educational workshops to Clergy and Religious. Dr. Marks is assistant professor in the department of Advanced Studies in Psychology at the Nathan Weiss Graduate College of Kean University in Union, NJ. He serves as director of clinical training for Kean's doctoral program in Combined School and Clinical Psychology and as director of Kean Psychological Services, a community-based training clinic.

Dr. Erik Ranstrom serves as a member of the Spiritual Care Department for the Saint John Vianney Center meeting with residents to discuss the spiritual aspects of their lives and ministry. Dr. Ranstrom holds a doctorate in theology from the Graduate School of Arts and Sciences at Boston College and a Certificate in Spiritual Direction from the Center for Ignatian Spirituality, Fairfield University.

Praying that the Holy Spirit strengthen you in mind, body and spirit, and your resolve to carry out the ministry entrusted to you, I remain

Fraternally yours in Christ,

+Mitchell T. Rozanski
Bishop of Springfield