

TAKING BACK HEALTH CARE FOR THE CULTURE OF LIFE

*Executive Director
Welcome Message
Page 1*

*The United States
of America: A
Nation Called to
Live Freedom
Excellent
Page 2*

*Faith, Freedom,
and Renewal
Page 3*

*Encountering
Hope at NACPA
Page 4*



PLEASE DONATE

Dear Friends,

God given human dignity, human freedom, and natural rights, especially the rights to life and religious freedom, are the heart of the founding of the United States. The following words in the Declaration of Independence transformed how politics, government, and the law act towards the human person in America and worldwide: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Undoubtedly, civil societies began to recognize God-given human dignity because of the proclamation of the Gospel, the witness of Jesus Christ's followers in their Christian charity for neighbor and special love for the poor and the sick, and in the development of the Catholic Church's social teaching. In the last 250 years, the Declaration of Independence further advanced the embrace of human dignity and natural rights in governments across the globe. The Christ Medicus Foundation views this 250th anniversary as an opportunity strengthen the American constitutional project especially in the midst of extraordinary threats to human dignity, the insidious acceleration of the culture of death, and the ascendant political tribalism all which threaten the heart of our nation. The 250th anniversary is a historic opportunity for all Americans to rededicate ourselves to advancing respect for human life, human dignity, and religious freedom. It also presents us with a historic occasion to restore virtuous friendships and rebuild the bonds of community in our local neighborhoods, towns, and cities that have been frayed over the last seven years especially. Restoring human dignity in American law, public policy, and civic life and restoring friendships and rebuilding communities will be vital to the continuation of the American constitutional experiment. Through God's grace, the Christ Medicus Foundation is advancing Christian humanism in health care by defending our human life and dignity in health care and collaborating with you all to expand our Catholic health and wellness programs that are a living community centered in love, friendship, and in Christ.

For the next 250 years, God willing, it will be vital for Catholics, other Christians, and people of good will to meaningfully expand respect for human life, human dignity, and religious freedom and to promote flourishing communities if we are to achieve what Pope Leo calls a civilization of love. But how do we do this concretely in our family, in our neighborhoods, in our communities and in our respective states? We must look to Jesus, to the early Church, and to the saints through the centuries who overcame incredible challenges to build just societies where

souls can achieve ultimate flourishing through relationship with the Creator. The witness of the Apostles and first Christian disciples challenge us to seek the love of Jesus Christ alone and to love all our neighbors as ourselves in a spirit of truth, mercy, forgiveness, and sacrificial charity. Early Christian communities in the Middle East, Africa, and Europe inspire us to make visible the Body of Christ and the eternal love for God through mutually supporting young families, caring for the sick and elderly, and partnering together to provide truly Christ-centered Catholic education and health care for all, Catholic and non-Catholic, who are pursuing the truth of Jesus Christ. The witness of St. Francis and St. Dominic confront us with the urgency of spreading the Gospel in a spirit of great faith and love, temporal poverty, humility, and zeal for souls through acts of charity, through bold teaching, and humble encounter with those with whom we disagree. The martyrs from St. Thomas Becket to St. Thomas More, St. Charles Lwanga, and Blessed Miguel Pro teach us to pray for unwavering devotion to Christ, fidelity to nation, and a willingness to suffer trials for the sake of the Gospel and even for the love of those who persecute us. This is what we need in our own spiritual lives – to live from divine intimacy with Jesus, to show great love for all, to practice mercy and humility towards others, and to carry out sacrificial love in which we carry forward the Gospel and advance the divine inheritance available to all. This is what we need. This is what our nation needs. This is the challenge that our Christ Medicus Foundation community seeks to meet. To answer the call of St. John Paul II and Pope Leo XIV to build a civilization of love and justice powered from our love for God and out of loving obligation to our country and our neighbor. Let us be not afraid to meet the challenges that await us as we enter this new chapter of the United States of America. Thank you for your friendship, your prayers, and support in this new adventure.



Yours in the Sacred Heart,

LOUIS BROWN, JR, JD

Executive Director of Christ Medicus Foundation & CMF CURO

THE UNITED STATES OF AMERICA: A NATION CALLED TO LIVE FREEDOM EXCELLENTLY

What makes the United States of America so beautiful? We all see the American flags and hopefully our hearts swell with love for our country, but what makes our country so special? My contention is that if we prayerfully review the history of the U.S.A, we will see a recurrent theme that stands out above all: freedom. Our country has been blessed by God with an incredible amount of freedom.



From the very beginning of our country, the religious freedom to love God and live according to our conscience in peace and good will has been apparent. In Europe, people were persecuted and killed for their religion. Protestants would kill Catholics and Catholics would kill Protestants, but in the United States Constitution, "Congress shall make no law respecting an establishment of religion" (US Constitution, Amendment I). This means that because there is no official religion of the United States, citizens are free to worship and serve God without fear of being persecuted by the government. Furthermore, to ensure that people are free to live their faith in public and private, the United States Constitution prohibits Congress from making any law "prohibiting the free exercise of" religion, or "abridging the freedom of speech" (US Constitution, Amendment I). Nowhere in the world was this emphasis on freedom so apparent in a country's founding as it was in the singular case of the United States of America.

But this freedom to worship God and serve Him can only exist if it is grounded in the truth. Ultimately, this truth is our Lord Himself, who said unapologetically, "I am the way, and the truth, and the life" (John 14:6). But if the Constitution were to ground the right to religious freedom in the Christian Scriptures, it could lead to the persecution of those of different faiths. So our Founding Fathers ingeniously looked to the natural moral law, a law of reason which comes from God, to anchor the freedom of their young country. In the Declaration of Independence, the founding document of our great country and why it is listed first in the US Code, we find the central truths that ground and enable the religious freedom so prized by Americans: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness—that to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed" (The Declaration of Independence).

Let us examine these truths and see how they anchor the right to freedom, whose ultimate purpose is the love and glory of God (Cf. Romans 8:21). The equality of all people stems from our common origin, that we are created by God (Genesis 1:26), and that He is our destiny. Because of this equality of all people, a metaphysical truth of the natural moral law, the right to freedom is grounded in an objective foundation and can be protected, defended, and advanced through public policy. The rights of the human person that flow from our intrinsic dignity and equality are rights coming from God, and, therefore, because the Right to Life, Liberty, and the pursuit of Happiness come from God, they cannot be taken away by state or federal governments without just cause. Whereas if government institutes rights, government can take away rights. The latter is a recipe for persecution and tragedy. By grounding the powers of government in the protection of personal rights given by God, the Founders helped ensure that government would be in the service of the common good and not the destroyer of the common good.

The test of the United States of America is whether we will live the heritage of freedom excellently, by choosing to love and be a beacon of light in the world. To use our freedom to kill through abortion, ivf, and euthanasia, to use our freedom to mutilate the bodies of children confused about their identity, to use our freedom to break down the families given by God to bring His love to the world, these are perversions of freedom. The true freedom of the human person is the freedom to love and seek truth. If the United States of America lives this freedom well, we will truly be the shining city on a hill we are called to be (John Winthrop, Treatise, "A Model of Christian Charity," March 21, 1630).



Basilica of the National Shrine of the Immaculate Conception, located in Washington, D.C.

By: Michael Arthur Vacca, Director of Ministry, Bioethics, and Membership Experience

FAITH, FREEDOM, AND RENEWAL

America approaches the 250th anniversary of the Declaration of Independence. A moment inviting more than celebration. It invites renewal. Anniversaries like this naturally draw our attention to history, but they also cause us to think about the future. What kind of country are we becoming? What values are we passing on? And what needs to be renewed if freedom is going to endure for another generation? Renewal always has been part of the American story.

Our nation has gone through moments of uncertainty before, moments that demanded courage, sacrifice, and a return to first principles. Freedom was never something meant to run on autopilot. Every generation has had to rediscover the responsibilities that come with it and decide whether those responsibilities are worth carrying forward.

As a member of the Daughters of the American Revolution, I often have thought about the generations who came before us and the sacrifices they made to build and preserve this country. Patriotism, at its best, is not simply pride in the past. It is gratitude paired with responsibility — a recognition that each generation inherits both the blessings and the duties of freedom.



For us Catholics, renewal is ultimately rooted in faithfulness. It grows when families pass on their faith to the next generation, when institutions remain committed to truth, and when individuals choose conscience over convenience. America's 250th anniversary gives us an opportunity not only to celebrate our history, but to renew the values that have sustained the nation through times of challenge: faith, courage, service, and moral conviction. As Catholics, renewal begins with remembering that human dignity comes from God.

The founders understood that our rights are not created by governments, but come from our Creator. That belief shaped the moral foundation of the country and helped establish the idea that conscience matters — that faith and moral conviction have a rightful place not only in private life, but in public life as well.

Today, many people feel a growing sense of exhaustion in our culture. Public life can feel divided and cynical. Institutions that once helped form communities and give people a sense of shared purpose have weakened. Even freedom itself is often understood only in terms of personal preference, disconnected from truth, responsibility, or the common good. That is why renewal matters now.

Renewal is not about trying to recreate some idealized version of the past. It is about recovering the things that are essential and lasting — the principles that give a society its moral center and hold communities together. Religious liberty is part of that renewal. Religious freedom is more than the freedom to worship privately. It is the freedom to live faithfully and publicly according to conscience — in our families, our professions, our ministries, and our service to others. A healthy society depends on people and institutions that are free to live out their beliefs with integrity.

Throughout American history, religious communities have helped renew the country in times of challenge. Churches built schools and hospitals. Religious sisters cared for immigrants and the poor. Faith-based ministries strengthened neighborhoods and reminded society that compassion, service, and moral responsibility belong together. That witness is still needed today.

At a time when many people feel isolated or uncertain about the future, communities of faith continue to offer something steady: hope, meaning, and a reminder that freedom cannot survive without virtue. Renewal does not begin only through politics or policy. More often, it begins quietly — in families, churches, schools, and local communities where people continue to live faithfully and serve others. The next chapter of the country will not be shaped only by elections or public debates. It also will be shaped by whether Americans are willing to renew the moral and spiritual foundations that sustain freedom itself. Liberty depends on people who understand responsibility, sacrifice, and the importance of truth.



This is why the work of organizations like Christ Medicus Foundation matters. Defending conscience rights and religious freedom is not simply about protecting individual beliefs. It is about preserving the conditions that allow faith-filled communities to continue serving, teaching, healing, and contributing to the common good.

Renewal happens whenever people choose conviction over indifference, hope over cynicism, and faith over fear. As our nation commemorates 250 years of independence, we should celebrate the blessings of American freedom. But we also should recognize that freedom must continually be renewed and protected. The task before us not only is to remember the founding of America, but to renew the principles that made that founding possible — faith, human dignity, moral courage, and the freedom to live according to conscience.

If America's first 250 years were shaped by generations willing to sacrifice for liberty, perhaps the next 250 will depend on a generation willing to renew it.

By: Victoria Valent, Asst. Director of Administration and Event Planning

ENCOUNTERING HOPE AT NACPA

Back in April, I had the opportunity to represent CMF HOPE at the National Association of Church Personnel Administrators' (NACPA) annual convocation. NACPA supports leadership in human resources, finance and administration within the Church. One of the greatest joys was to finally meet face to face some of the people who implement HOPE, as well as introduce HOPE to individuals who never encountered it before. It was so encouraging to witness their desire, willingness and determination to support their employees more fully.

CMF founded HOPE in 2025 to support Catholic employers and their employees through a holistic suite of services including faith-aligned behavioral health counseling, 24/7 crisis support, work-life balance resources, personalized wellness coaching, and spiritual direction—all grounded in Catholic teaching and the belief that the person is created good by a loving Father who desires our holiness and flourishing.

And so it was wonderful to see, one of things that stood out to me most was, the joy and faith of the conference attendees. So many clearly love their work and have a great sense of responsibility for those they serve. The conversations I had were marked with curiosity and a shared desire to live out our Catholic faith, not only in our personal lives, but within our professional environments, too.

Many of the conversations centered around two questions: What do authentically Catholic wellness programs look like? And, how do we genuinely care for the whole person- spirit, mind, and body? There was deep interest and desire for approaches that go beyond checklists or benefits packages and instead foster real human connection rooted in truth, goodness, and beauty.

Drawing from my experience working closely with employees receiving coaching, I shared how impactful ongoing accompaniment can be. When organizations invest in health, wellness, and healing of the whole person, people feel valued and cared for- not just as a worker, but as a human person. Repeatedly, I have witnessed this personal support strengthening not only the individual, but the workplace culture, as well.

By: Jen Cox, BSN, RN, Catholic Wellness Coach, Assistant Director of Wellness Coaching and Engagement

If you are interested in learning more about HOPE or exploring how CMF can support your organization's commitment to whole-person wellness, we would love to hear from you. Please reach out to Christ Medicus Foundation at hope@christmedicus.org.

