



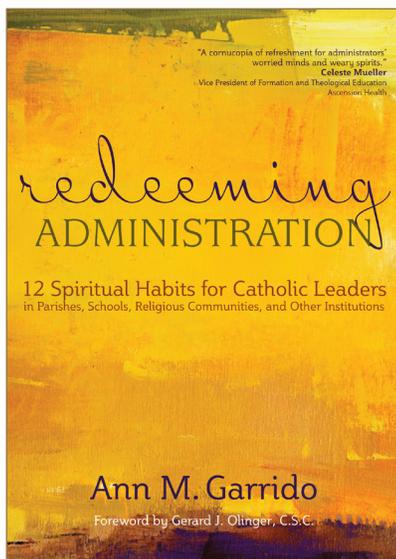
To schedule media interviews or to request images or review copies, contact:

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Ave Maria Press, Inc. • P.O. Box 428 • Notre Dame, IN • 46556

Garrido Reveals Spiritual Benefits of Administrative Work



Notre Dame, IN—Ann M. Garrido’s administration job left her drained and sometimes bored, dividing her day into “tiny shards of time” that made it almost impossible to accomplish anything of substance. She was searching for spiritual meaning in her job, asking herself, “How is the ministry of administration somehow part of the way that God is transforming me into the person God dreams me to be?” Garrido documents her discoveries in her new book, *Redeeming Administration*.

Garrido, who works as a program director at Aquinas School of Theology in St. Louis, began her journey with her 2009 article in *America* on the spirituality of administration in Catholic settings. “Administration is perceived as draining our best energies and taking us away from the very teaching, healing and assisting that we entered ministry to do,” she wrote. “I realized that I must either uncover some way of finding meaning in my job or I must quit.” Garrido has developed twelve habits for Catholic leaders seeking just that—meaning in a job that can feel overwhelming and slow to bear fruit.

Garrido draws from her own experiences and those of her colleagues, and she uses instances in the lives of twelve saints—“holy administrators”—to provide examples of the habits at work. Martha, for example, teaches that administrators are called to be present for those they serve as well as to prepare for them. St. Bruno kept his integrity, always doing the right thing though the Church was muddled in political quagmire. And St. Thomas More had a sense of humor that persisted even during his execution.

Garrido now sees administration as something that “impels us ‘out’ of ourselves to something more, something beyond.” She discovered that it was not her job that had made her frazzled and stressed out; it was herself. She had begun to lose trust in others, leading her to micromanage, which led her to take on tasks that she didn’t have time for. She learned to turn her busyness around and ask how it could serve her, to take what she was already doing and to find meaning in it—and she encourages her readers to do the same.

Redeeming Administration
12 Spiritual Habits for Catholic Leaders
By Ann M. Garrido
ISBN: 978-1-59471-428-3 • 224 pages
\$14.95 • Paperback
Ministry and Pastoral Planning/Religious
Education
Now Available

“A cornucopia of refreshment for administrators’ worried minds and weary spirits. Offering keen insights, holy companions, stories, and prayers, *Redeeming Administration* reclaims our work as vocation and rekindles our hearts to serve with joy!”

Celeste Mueller
Vice President

Formation and Theological Education
Ascension Health



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About the Author



Ann Garrido has been a member of the faculty at Aquinas Institute of Theology in St. Louis since 1999. In addition to teaching, she has served the school in a variety of administrative capacities, including program director for the doctor of ministry in preaching, director of the master's in pastoral studies and Catechesis of the Good Shepherd, director of field education, director of distance learning, and director of the Aquinas Ministry Integration Project. Most recently, she oversaw a three-year grant project that established new best practices for conflict management. She is the author of *Mustard Seed Preaching* and *A Concise Guide to Supervising a Ministry Student* and also serves as senior editor of *Human Development*.

From *Redeeming Administration*:

“If we are attentive to the potential grace present in the day-to-day responsibilities we engage as administrators, we can be formed and molded in profound ways. The key is to be aware of and open to the invitation each ‘day at the desk’ presents. Note that I am not trying to add things to your schedule; I am sure it is already very full. I am not suggesting increased time for prayer or a retreat, welcome though these might be. Rather, I want to highlight the spiritual possibilities in what you are already doing.”

Suggested Interview Questions:

- 1 Was there a moment of change for you when you knew you must find spiritual meaning in your administrative work? What would you say to people who find themselves in that moment right now?
- 2 What do you recommend as the first step administrators need to take in order to see their work as ministry?
- 3 In the conclusion to your book, you say, “It is not so much a question of how to manage our time as how to manage ourselves within time.” What does this really look like in day-to-day life?
- 4 Which saintly administrator is your favorite and why?
- 5 Where did administration’s bad reputation come from? How can we change our mindset about it?



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Praise for *Redeeming Administration*:

"You can't just read it once. Its truths grab hold of your being, force you to wrestle with reality, and only loosen their grasp on your soul when you begin to embrace the spiritual gifts of administration. Challenging and comforting, this book made me think, forced me to be honest, and enticed me into dialogue with others."

Leland Nagel

Executive Director

National Conference for Catechetical Leadership

"Our Catholic institutions are signs of Christ's saving mission. But they can only realize this sacramentality if they have administrators who see their work as holy. Garrido brings her considerable theological insight to bear on the administrator's vocation. She teaches us how to redeem our ministry and how to make even our most mundane work redemptive."

Rev. Charles E. Bouchard, O.P.

Prior Provincial

Dominican Province of St. Albert the Great

"I have found here a new required text! I deeply appreciate Garrido's earthy, humorous, and reflective style. She understands the challenges and gifts of administration, yet invites me to reflect differently about mundane tasks. For the first time, I can actually see my life in administration as the fruitful living out of a vocation of discipleship. I find her thinking, her turns of phrase, her deep scripture and tradition-based reflections life-changing."

Sharon Callahan

Associate Dean for Academic Programs and Student Life

School of Theology and Ministry

Seattle University

"This little book is a great pocket guide to nudge pastoral leaders and other Catholic administrators toward in-depth critical reflection, discernment, and leadership praxis that will make a profound difference in our twenty-first century Church."

Sr. Angela Ann Zuchowski, M.H.S.H.

Institute for Pastoral Initiatives Director

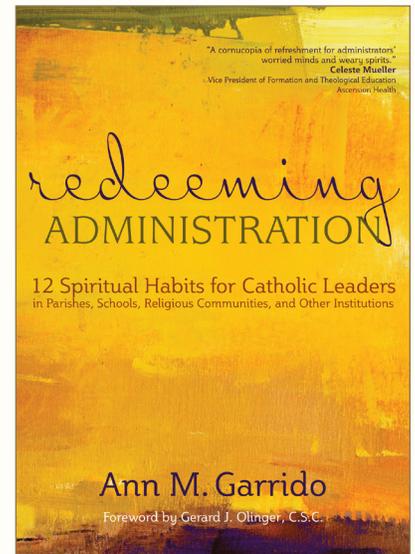
University of Dayton

"Garrido's book is a welcome resource for all those in ministry who find themselves thrust into administration. She shows how the work need not be draining but instead can become 'A spiritual pathway by which good people can become better.' A delightful read for any Catholic leader!"

Brian Schmisek

Institute for Pastoral Studies Director

Loyola University Chicago



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