



# Our Men in Black

## **Favorite prayer**

“May He Support Us All The Day Long” by John Henry Cardinal Newman. I was introduced to this prayer by Bishop Edward Clark, a former professor of mine at the seminary. I love Cardinal Newman’s simplicity of his prayer and the desire to be in God’s peace.

## **Something about you few people would know**

I am the youngest of eight children, but my siblings were expecting the great announcement of the family getting a pool; instead Mom and Dad said they were getting another brother (or) sister. Somehow my siblings blamed me for not getting a pool — as if I had something to do with it.

## **Favorite saint**

Actually my favorite Saint is St. John Vianney. I remember reading his biography in the seminary and had a wonderful man in Arizona carve me a beautiful wood statue of the saint that I keep by my bedside. I love St. John’s devotion and humility showing that even the simple and unassuming can be used by God to do his work in the vineyard of the world.

## **What has been a holy moment for you in your priesthood?**

There are many, but some of the most special have been the moments of baptizing two of my nephews and witnessing the marriage of my eldest nephew who was named after me.

## **Father Joseph Nail**

**St. Patrick Church,  
McHenry, Director  
of the Office of  
Divine Worship**

## **What have you learned from your brother priests?**

Msgr. (Gerald) Kobbeman and Msgr. (Michael) Binsfeld taught me the beauty of our diocese and how to be a good priest-servant for the people.

## **Advice for young people considering a vocation**

Don’t over think your vocation or second guess God. God speaks in whispers and guides by the gentle prodding of the Holy Spirit, so trust him and let him make the path of priestly vocation an exciting adventure of love and enrichment.

## **Favorite temporal things**

I love technology and gadgets and anything Star Trek (well, most anything)

## **Favorite hobby or pastime**

Playing with my two golden retrievers Gabriel and Benedict.

## **Favorite food**

Shrimp Diablo. OK, I really liked the taste of this; it’s funny to eat on the Friday’s of Lent, but for those who don’t really like fish it’s a great tasting dish and *spicy!* And I rarely go by the recipe so here are some of my adjustments: Add another can of tomatoes for a little more sauce or use smaller (tomato pieces) so you can get some in every bite. I also buy uncooked shrimp so they don’t get tough in the cooking process (throw a little lemon juice on them if you don’t like a fishy taste.) Good size portion, serve with Caesar Salad.

## **Shrimp Diablo**

*Crushed red pepper and*



*chili paste with garlic add heat to the saucy shrimp.*

- 8 ounces uncooked angel hair pasta
- 2 teaspoons vegetable oil
- 1 pound peeled and deveined large shrimp
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon bottled minced garlic
- 1 1/2 tablespoons chile paste with garlic
- 1 teaspoon ground cumin
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1/2 cup chopped fresh parsley
- 1/2 teaspoon crushed red pepper

Cook pasta according to package directions, omitting salt and fat.

While pasta cooks, heat oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with salt and black pepper. Add the shrimp to pan, and cook 1 minute on each side or until done. Remove shrimp from pan.

Add garlic to pan; sauté 1 minute. Add chile paste, scraping pan to loosen browned bits. Add cumin and tomatoes; simmer 10 minutes, stirring occasionally. Remove pan from heat. Stir in shrimp, parsley, and red pepper. Toss with pasta.

**Yield:** 4 servings (serving size: 2 cups)

For those who are health conscious here is the general breakdown: Calories 332 (15% from fat); fat 5.5g (sat 0.7g, mono 0.8g, poly 2.1g); iron 5.3mg; cholesterol 172mg; calcium 95mg; carbohydrate 40g; sodium 933mg; protein 31.4g; fiber 3.2g