

# Reverend Robert John Post



## ABOUT

[Iona College](#)

### FUNERAL HOME

Nicholas F. Cognetta Funeral  
Home & Crematory  
104 Myrtle Avenue  
Stamford, Connecticut

### UPCOMING SERVICE

Visitation  
Dec. 9, 2024  
5:00 p.m. - 7:00 p.m.  
St. Bridget of Ireland Church  
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## Robert Post Obituary

**R**everend Robert John Post  
Robert John Post was born February 19, 1940, in Bronx, New York, to Carl and Constance Post. He was baptized at the Church of Saint Dominic and received his First Holy Communion and Sacrament of Confirmation at Our Lady of Solace Church, both in The Bronx. After high school, he attended Iona College, where he received a bachelor's degree in French. Following graduation, he studied at Gonzaga University and Saint John's University, where he received a Master of Arts Degree in Theology. In addition, he completed other course work at Manhattan College, Saint Joseph College, Hartford, and Christian Brothers International House of Studies, in Rome. Robert received a Doctor of Philosophy Degree in Educational Administration from Pacific Western University in New Orleans. His dissertation was titled "The Role of the Roman Catholic Priest as Administrator and Teacher in a Roman Catholic Secondary School." He was ordained to the priesthood at Saint Augustine Cathedral on December 4, 1982, by Most Reverend Walter W. Curtis, S.T.D.

After ordination, Father Post served at Saint Mary Parish, Bethel, where he was Associate Pastor until 1984. Following this assignment, he was a Spiritual Director and faculty member at Stamford Catholic High School. In addition, Father Post taught at Central Catholic High School, Norwalk, Immaculate High School, Danbury, and Trinity Catholic High School, Stamford. In 1995, he was appointed Parochial Vicar at Sacred Heart Parish, Stamford, where he served for four years. Next, Father Post was appointed Parochial Vicar at Saint Thomas More Parish, Darien. Since these assignments he has resided at the Catherine Dennis Keefe Queen of Clergy Residence, Stamford.

Father Post's body will be received by Monsignor William Scheyd, at 5:00 pm, Monday, December 9, 2024, at Saint Bridget of Ireland Church, 278 Strawberry Hill Ave., Stamford, CT. There he will lie in repose until Mass at 7:30 pm. The Celebrant for the Mass will be Father Paul Murphy. The homilist will be Father Chris Perrella. On Tuesday, December 10, 2024, at 11:00 am, Bishop Caggiano will celebrate Father Post's funeral Mass. Monsignor Kevin Royal will be the homilist. Burial will be immediately following at Saint John Cemetery, 25 Camp Avenue, Darien CT 06820. Condolences can be sent to Father Post's cousin, Donna LoMonaco, 1720 Indian Neck Lane, Peconic, NY 11958. In addition, charitable contributions can be sent to Catherine Dennis Keefe, Queen of Clergy Residence, 274 Strawberry Hill Avenue, Stamford, CT 06902.

Please pray for the repose of the soul of Father Post and for the consolation of his family.

To leave online condolences, please visit

[www.cognetta.com](http://www.cognetta.com)