

# Archdiocese of Seattle

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INFORMATION TECHNOLOGY – PAA DAYS – BREAKOUT SESSION

MARCH 19, 2025



# Information Technology Considerations for Parish Leaders

## Topics

### **Cybersecurity**

- Identification of online threats.
- Case Studies – Observations of Recent Hack Attempts
- Token Theft

### **Threats**

- Global Threats
- Email Security
- Account Security
- Windows 10

### **Security Awareness Training**

#### **AOS Technology Summit 2025**

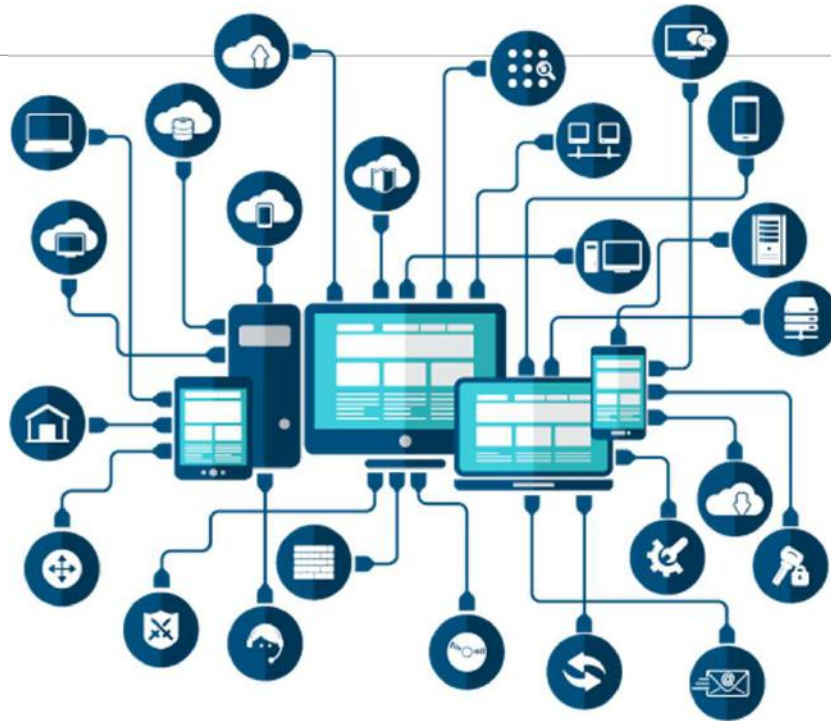
#### **AOS-Share**

#### **AOS-365**

#### **Kevin's Q&A**

#### **AOS-365 – Technical with Caleb Dietzel**

# The Information Technology Landscape



Routers,  
Switches,  
Desktop Computers,  
Laptop Computers,  
Servers,  
Printers,  
Firewalls.....



# The Information Technology Landscape



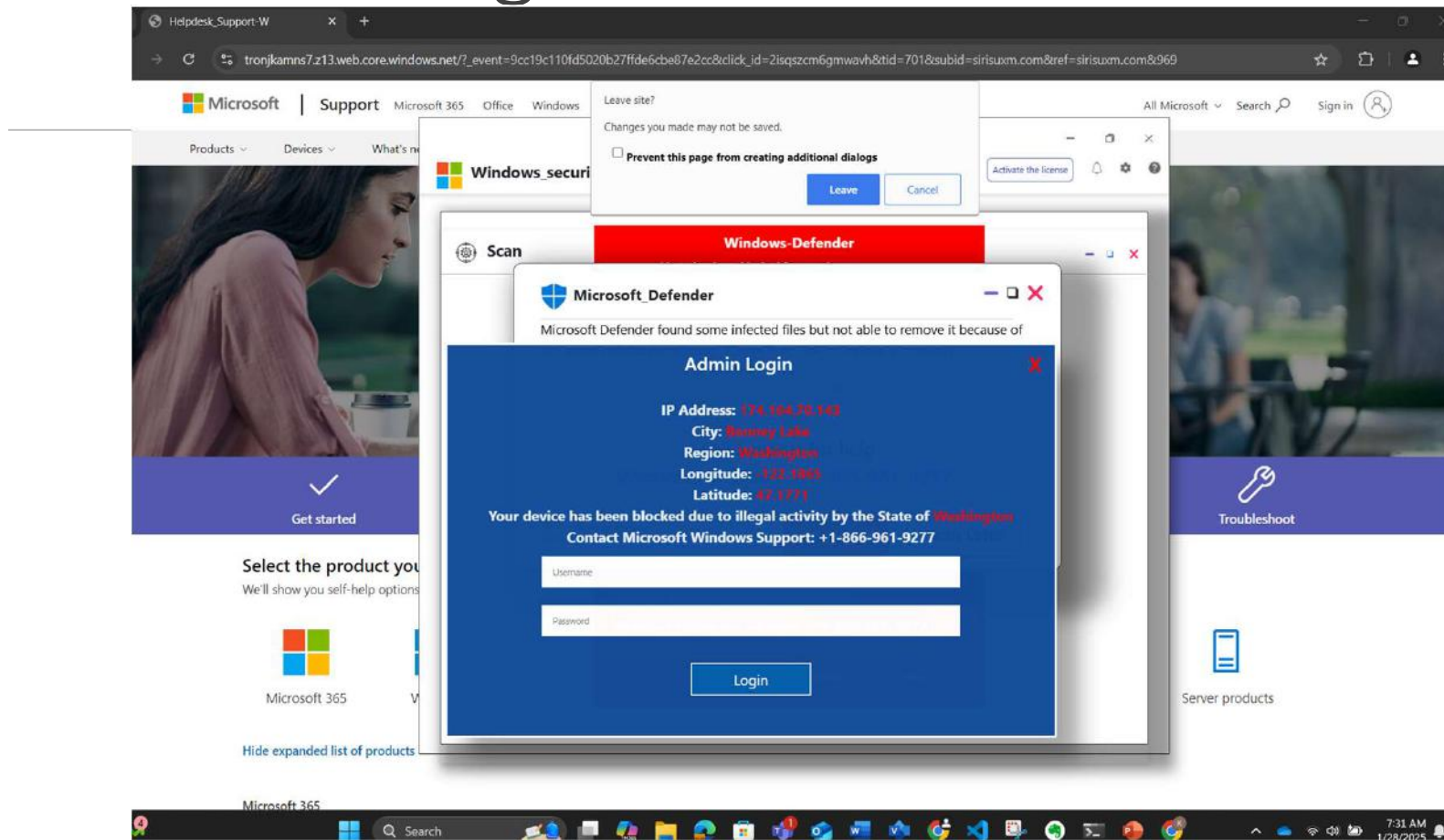
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68% of all computer breaches have a human that participated in the breach.

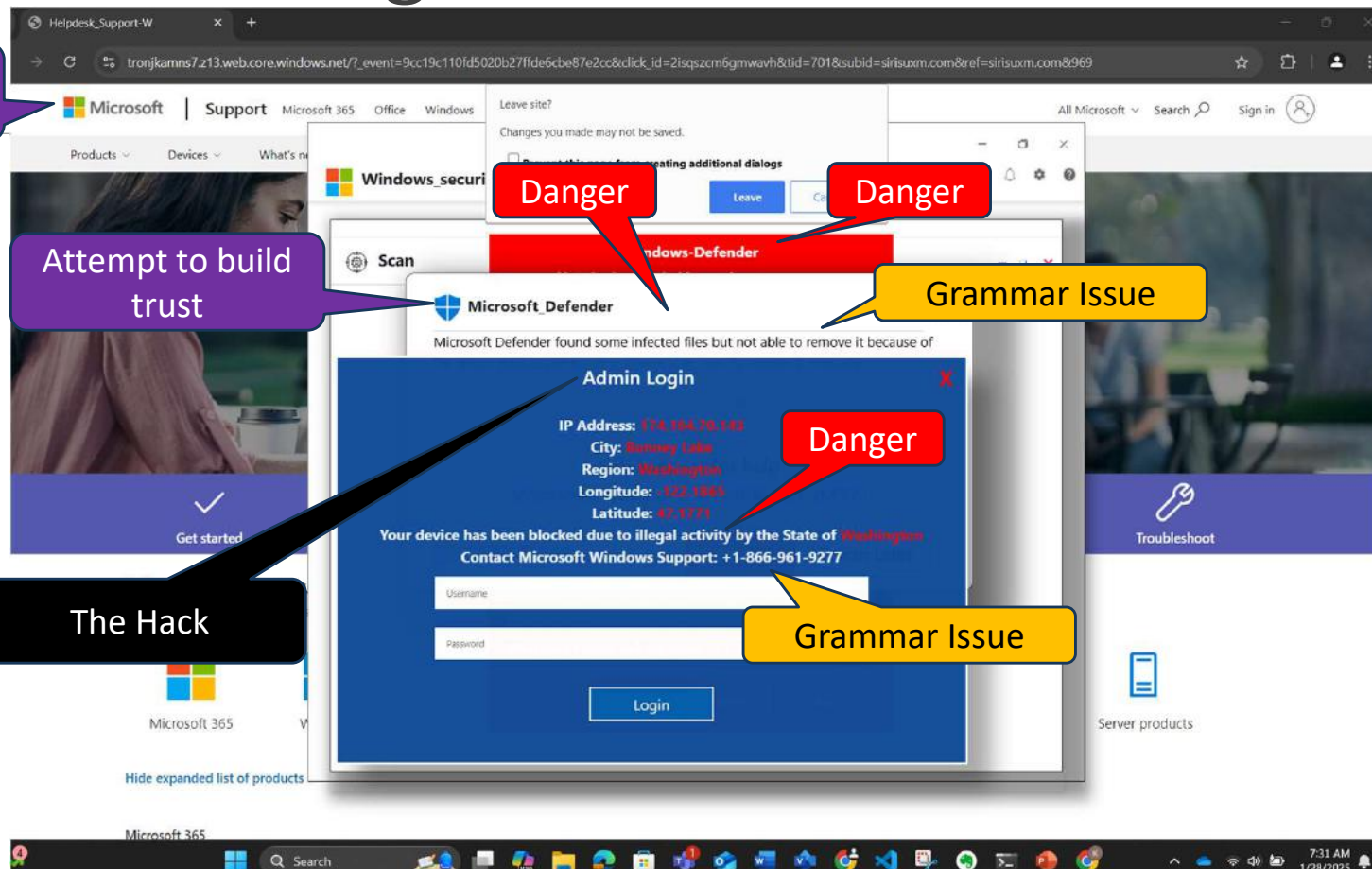
The most important thing you can do to protect your compute environment is to educate your users.



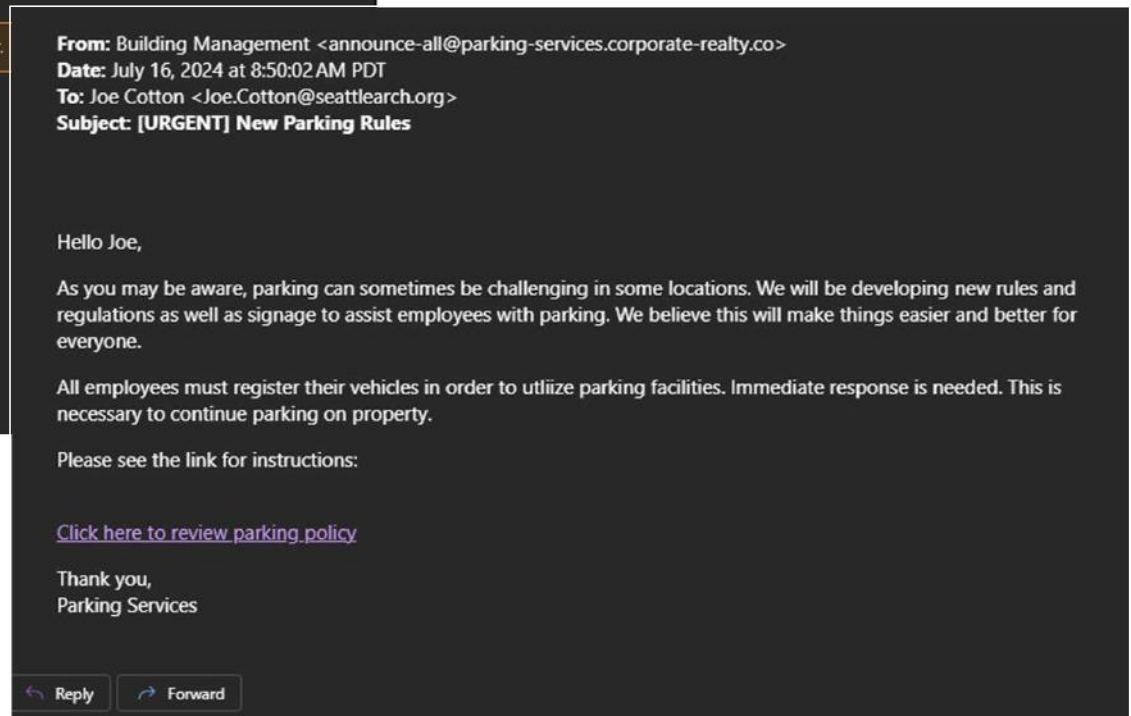
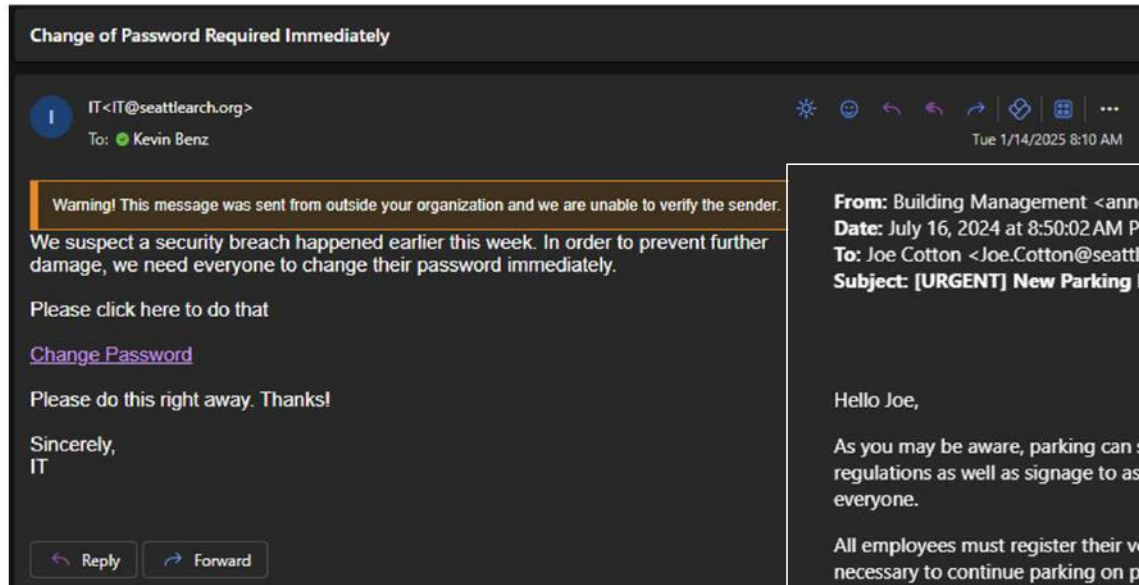
# Understanding Threats



# Understanding Threats - Scareware



# Information Technology - Risks





# Information Technology - Risks

The image shows a screenshot of two email messages side-by-side, illustrating information technology risks. The left email is from IT at seattlearch.org to Kevin Benz, warning of a security breach and asking for a password change. The right email is from Building Management to Joe Cotton, announcing new parking rules. Red callouts labeled 'Danger' and 'Urgency' highlight suspicious elements in both emails, while purple callouts labeled 'Build trust' point to elements that could be used to gain trust.

**Left Email:**

- From:** IT <IT@seattlearch.org>
- To:** Kevin Benz
- Warning!** This message may be suspicious. We suspect a security breach happened earlier this week. In order to prevent further damage, we need everyone to change their password immediately.
- Action:** Please click here to do that
- Link:** [Change Password](#)
- Text:** Please do this right away. Thanks!
- Text:** Sincerely, IT

**Right Email:**

- From:** Building Management <announce-all@parking-services.corporate-realty.co>
- Date:** July 16, 2024 at 8:50:02 AM PDT
- To:** Joe Cotton <Joe.Cotton@seattlearch.org>
- Subject:** [URGENT] New Parking Rules
- Text:** Hello Joe,
- Text:** As you may be aware, parking can sometimes be challenging in some locations. We will be developing new rules and regulations as well as signage to assist employees with parking. We believe this will make things easier and better for everyone.
- Text:** All employees must follow the new rules to utilize parking facilities. Immediate response is needed. This is necessary to continue parking on property.
- Text:** Please see the link for instructions:
- Link:** [Click here to review parking policy](#)
- Text:** Thank you, Parking Services

**Risk Annotations:**

- Danger:** Warning! This message may be suspicious.
- Danger:** We suspect a security breach happened earlier this week.
- Danger:** Please do this right away.
- Danger:** All employees must follow the new rules to utilize parking facilities. Immediate response is needed.
- Urgency:** Please click here to do that
- Urgency:** [URGENT] New Parking Rules
- Build trust:** IT <IT@seattlearch.org>
- Build trust:** Building Management <announce-all@parking-services.corporate-realty.co>
- Build trust:** Thank you, Parking Services





**From:** John Sullivan <John.Sullivan@seattlearch.org>  
**Sent:** Tuesday, September 24, 2024 1:16 PM  
**To:** [REDACTED]  
**Subject:** ACCOUNT UPDATE !!!

Hello [REDACTED],

Apologies, I wanted to inform you regarding our financial meeting last week. Our company policy dictates that we transition from check to electronic payment (ACH). We would like to receive this invoice payment via ACH transfer. Acknowledge this email receipt to forward you the new ACH banking details.



**John Sullivan | Assist. Supt. for Financial Services**  
Office for Catholic Schools | Archdiocese of Seattle  
O: [206-382-4860](tel:206-382-4860) | M: 425-417-1275  
W: [mycatholicschool.org](http://mycatholicschool.org).  
There are many things in life that will catch  
your eye, but only a few will catch your heart.  
Pursue those.  
**Michael Nolan**



# Exploration of a Hack

# Exploration of a Hack – The Ask

From:  
Sent:  
To:  
Subject:

Hello [REDACTED],

Apologies, I wanted to inform  
that we transition from check  
via ACH transfer. Acknowled



**John Sullivan | A**  
**Office for Catho**  
**O: 206-382-48**  
**W: [mycatholicse](http://mycatholicseattle.org)**  
**There are man**  
**your eye, but**  
**Pursue those**  
**Michael Nola**

## ACH INSTRUCTION

Please make all ACH payments to our bank details below.

Bank Name: Community Federal Savings Bank

Account Number: 863005229376

Account Name: Archdiocese of Seattle

Routing Number: 026073150

Company Address: 710 9th Ave, Seattle, WA 98104



# Exploration of a Hack

From:  
Sent:  
To:  
Subject:

Hello [REDACTED],

Apologies, I wanted to inform  
that we transition from check  
via ACH transfer. Acknowled



**John Sullivan | A**  
**Office for Catho**  
**O: 206-382-48**  
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# Exploration of a Hack

## ACH INSTRUCTION

From:  
Sent:  
To:  
Subject:



**Sent:** Tuesday, September 24, 2024 2:16 PM

**To:** John Sullivan <[John.Sullivan@seattlearch.org](mailto:John.Sullivan@seattlearch.org)>

**Subject:** hacked?

Hi John,

I just received the below email from you. Were you hacked?

Hello Sarah,

Apologies, I wanted to inform you regarding our financial meeting last week. Our company policy dictates that we transition from check to electronic payment (ACH). We would like to receive this invoice payment via ACH transfer. Acknowledge this email receipt to forward you the new ACH banking details.

Routing Number: 026073150

Company Address: 710 9th Ave, Sea



# Exploration of a Hack

**From:** John Sullivan <John.Sullivan@seattlearch.org>  
**Sent:** Tuesday, September 24, 2024 1:16 PM  
**To:**  
**Subject:**

Hello Sarah,

Apologies, I was  
that we transitioned  
via ACH transfer



**From:** John Sullivan <John.Sullivan@seattlearch.org>  
**Sent:** Tuesday, September 24, 2024 2:46 PM

**Subject:** Re: hacked?

Am not hacked. Sarah, thanks for checking. We won't be accepting check payments at the moment due to a bad check depositing into our account, which led to restrictions on the account. Let me know to forward you our ACH banking information.

Hope that makes sense. Let me know if you have any questions.



**John Sullivan | Assist. Supt. for Financial  
Services  
Office for Catholic Schools | Archdiocese of  
Seattle**

**O:** 206-382-4860 | **M:** 425-417-1275

**W:** [mycatholicschool.org](http://mycatholicschool.org).

There are many things in life that will catch  
your eye, but only a few will catch your heart.  
Pursue those.

**Michael Nolan**



# Exploration of a Hack

From:  
Sent:  
To:  
Subject:

Hello Sarah,

Apologies, I was  
that we transitioned  
via ACH transfer



From: John Sullivan  
Sent: Tuesday, September 24, 2024  
Subject: Re: Financial Services

Am not happy  
due to a backlog  
know to forward

Hope that message



To: Kevin Benz

Fri 9/27/2024 2:37 PM

You replied on Fri 9/27/2024 2:53 PM

Archdiocese of Seattle ACH Inst...  
72 KB

Hi Kevin,

John Sullivan asked me to forward this email to you. I tried to forward it to him, but he somehow he is not longer getting my emails.

Sarah

\*I am going to forward two more suspicious ones to you.

**John Sullivan | Assist. Supt. for Financial Services**  
**Office for Catholic Schools | Archdiocese of Seattle**  
**O: 206-382-4860 | M:425-417-1275**  
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**Michael Nolan**





# Exploration of a Hack – Part Two

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[REDACTED]

**From:** Michael Rivera <michael.rivera@seattlearch.org>  
**Sent:** Tuesday, September 24, 2024 3:01 PM  
**To:** [REDACTED]  
**Cc:** Margaret Golliver; insurance@seattlearch.org  
**Subject:** Insurance Payment Notice  
**Attachments:** CCAS PAYMENT PROCEDURE.pdf; CCAS-Ins-2024-2025-1.pdf

Find attached invoice and new payment procedure.  
Kindly process payment and forward remittance advice for acknowledgment.





# Exploration of a Hack – Part Two



ARCHDIOCES OF SEATTLE

710 9th Avenue, Seattle, WA 98104

SEP. 23<sup>rd</sup>, 2024

**Re: Instructions for all Insurance Payment**

As part of our commitment to improving processes at CCAS, we have transitioned to Chase Bank for all insurance related transactions. In addition to this transition, we advise you process current and future payment via ACH deposit only. Below is our ACH deposit information.

Bank Name: Chase Bank  
ABA Routing Number: 072000326  
Account Number: 637459317  
Account Name: CCAS SEATTLE  
Account Type: Checking

Please ensure strict compliance with this directive.  
Thanks for understanding.

A handwritten signature in black ink, appearing to be 'John Sullivan'.

JOHN SULLIVAN  
SUP. FINANCIAL SERVICES

A handwritten signature in black ink, appearing to be 'Nicholas Ford'.

NICHOLAS FORD  
SUPERINTENDENT



# Exploration of a Hack – Part Two

Report Date: Jul 30, 2024



Archdiocese of Seattle  
Invoice



For period covering Jul 01, 2024 through Jun 30, 2025

Parish ID:

3  
t

Property

Code	Name	Address 1	City	Prior Total Insured Value	Current Total Insured Value	Premium
022 - 1000				\$8,790,200.00	\$9,361,563.00	\$16,628.62
022 - 1001				\$1,557,000.00	\$1,658,205.00	\$2,945.41
022 - 1002				\$9,175,000.00	\$9,771,375.00	\$17,356.56
022 - 1003				\$8,224,000.00	\$8,758,560.00	\$15,557.53
022 - 1004				\$2,242,000.00	\$2,387,730.00	\$4,241.24
022 - 1005				\$126,000.00	\$134,190.00	\$238.36
022 - 1006				\$126,000.00	\$134,190.00	\$238.36
022 - 1007				\$126,000.00	\$134,190.00	\$238.36
022 - 1008				\$126,000.00	\$134,190.00	\$238.36
022 - 1009				\$269,000.00	\$286,485.00	\$508.87
022 - 1010				\$308,000.00	\$328,020.00	\$582.65
Totals				\$31,069,200.00	\$33,088,698.00	\$58,774.32

Due by: 9/30/2024

Coverage	Property Value	FTEs	Premium
Property	\$33,088,698.00		\$58,774.31
Liability		66.84	\$110,786.70
Auto			\$0.00
Total Premium			\$169,561.01



# Exploration of a Hack – Part Two



**From:** Michael Rivera <michael.rivera@seattlearch.org>  
**Sent:** Wednesday, September 25, 2024 8:01 AM  
**To:** Michael Rivera  
**Cc:** Dani D'Amelio; Margaret Golliver; insurance@seattlearch.org  
**Subject:** Re: Insurance Payment Notice

**Follow Up Flag:** Follow up  
**Flag Status:** Flagged

**Categories:** Purple category

Hello 

Just following up to confirm receipt of my previous email below.  
Let me know if you have any questions.

Thanks,  
Michael Rivera

On Sep 24 2024, at 3:01 pm, Michael Rivera <michael.rivera@seattlearch.org> wrote:  
Find attached invoice and new payment procedure.  
Kindly process payment and forward remittance advice for acknowledgment.



# Exploration of a Hack – Part Two

From: Online Transfers from Bank of America <[bankofamericatransfers@mail.transfers.bankofamerica.com](mailto:bankofamericatransfers@mail.transfers.bankofamerica.com)>

Sent: Friday, October 4, 2024 2:59 PM

[REDACTED]  
Subject: Your Wire Transfer Request 512817056 was Returned.

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You recently made the following funds transfer request:

\*\*\*\*\*  
Item #: 512817056  
Amount: \$169,561.01  
To: CCAS Seattle  
Service: Wire Transfer  
\*\*\*\*\*

As a security precaution, the Recipient Profile has been suspended to ensure that any incorrect information in the profile will not cause a future returned wire.

Please contact Bank of America customer service if you have any questions at 1.800.729.9473 option 2, then option 3 if the wire was sent internationally in US Dollars or 1.800.729.9473 option 2, then option 2 if the wire was sent in Foreign Currency.

We apologize for any inconvenience.

Sincerely,

Member Service

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



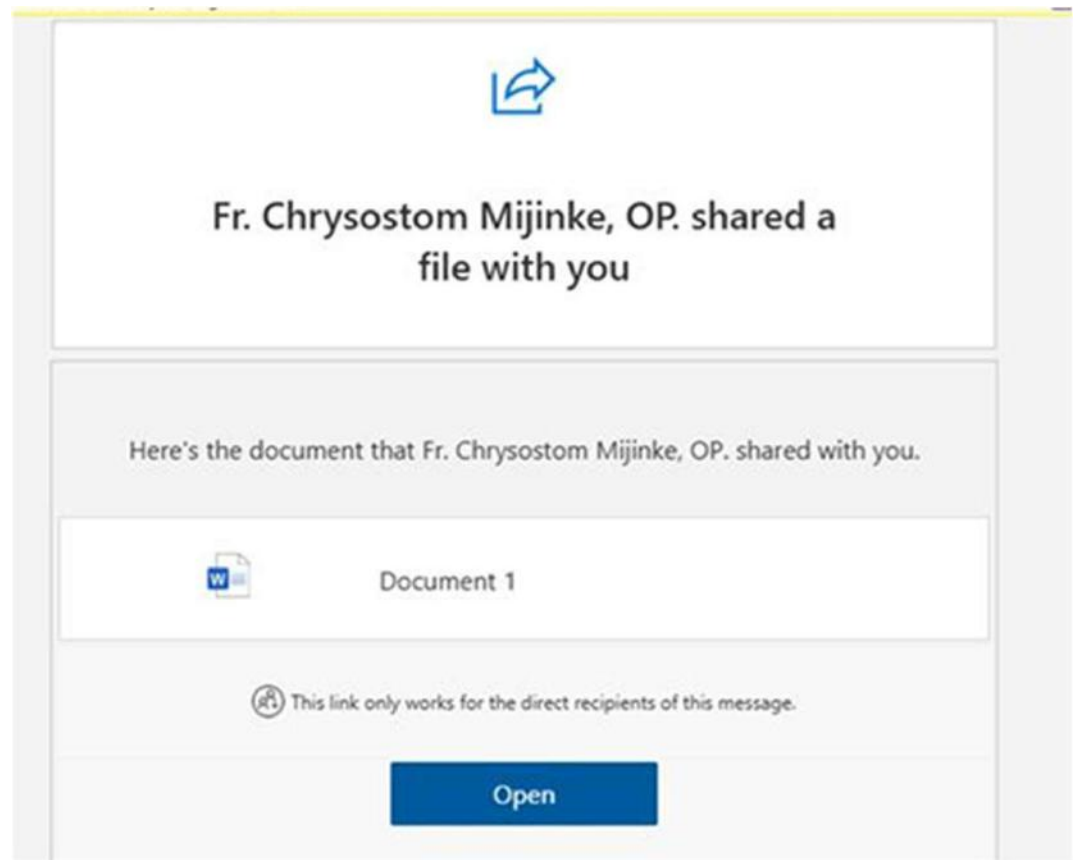
# Critical Risk: 2FA Token Theft

By far the most serious exploit attempt we encounter, a successful token theft gives the hacker complete access to your identity and privileges.

When you click open, you're presented with an AOS login request and subsequent two-factor authorization.

When complete, the Hacker will have access to your Outlook, OneDrive, and every other O365 capability as well as every other system that utilizes O365 identity.

This email was received by 49 in the Chancery



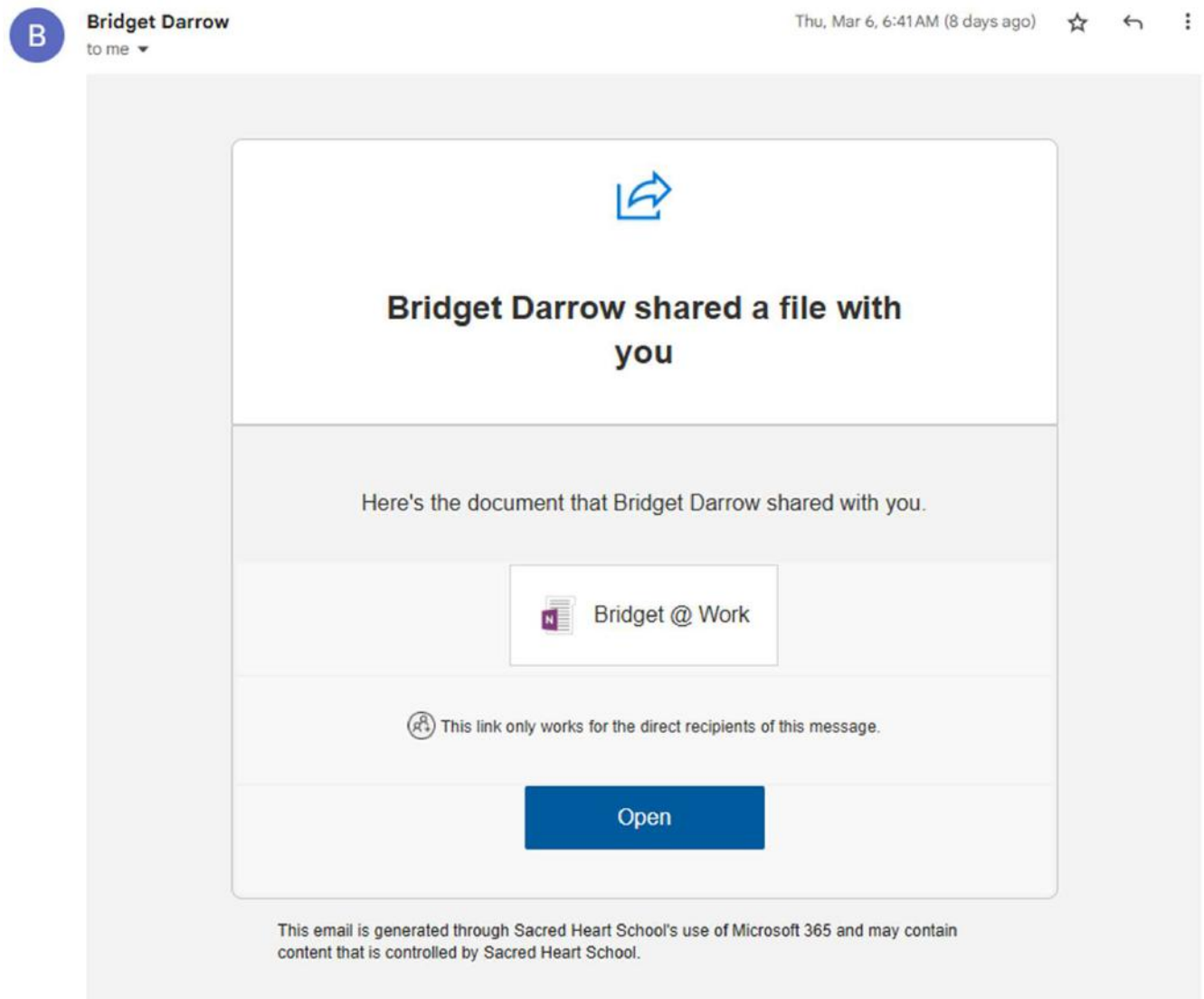
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This email as sent to 510 people in Bridget's address book.



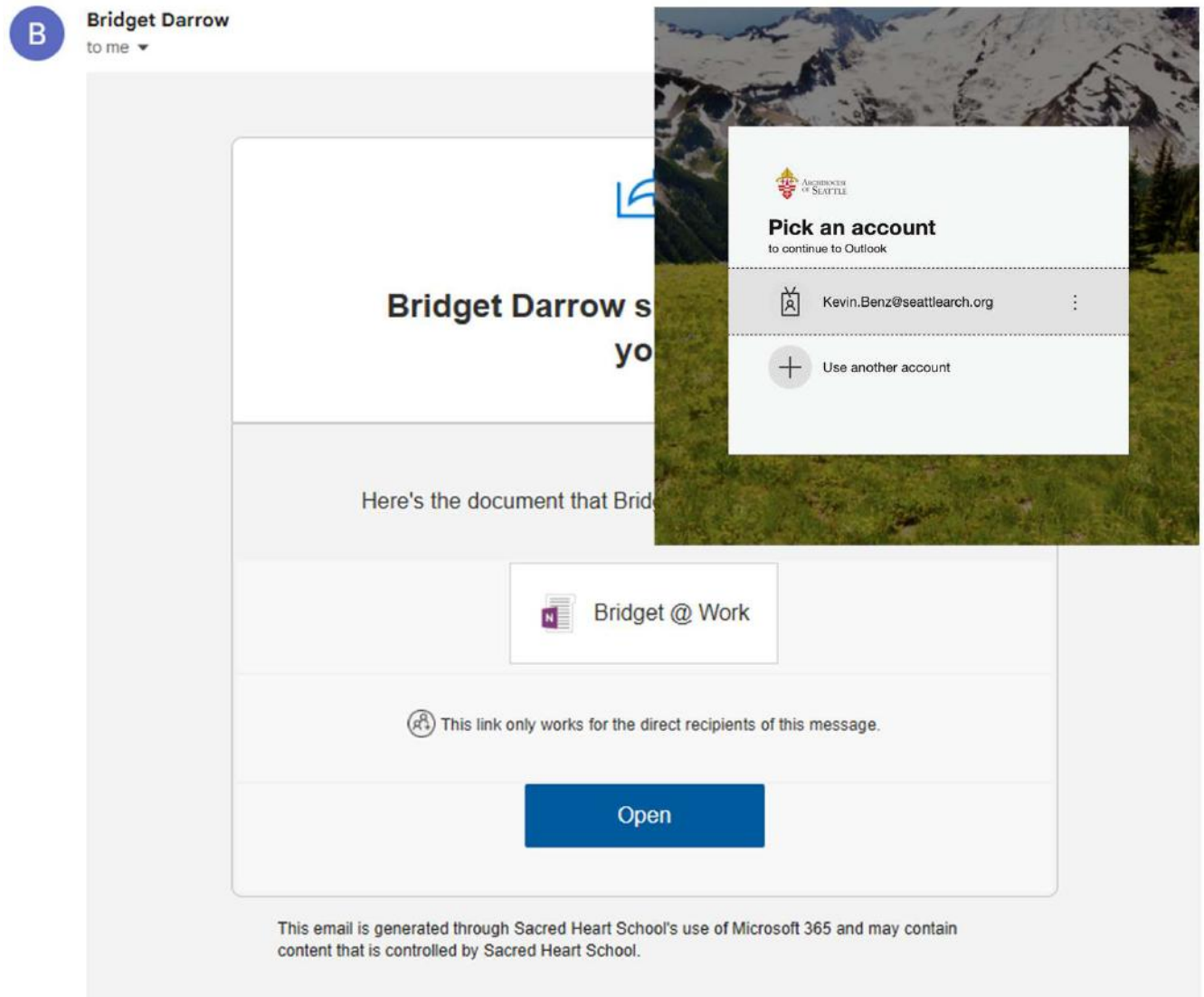
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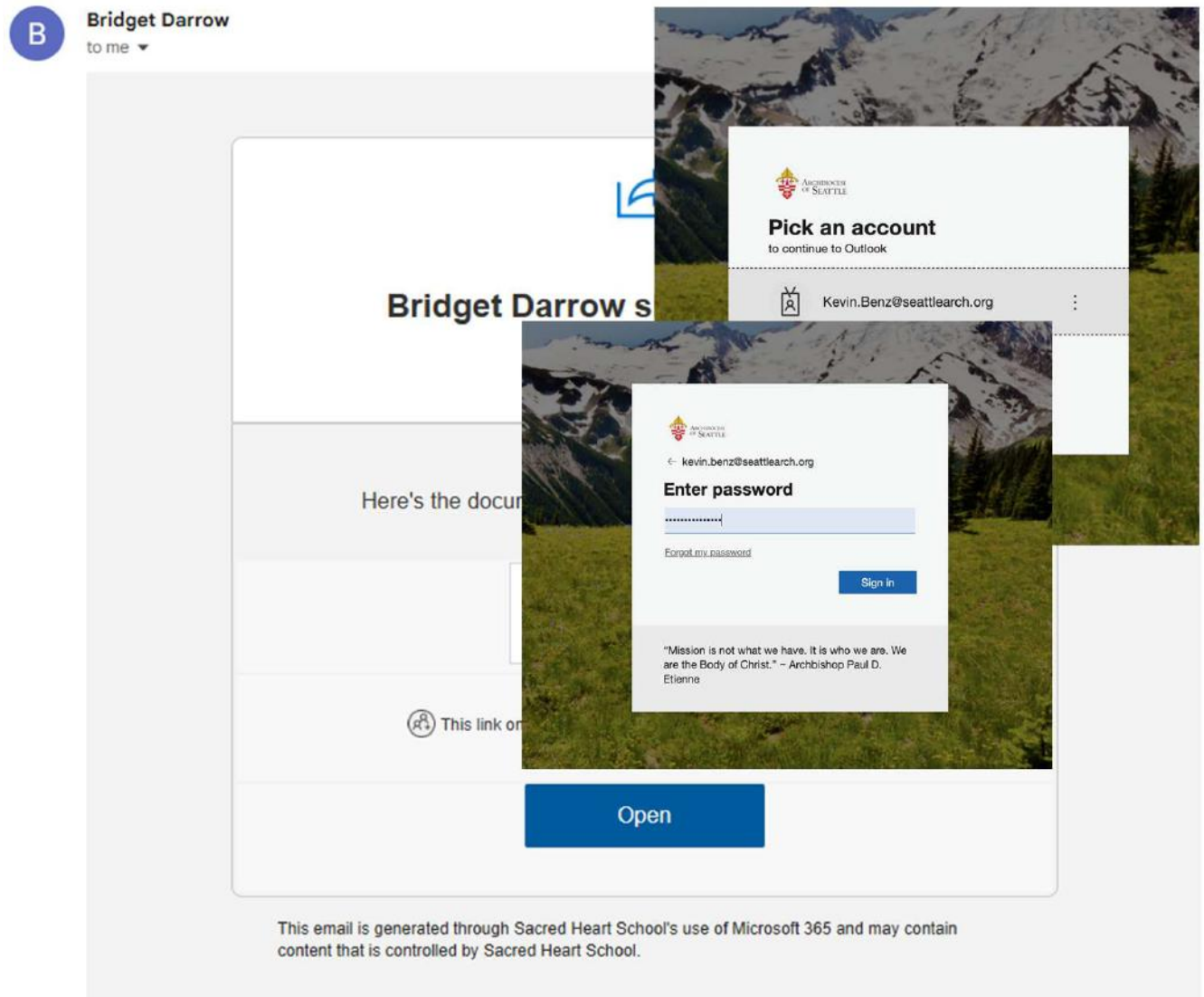
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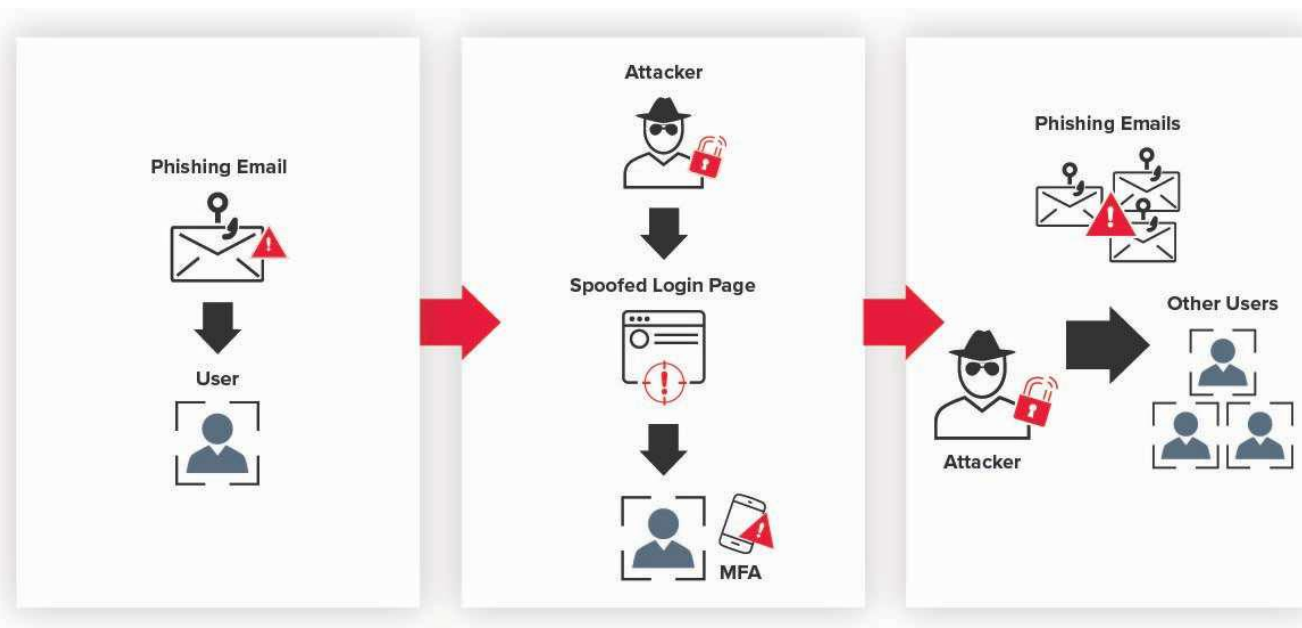
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When complete, the Hacker will have access to your Outlook, OneDrive, and every other O365 capability as well as every other system that utilizes O365 identity.

This email as sent to 510 people in Bridget's address book.





If you're not expecting the file, don't open it.  
Do not email the sender for verification, they have been exploited, and you will be interacting with the hacker.

# FBI Warning—Gmail, Outlook And VPN Users Need To Act Now

In partnership with the U.S. Cybersecurity and Infrastructure Security Agency, the FBI has issued a joint March 12 cybersecurity advisory against the backdrop of attacks by the Medusa ransomware group. The full FBI alert, AA25-071A, goes into great depth regarding the technicalities of the Medusa operation. As such, it is of importance that this should be read by all cyber-defenders. However, for the purposes of this article I am going to focus on the attack mitigation advice offered by the FBI.

**Forbes**

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# 2025 GLOBAL THREAT REPORT

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Here are a few key facts you should know about the shifting threat landscape:

- Breakout time — how long it takes for an adversary to start moving laterally across your network — reached an all-time low in the past year: The average fell to 48 minutes, and the fastest breakout time we observed dropped to a mere 51 seconds.
- Voice phishing (vishing) attacks, where adversaries call victims to amplify their activities with persuasive social engineering techniques, saw explosive growth — up 442% between the first and second half of 2024.
- Attacks related to initial access boomed, accounting for 52% of vulnerabilities observed by CrowdStrike in 2024. Providing access as a service became a thriving business, as advertisements for access brokers increased 50% year-over-year.
- Among nation-states, China-nexus activity surged 150% overall, with some targeted industries suffering 200% to 300% more attacks than the previous year.
- GenAI played a pivotal role in sophisticated cyberattack campaigns in 2024. It enabled FAMOUS CHOLLIMA to create highly convincing fake IT job candidates that infiltrated victim organizations, and it helped China-, Russia-, and Iran-affiliated threat actors conduct AI-driven disinformation and influence operations to disrupt elections.

# Is Anti-Virus and Anti-Malware Enough?

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While virus protection software can be effective in detecting and removing known malware, it's important to remember that no software is 100% foolproof, and a multi-layered approach to cybersecurity is crucial.

**Here's a more detailed explanation:**

- **Antivirus Software Works, But Isn't Perfect**
- **No Guarantee of 100% Protection:**
- **Multi-Layered Approach is Key:**
- **Keeping Software and Operating System Updated:**
- **Avoiding Risky Behavior:**
- **Strong Passwords and Two-Factor Authentication**
- **Data Backups:**
- **Be Aware of False Positives**
- **Antivirus Software Can't Protect Against All Online Risks:**

**In conclusion:** While antivirus software is a valuable tool in your cybersecurity arsenal, it's not a silver bullet. A multi-layered approach, including strong security habits and staying informed about online threats, is essential for protecting your devices and data.

# Email Security

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## **Verify the Email Sender.**

Carefully examine the email sender

If in doubt, use a Parish directory to call the individual for confirmation of a received text or email. Do not use a phone number that may be provided in the body of the email.

## **Stop before clicking on a link**

Hover over links in emails to ensure the link is legitimate. Or open a browser and type in the link manually

## **Be wary of email attachments**

Do not open an attachment if you were not expecting one

## **Learn how to recognize a Phish**

Messages that contain a high sense of urgency

A request for personal information (Social Security, password, etc.)

Poor writing or grammar



# Account Security

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## **Create a strong password**

Strong password minimum 14 character with capitals/symbols/numbers  
e.g. rol.led%SE-ALS7pools

## **Do not re-use passwords**

Never share your Login information

Utilize a secure password manager such as e.g. 1Password

## **Enable 2FA/MFA**

Try to use an authenticator app as a second verification and not an email/phone number  
Google Auth, Microsoft Auth, etc.

## **Best Practice**

Avoid selecting “Remember me” when logging into an account

Always log out of the website/computer if not in use

Try to update your password every 3 – 6 months





# THE WEAKEST LINK IN CYBER SECURITY

## THE HUMAN FACTOR

YouTube – Adobe



Amazon



FTC.GOV



KnowB4



Free – Security Awareness Training Options  
YouTube, Amazon & FTC

Paid – Security Awareness Training Options  
KnowB4

# Windows 10 – End of Life

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## Windows 10 Home and Pro

Windows 10 Home and Pro follows the [Modern Lifecycle Policy](#).

This applies to the following editions: Home, Pro, Pro Education, Pro for Workstations

### ① Important

Windows 10 will reach end of support on October 14, 2025. The current version, 22H2, will be the final version of Windows 10, and all editions will remain in support with monthly security update releases through that date. Existing LTSC releases will continue to receive updates beyond that date based on their specific lifecycles.

Support dates are shown in the Pacific Time Zone (PT) - Redmond, WA, USA.

# Archdiocese of Seattle – Technology Summit

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## **Topic - Evolving Threat Landscape:**

Cyber threats are constantly evolving, requiring us to stay vigilant and adapt our security measures accordingly.

## **Topic - Risks:**

Ignoring information security issues can lead to significant financial losses, reputational damage, and operational disruptions.

## **Topic - Proactive Approach:**

A proactive approach to cybersecurity is crucial for protecting our organization's valuable assets and data.

## **Topic - Collaboration and Knowledge Sharing:**

This meeting will provide a platform for different teams to collaborate, share their knowledge, and develop a unified approach to cybersecurity.

## **What are worries you?**

# Announcing 2025 AOS Technology Summit

Planned for Spring 2025, this day will focus on the discussion of information technology issues in front of us.



Use this QR code to complete a survey about participation in the 2025 AOS Technology Summit. We are in the early stages of planning, and your feedback is critical as we envision what this event could be. Thank you in advance for your information. All feedback is a gift.

# A New Way for Document Sharing

## AOS-Share – “For Parishes SharePoint”

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As part of the long-term strategy to improve the archdiocese’s use of technology, the Archdiocese of Seattle has built a new way to easily and securely share documents from the Chancery to parishes and schools. The IT team created a new secure online platform where registered employees can store and collaborate on content. AOS-Share offers improved efficiency, scalability and security by replacing many of the disjointed file-sharing sources, such as Box.com, DropBox.com, Google Docs, and the myriad collection of email attachments. In deploying AOS-Share, we will be enhancing collaboration, providing uniform content management and making it easier for everyone to share and access files.

Specifically, the AOS-Share platform will be organized with private folders for each parish family.

# A New Way for Document Sharing

## AOS-Share – “For Parishes SharePoint”

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Currently, each of the folders has the following documents uploaded:

- Historical Property & Construction Files (blueprints, drawings, renderings)
- Parish Property Reports
- Partners in the Gospel Parish Viability Metrics and Workplan Templates

The key things to know about this tool are:

Only pastors, pastoral coordinators and identified pastoral assistant for administration and director of operations will have access to the SharePoint site, ensuring that the information is securely shared with the appropriate people.

We will provide you with the list of all people who will have SharePoint access for your parish family. (Note: If someone else from your team needs access, we will provide direction on how to update access permissions.)

# AOS-365 Platform – Archdiocese of Seattle

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The AOS-365 Platform, an optimized version of Microsoft's 365 infrastructure, designed to add enhanced security capabilities, adherence to Archdiocesan policies and deliver capabilities well beyond Microsoft's M365 standard platform. Highly automated, administrative tasks such as centralized device management, backup & restore, archives and virus & malware detection continuously reduces the risk of nefarious actors penetrating your infrastructure. Professionally monitored and maintained, the AOS-365 tenant is a key component of the archdiocese's cyber defense infrastructure.



# AOS-365 Platform – Archdiocese of Seattle

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## Overall Benefits of a Unified Master Microsoft 365 System

- Secure – Communications and Compute within your Parish and/or School are secure and private. Threat Remediation can quickly address potential exploits across the entire ecosystem.
- Professional Support – Administrative functions are performed by industry professionals providing unparalleled support for your Parish and/or School.
- Features - Capabilities beyond the standard Microsoft M365 platform.
- Administrative Responsibilities, adding users, backup & restore, archiving and others are removed from your staff members.
- Two-Factor Authentication – To protect against stolen identities.
- Security Awareness Training – Industry Leading (KnowBe4) security awareness training for your staffs.

# Threats – Current Landscape

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Cambridge  
Analytica

