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Changing the way we reach those we serve (continued from page 1)

being in extreme poverty by the latest census figures. They will live, eat, play and pray as members of that community and have access to assist families and individuals through our resources at Catholic Social Services. These individuals will meet in people's homes, assist with job placement and training, provide food, organize neighborhood picnics, and organize volunteers to help the elderly in the neighborhood with shoveling walks or raking leaves. We are hopeful that their presence will bring the neighborhood together into a cohesive, loving community. Their personal witness of their own love for Jesus Christ will spread the joy of the Gospel to all they encounter. To love Jesus in the poor, we must know Jesus in the poor. We will go out to the fringes as Pope Francis has exhorted us, and we will be, in the words of St. Paul, ambassadors for Christ. (2 Corinthians 5:20)



Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

“As Lent is the time for greater love, listen to Jesus' thirst... 'Repent and believe' Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor -- He knows your weakness. He wants only your love, wants only the chance to love you.”

~Blessed Teresa of Calcutta

Changing the way we reach out to those we serve

*“It is not how much we give, but how much love we put into our giving.”
Blessed Mother Teresa*

This beautiful quote from St. Teresa is our theme for social services in 2016. We want to concentrate less on how many people we serve or how much stuff is provided, and focus on loving the people we serve and bringing them to the Lord with the help that is provided.

It's difficult to measure how much love is given away when someone is given a food pantry, or how much someone feels Christ is touching their lives when we pay a utility bill. But what we can do is change the way we provide services. We are no longer going to wait for the poor to find us; we are going to go out among the poor. We will not only provide material goods to the poor; we will get to know Christ in the poor. We will know

their names, their families and their struggles. Through getting to know the people we serve we can provide better services and help them become self-sufficient while at the same time help them to save their souls. We will go to their homes and meet their families. We

will organize neighborhood functions to help build community. We will provide water, blankets, and sandwiches to people living under the bridges. We may not help as many people, but we will help them better.

This is a new approach to service delivery for Catholic Social Services and it is going to require

a new type of staff person to accomplish these goals. We envision using college age men and women, much like FOCUS (Fellowship of Catholic University Students), and have them live in one of the neighborhoods that are identified as

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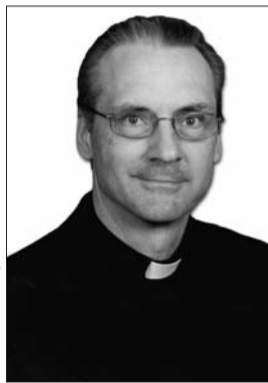


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CSS is US!

A reason behind everything

Fr. Christopher Kubat
Executive Director



Recently a concerned mother asked me to pray for her middle-aged son who was on the verge of homelessness. Since there is a reason behind everything, I asked her some probing questions. First, why was her son on the verge of homelessness? I found out he was behind in his rent. My second question was, why is he unable to pay his rent? The answer was that he was unable to work. You might be guessing what the third question was, why is he unable to work? And the answer was a medical condition that can be easily corrected by a relatively simple surgical procedure.

Since it is important to see the forest and each individual tree – seeing the whole picture, we formulated a game plan. After helping him catch up with his rent, since he lacks health insurance, we will now work to help him find a doctor who will see him and a hospital that will work with him so he receives the surgical procedure necessary for him to begin working again so as to stave off homelessness. He was so

moved that he is now talking about coming back to the practice of the Catholic faith.

It is true that everyone's stories are different but in each case, we try our best to find the underlying causes so we are not in the business of treating 'symptoms' but rather the underlying 'diseases' that caused the problems in the first place. This is the reason we are always looking for more donated vehicles because many people who are living paycheck to paycheck lack the funds necessary to make an adequate down payment to ensure a reasonable monthly payment or to buy the car outright. That said, we either know or surmise that having a vehicle is usually the deal maker or breaker to have a job or not.

Please consider helping us spiritually with your prayers and penances, materially with donated items around your home or farm not needed (including vehicles), and a cash donation so we can continue helping the many individuals and families who come to us in crisis like the man mentioned above. Please remember that we will keep you, your family and intentions in our prayers. Sacred Heart of Jesus, have mercy on us, St. Mary, our Blessed Mother and her most chaste spouse St. Joseph and all of our patron saints, pray for us!!



Fr. Christopher Kubat
Executive Director

What Does God Want???

Dr. Aaron Stratman, Director of Clinical Services

What happened yesterday? What is going to happen tomorrow? What is happening right now? How many of us struggle with those questions? The real question becomes an examination of the parts of life that we can control versus the parts of our lives that we cannot control. So, look back at the questions again...which offers us the greatest likelihood for control?

Clearly, we can have the most control over what is happening right now. In my experience providing counseling, it seems like people are far more concerned with regrets from the past or worries about the future than what is right in front of them now. Your “next choice” will influence your future and it will be influenced by your past, but it also offers the most hope for control. Now, control of our lives is an interesting concept worth further study. In fact, I would like you to consider replacing the term control with cooperation.

Each present moment offers us the opportunity to cooperate with God’s presence in our life and His plan for it. While it is difficult to keep focus on what God wants for us, it is not impossible or even abnormal. In fact, it is worth arguing that our original design was consistent with being continuously mindful of God’s will and following it. God created us with this order. It was not until Adam and Eve were tempted by the devil to be “like God” that our fallen nature caused the disorder of seeking our will instead of God’s will. So, when we cooperate with God’s will, we restore order to our lives and reduce disorder. Sounds pretty easy, right?



So, what can be done to create a habit of mindful attention to God’s will and the strength to follow it? First, I would like to encourage spending time in quiet. The noise from our lives can often make it difficult to recognize God’s will in the present moment. Second, training yourself to breath can offer many benefits for concentration, attention, relaxation, and overall health. Often, spending 5 minutes a day correctly breathing can be paired with some spiritual phrase or prayer as well. Third, do not save mortifications for Lent...do them year round and add to them once they become easy (that’s add, not replace!). Delaying gratification or intentionally willing a sacrifice can assist you in quieting your emotions and allowing for greater interior silence.

Finally, the Catholic church is a vast repository for spiritual practices that can enhance the order of your life and facilitate your cooperation with God. Examine different saints’ rules of life and prayer to see if one facilitates a structure that enables you to listen more. One resource that might be helpful is a website that provides specific instructions for knowing and following God’s will

based on Ignatius of Loyola’s Spiritual Exercises: <http://www.discerninghearts.com/catholicpodcasts/frtimothygallagherdiscernmentofgodswill/>

In order to cooperate with anyone, you must listen and ensure that you have heard what is said so you can make the decision to truly work together. Developing habits of listening to God will help order your relationships and generate a sense of trust and well being. Through our continued growth in virtue, we will order our lives more perfectly. We can follow what JeanPierre de Caussade has taught us in his work *Abandonment to Divine Providence* “...this is the rule to follow: leave the past to the infinite mercy of God, the future to His good Providence, give the present wholly to His love by being faithful to His grace.”

CSS is US!

Helping us perform the Works of Mercy

Your support helped us serve the needy in 2015

Our mission as Catholic Social Services of southern Nebraska is to perform the Works of Mercy in response to the Call of God. Though we faced many challenges in performing our mission last year, with God's help and the generosity of our donors and volunteers, we were able to meet these challenges. The following is a brief look at some of the ways you helped us in performing the Works of Mercy across southern Nebraska in 2015:

- ◆ The St. Francis Food Pantry in Lincoln served 8,398 individuals (2,399 families) food pantries with 184,756 pounds of food valued at \$235,144.



The choir from St. Gregory the Great Seminary performs at Carole Fest!

- ◆ The Immaculate Heart of Mary Counseling Center operated clinics in Lincoln and 9 satellite clinical sites

throughout the diocese of Lincoln. We provided 624 individuals with nearly 8,000 hours of clinical services. We were able to extend our services throughout the entire diocese of Lincoln and become "Diocesan-wide." We provided nearly \$265,000 worth of services to 59% of our clients through our Charity Grant program because they were uninsured or underinsured.

- ◆ Our Refugee Services program resettled 231 individuals (72 families) last year. This program also placed 47 individuals in employment.

- ◆ St. Gianna Women's Homes

provided 18,409 nights of housing to 44 families including 55 children. Also, 19 families graduated to permanent housing in 2015.



CSS Is US! Used Furniture & Appliance Drives were held in the spring and fall

- ◆ The value of the merchandise sold or given away from our four Gift & Thrift stores totaled \$957,790.00.

- ◆ Over 650 people enjoyed beautiful music from area choirs at our first-ever "Carole Fest!" held at St. Thomas Aquinas Church on the campus of the UNL. This event raised over \$37,000 for St. Gianna Women's Homes.

- ◆ Over 2,100 kids received toys for Christmas because of the various toy drives and give away programs around the diocese at a value of over \$21,000. Hats, gloves, socks and coats were also given to those in need throughout December and





2,399 families were served by the St. Francis Food Pantry in our Lincoln office

will continue all through these cold winter months for those who need them.

◆The St. Joseph Table provides a monthly dinner for those in need in the Auburn area. Last year, this program served 244 individuals.

◆The Backpack Program in Lincoln provides a weekend food pantry to students at five Lincoln Catholic schools. Last year, this program provided 4,320 individuals with \$17,820 worth of food.

◆The St. Andrew Mobile Food Pantry provided 281,295 pounds of food to 15,208 individuals across southern Nebraska at a value of \$425,824.

◆Our Lincoln Social Services program distributed \$30,880 worth of diapers to 3,088 individuals. This represents an increase of nearly 700 individuals over the previous year.

◆We distributed 386 box fans (valued at \$7,720) last summer to clients needing relief from the heat.

◆St. Louise Gift & Thrift in Lincoln was blessed to have 77 volunteers provide 1,999 hours of service to the store.

◆The Our Lady of Guadalupe Center provided services to 830 families.

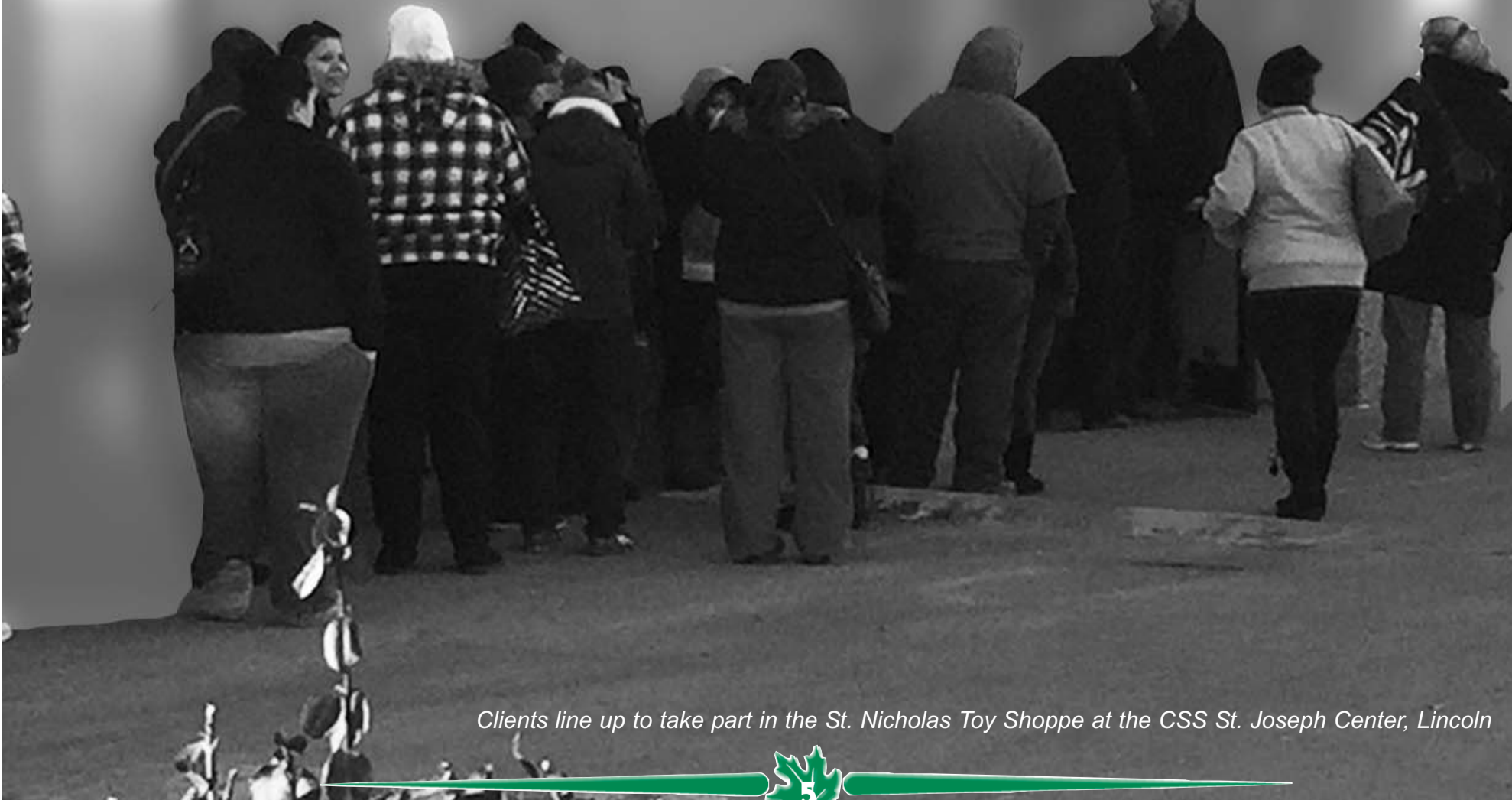
◆Last year, the St. Clare Food Pantry at our St. Francis Center in Auburn distributed 25,688 pounds of food to 1,664 individuals (544 families).

◆Our 19th annual CSS Memorial Golf Classic & Auction was held in honor of John Hanigan. This event, which was again held at Hillcrest Country Club in Lincoln, had 284 golfers and 300 auction and cookout attendees and raised over \$81,000 for our programs.



284 golfers took part in the 19th Annual CSS Memorial Golf Classic & Auction

Thank you to our thousands of donors, sponsors, volunteers and all who assisted us in serving the needy across southern Nebraska last year. We ask for your continued prayers and support as we strive to serve those in need across southern Nebraska in 2016.



Clients line up to take part in the St. Nicholas Toy Shoppe at the CSS St. Joseph Center, Lincoln



CSS is US!

Good coffee. Good food. Great cause!

Gianna's Java & Gelato is now open for business

That delicious aroma wafting from 23rd and O can only mean one thing: Gianna's Java & Gelato is now open! Just like our Gift & Thrift Stores, all proceeds from Gianna's go towards the support of all CSS programs. Some generous donors donated the start up costs for the shop, including the remodeling of existing



space at our St. Joseph Center.

Good Coffee.

When it comes to our coffee, it's not your average cup of Joe! Our beans come from select locations around

the world and are specially prepared for us by a family-owned artisan roaster. We'll even offer our special blend for you to brew at home.

Good Food.

Freshly-baked scones and cinnamon rolls... delicious salads and wraps... whether you are looking for something to accompany your cup of coffee or a

quick bite on the go, we have you covered. Plus, we offer authentic gelato, made on site.

Great Cause.

Just like our Gift & Thrift Stores, all proceeds from the coffee and gelato shop go towards the support of all CSS programs. Not only do our customers help us serve the needy by enjoying tasty drinks and food, Gianna's Java & Gelato allows us to develop an employment and training program. Selected CSS clients



will have the opportunity to learn job skills, improving their "hire-ability" as they enter the job market.

Gianna's Java & Gelato offers an atmosphere unlike any other typical coffee shop. We proudly provide an evangelistic setting to not only learn more about the mission of Catholic Social Services, but also a setting for patrons to learn more about the Catholic Church.



Hours:

Monday-Saturday 6:00 AM-9:00 PM
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The Refrigerator Reference Series

Useful Tips To Help You And Your Family Live Our Catholic Faith

16670

Lent/Easter 2016



1

Jesus is Condemned to Death

O Jesus, help me to appreciate Your sanctifying grace more and more.



2

Jesus Bears His Cross

O Jesus, You chose to die for me. Help me to love You always with all my heart.



3

Jesus Falls the First Time

O Jesus, make me strong to conquer my wicked passions, and to rise quickly from sin.



4

Jesus Meets His Mother

O Jesus, grant me a tender love for Your Mother, who offered You for love of me.



5

Jesus is Helped by Simon

O Jesus, like Simon lead me ever closer to You through my daily crosses and trials.



6

Jesus and Veronica

O Jesus, imprint Your image on my heart that I may be faithful to You all my life.



14

Jesus is Laid in the Tomb

O Jesus, strengthen my will to live for You on earth and bring me to eternal bliss in Heaven.

Family Way of the Cross

Lent offers the golden opportunity for families to reflect upon the Passion of Christ by taking part in the Way of the Cross. A family Way of the Cross could be said every Friday evening, or Sunday afternoon. Another suggestion is to say one station each evening if that better suits the children's attention span and family activities. It can be a simple quiet prayerful interlude or an opportunity for conversation, sharing each other's thoughts and meditations about the station. Before each station you say: "We adore You, O Christ, and we praise you, because by Your Holy Cross, You have redeemed the world." After each station you say an Our Father, Hail Mary, and Glory be...



7

Jesus Falls a Second Time

O Jesus, I repent for having offended You. Grant me forgiveness for all my sins.



13

Jesus is Taken Down from the Cross

O Jesus, through the intercession of Your Holy Mother, let me be pleasing to You.



12

Jesus Dies on the Cross

O Jesus, I thank you for making me a child of God. Help me to forgive others.



11

Jesus is Nailed to the Cross

O Jesus, strengthen my faith and increase my love for You. Help me to accept my crosses.



10

Jesus is Stripped of His Garments

O Jesus, let me sacrifice all my attachments rather than imperil the divine life of my soul.



9

Jesus Falls a Third Time

O Jesus, let me never yield to despair. Let me come to You in hardship and spiritual distress.



8

Jesus Speaks to the Women

O Jesus, grant me tears of compassion for Your sufferings and of sorrow for my sins.

Catholic Social Services of Southern Nebraska

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