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[www.cssisus.org](http://www.cssisus.org)

## A voice of hope among Your weary children

(Continued)

seling. We also provide psychological and academic assessment and consultation services to priests, religious, schools, and community professionals. Due to increased demands and influences placed on individuals and families by society and today's culture, we strive to assist our clients with a vast array of issues. These may include but are not limited to: feelings of loneliness and isolation, boundaries, social media addiction, trauma, depression, anxiety, marital and relationship issues, perfectionism, stress management, healthy coping skills, social skills, communication skills, vocational discernment, anger, grief, personal growth, pornography and sexual addiction, forgiveness, ADHD, autism/asperger's, habit disorders, and pediatric concerns.

We at the IHMCC are continually exploring ways to better meet the needs of those in southern Nebraska. One upcoming way is to provide our services via telehealth counseling to those for whom distance prevents them from accessing our current locations. In addition, we are asking for your time in completing a brief survey to help us improve our services. You may find the survey link on our website at [www.cssisus.org](http://www.cssisus.org). You may also access

the survey by scanning the QR code on the survey graphic found on page three of this newsletter.

Thank you for your time in completing our survey and for your past and present support both spiritually and financially. Please know that we keep all of you in our prayers each morning as we gather for staff rosary prior to the start of our day. We could not do what we do without you.

*Lord, may I be an instrument of unity in Your Church.  
A standard of integrity in Your service, and  
A voice of hope among Your weary children.  
O Lord, my Savior, I trust in You. Amen.*





# Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

*“And he said to all, ‘If any man would come after me, let him deny himself and take up his cross daily and follow me.’”*

**-LUKE 9:23**

## **“Come to me... I will give you rest” Increasing our love for Him increases our love of neighbor, including those in need**

“Come to me, all you who labor and are burdened and I will give you rest” (Mt 11:28). Not long ago, in the middle of the night, I woke up suddenly at 3 am. Knowing that my alarm was set for 5:30 am, I was relieved I could sleep several more hours. The only problem was that I was wide awake. As I laid there trying to ‘get sleepy,’ the Lord put this message on my heart, ‘Come to Me ... come visit Me,’ over and over. Has this ever happened to you? Or, do you ever wake up in the middle of the night knowing someone needs prayers in that moment?

Because it was quite cold outside and warm under the covers, and knowing I most likely would be sleepy for the rest of the day if I did get up, I tried my best to fall back asleep. But the more I fought it, the more intense the calling became while I grew more and more alert. After 30 minutes of this exercise in futility, I shot out of bed, put some warm clothes on, and headed to the North American Martyrs Blessed Sacrament chapel. I had a fruitful holy hour and had plenty of energy the rest of the day.

Even if we have scheduled time for prayer each day, God often wants more from us. It

is then, during these extra times of prayer, He often consoles and gives us rest. The truth is that God loves us with an infinite love and wants us to have Him in our mind and heart every waking moment. The closer and closer we grow in love with Him, the more and more we will love our neighbor, including the poor and needy.

As we traverse the season of Lent, let us be mindful of the classic Lenten triad: prayer, penance, and almsgiving. Let us all commit to more time for personal prayer, including adoration of the Blessed Sacrament; some meaningful penance, and almsgiving with a financial gift according to your means, so we can continue helping the many needy individuals and families that come to us in crisis. Last year, through your prayers and support, we provided \$1,834,491 in cash and in-kind assistance to nearly 28,000 individuals and 7,500 families.

Please know that we at Catholic Social Services of Southern Nebraska will keep you, your family, and intentions in our prayers. We pray especially that your Lenten exercises will lead to a fruitful celebration of Easter and beyond.

*-Fr. Christopher Kubat*

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CSS Is US!

# Just getting by

Fr. Christopher Kubat  
Executive Director

As most of us know, there are many families who make enough to get by but are unable to set any money aside in the event of an emergency. These include a breakdown of a vehicle, an appliance, a roof, or worse - a family medical emergency. In other words, they are living paycheck to paycheck. Despite the passage of the Affordable Care Act, there are many individuals and families who are not able to afford the total cost of their health insurance.

Not long ago, there was one such family in which one of the members became ill and upset the financial apple cart. They contacted us because as a result of this crisis, they were behind in their rent payments and facing eviction. Because of the generosity of our supporters, we were able to step in and help them catch up with their past due rent, staving off homelessness.

As we traverse this season of Lent, we are reminded of the classic triad we are asked to concentrate on during the season of Lent when we prepare ourselves for the Easter Triduum: prayer, fasting, and almsgiving.

When it comes to prayer, a good question to ask is whether we are spending more time on our smart phone or similar electronic device than time conversing with God in prayer. If this is the case, Lent is the perfect time to make adjustments in how we spend our time, with God or with the things of the world.

When it comes to fasting, our Blessed Lord said the following to those around him when they complained that

His disciples did not fast. "Can you make the wedding guests fast while the bridegroom is with them? But the days will come, and when the bridegroom is taken away from them, then they will fast in those days." We are living in 'those days,' days after the death, resurrection and ascension of Jesus into heaven. Always remember that since we are members of the Mystical Body of Christ, when we fast, we can offer our sacrifices for the conversion of sinners and for the souls in Purgatory. (Col 1:24)

When it comes to almsgiving, let us not forget what Jesus said about the final judgement, "Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me ... whatever you did for one of these least brothers of mine, you did it for me" (Mt 25:34-40).

Please consider helping us spiritually with your prayers; materially with items around your home or farm not needed (including vehicles), and financially with a cash donation, according to your means, so we can continue assisting the many people and families who come to us in crisis.

My prayer is that we all have a blessed and holy Lent, growing in love more with God and our neighbor, especially those who are most in need. Please know that we at Catholic Social Services of Southern Nebraska will keep you, your family, and intentions in our prayers during this holy time of year.



Fr. Christopher Kubat  
Executive Director



## Items needed for our 23<sup>rd</sup> Annual CSS Memorial Golf Tourney & Auction

Do you have a collectible item or antique that is collecting dust? Maybe a nice vehicle that you no longer need? We could use it for our auction! We're looking for items to be donated for the 23rd Annual Catholic Social Services Memorial Golf Classic & Auction, to be held on August 9, 2019! Maybe you have some extra tickets to an event or Husker game. If you have an item or an idea for our silent auction, contact John McDermott at (402) 327-6224, or e-mail the information to [info@cssisus.org](mailto:info@cssisus.org). Thank you!

# A voice of hope among Your weary children

**Dr. Courtney Miller, Director of Clinical Services**

*Lord, You call me , and I give myself to you.  
You teach me, and I yearn to be transformed.  
You test me, and I walk steadfast in your promise.  
You anoint me, and I boldly sing Your praises.*

Our mission as Catholic Social Services of Southern Nebraska (CSS) is to perform the Works of Mercy in response to the call of God. The Spiritual Works of Mercy are acts of compassion, by which we help our neighbors with their emotional and spiritual needs: to COUNSEL the doubtful, INSTRUCT the ignorant, ADMONISH the sinner, COMFORT the sorrowful, FORGIVE injuries, and BEAR WRONGS patiently.

In an effort to meet these needs, CSS operates the Immaculate Heart of Mary Counseling Center (IHMCC) in Lincoln, with outreach sites currently in Beatrice, David City, Hastings, St. Gregory the Great Seminary, and the UNL Newman Center. CSS also offers the only Catholic APA-accredited pre-doctoral internship program in the nation, in partnership with the Nebraska Internship Consortium in Professional Psychology.

The IHMCC strives to support the mission of CSS within a mental health context focusing on the spiritual, psychological, and physical needs of our clients, their families, and the community. Our staff of Licensed Psychologists and Mental Health Practitioners is dedicated to incorporating the Catholic faith in our counseling as appropriate.

Counseling services provided by the IHMCC include individual, family, child/adolescent, marital, group, crisis pregnancy, and post-abortion coun-

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## Immaculate Heart of Mary Counseling Center Survey



Scan the QR code to take a brief survey to help us ensure that we are meeting the needs of those we serve. You do not need to be a past or current client of IHMCC to take the survey.

The survey may also be found on our agency website: [www.cssisus.org](http://www.cssisus.org)

**Thank you!**

## CSS Is US!

# Living our mission with your help

Our mission as Catholic Social Services of southern Nebraska is to perform the Works of Mercy in response to the Call of God. Through our offices in Auburn, Hastings, Imperial and Lincoln, we strive to live this mission daily. By the grace of God and the prayers and support of our donors and volunteers, we were able to take on the challenges that came our way in 2018. Here are just a few ways that you helped us in performing the Works of Mercy across southern Nebraska last year:



- ◆ We were blessed to help 27,670 individuals and nearly 7,500 families with 127,000 points of contact with \$1,834,491 in cash and in-kind assistance.
- ◆ Our St. Gianna Women's Homes provided 43 ladies and 63 children with a total of 17,536 nights of housing. Our St. Gianna's West program assisted 8 women and 20 children.
- ◆ Our talented refugee staff resettled 53 individuals. Our accredited immigration office was able to file over 300 applications saving our clients over \$150,000 in legal fees.
- ◆ The Lincoln sack lunch program served over 12,232 meals along with warm hats and mittens. The Hastings Sack lunch program distributed an amazing 44,928 meals.
- ◆ Our clinical services program provided over \$74,548 in charity grants to those who were unable to completely cover the cost of services.
- ◆ We had a total of 660 volunteers donate 25,228 hours which is a value of \$275,742 to the agency.

Thank you to all who help support us in our mission. Please pray for our staff and those we serve. CSS Is US!