



PATRON

Lent/Easter 2020

CATHOLIC SOCIAL SERVICES OF SOUTHERN NEBRASKA QUARTERLY NEWSLETTER

St. Joseph,
I never weary
contemplating you
and Jesus asleep in
your arms. I dare
not approach while
He reposes near
your heart. Press
Him in my name and
kiss His fine head for
me, and ask Him to
return the kiss when
I draw my dying
breath. St. Joseph,
patron of departing
souls, pray for us.
Amen.



Have car, have hope *Driving a reliable car can mean so much*

"My children and I appreciate Catholic Social Services for giving us a car when we didn't have a ride to store, school, and to work. May God bless Catholic Social Services!"

-St. Christopher Car Program recipient

Some things in life can be taken for granted, until we do not have them for a period of time. Like good, reliable

transportation. It's easy to hop in our car and take off to work, home or anywhere without giving it a second thought. But once we have car trouble that lasts more than a day or so, life can be a little more challenging. For most of us, we can deal with the inconvenience for a day or two until we're back on the road. For many of those we serve across southern Nebraska, having reliable transportation isn't just a convenience, it's a necessity.

Many of our clients have trouble keeping jobs because they do not have reliable

transportation. Here at CSS, we try to alleviate their stress by helping with car repairs. We have a fund for these expenses, but the amount is getting low. We also have the St. Christopher Car Program where we take donated vehicles and give them to people who do not have any transportation. There's nothing like the excitement of

presenting a van to a single mother or a car to someone needing to get to work each day. Some donated cars which may not be safe to drive are sold to get funds to help the poor as well. All donated vehicles (drivable or non-drivable) to CSS end up helping those in



need. If you have a car that you are getting rid of or do not need, feel free to contact us at 402-474-1600. If you'd like to donate to our car repair fund, send your check in the enclosed envelope and write "Car Repair Fund" in the memo field or, make a donation online at www.csssus.org and enter *Car Repair Fund* in the special designation field. Thank you!

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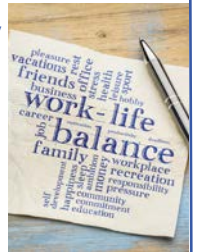
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The need for relationship

Fr. Justin Fulton
Executive Director

Greetings from Catholic Social Services of Southern Nebraska! We hope this writing finds you and yours healthy, well, joyful, and holy as we begin 2020!!
Thank you for your prayers and support of CSS. Working together with you we are all helping bring Hope in the Good Life!!

I want to share a picture of my niece Cecilia and my dad, Bob. This was taken at our Christmas celebration this past December. I feel Norman Rockwell could not paint a picture better than this real-life art. To me it shows the wonderful gift that is life at its youngest and aging stages. It is a celebration that all life has innate dignity and that all of us are called to become like children to enter the Kingdom of Heaven. Dad and Cecilia are living with the joy that Christ gives. Dad has had a rough-go of it over the last 12 years.....and to see him smiling with his granddaughter brings warmth to my heart---and I hope yours too. In this picture we see the importance of relationship, community, and family. As the Trinity shows us we need community and we need relationship. The Father, Son, and the Holy Spirit are a perfect relationship of persons.

Catholic Social Services exists to bring community, compassion, relationship, and love to those who are



"We were able to get Family #1's gifts delivered this morning. We will deliver to Family #2 and Family #3 here at 4:15. Thanks so much for everything - it's been such a blessing to be able to participate in this program and make new friends. Have a Merry Christmas!"

the least among us. Our services bring protection, joy, and hope to the unborn, born, aging, and dying. We help extend the Trinity's relationship of love to those who need to experience love, and we cannot do it without your prayers and financial support.

During Christmas we helped out 354 families allowing 1190 kids to have toys under the tree. We provided holiday food baskets to feed nearly 400 individuals. In addition we held "Adopt-A-Family" this year in which CSS volunteer families bought Christmas gifts and Christmas dinner for individual needy families. The volunteer families delivered the gifts and food and met the people they were helping face-to-face and built relationships with them. Here is just one volunteer who enjoyed this new face-to-face program that helps people experience the love of Christ:

We are proud of our work here at Catholic Social Services of Southern Nebraska. This is the work of Jesus Christ and we are humbled to be able to do it.

Please remember us in your prayers and with your financial assistance. It costs us \$16,000/day to bring our services to all of Southern Nebraska. **These funds come from the goodness of people like you! We are grateful for your support and know that we would not exist without it!**



Extending the joy of Christmas

This past Christmas time, our Lincoln office gave away toys and helped 354 families and over 1190 kids. We figured why do we only celebrate Christmas and give away toys at Christmas time? So, on the last Tuesday of every month, we will give away different goods (clothes, shoes, furniture, etc.) to needy families. In this way we are reaching, teaching, and living our Catholic faith. We are teaching our clients that everything we give away materially is derivative of another reality: our love for Jesus Christ who we celebrate every day and especially on December 25th. Our first "Giving the Gift of Hope" event was January 28th and we gave away an estimated 400 pairs of shoes! #savingsouls #HopeintheGoodLife

Sometimes, we just need a little help

Dr. Courtney K. Miller, Director of Clinical Services

The holidays have been celebrated, decorations packed away, and life returns to “normal.” For some of us, the “high” of the holiday season can leave us feeling “low” as we begin the New Year. We at the Immaculate Heart of Mary Counseling Center (IHMCC), as part of Catholic Social Services of Southern Nebraska, want to support anyone who may be experiencing such feelings. Sometimes individuals may need a supportive environment to refine what

they are doing; sometimes individuals need longer, more intensive therapy to address and heal past wounds. It can be difficult sometimes to know what to do or how to do it or who to ask. The following FAQ is meant to address some of the questions that an individual may have about mental health and counseling services. We at the IHMCC are very humbled to be part of each one’s journey, as we strive to live this life to the fullest in eager anticipation for the next.

What are some ways I can reduce feeling overwhelmed and stressed?

It is very important to remember to take care of you even when it seems like there is so much to do and

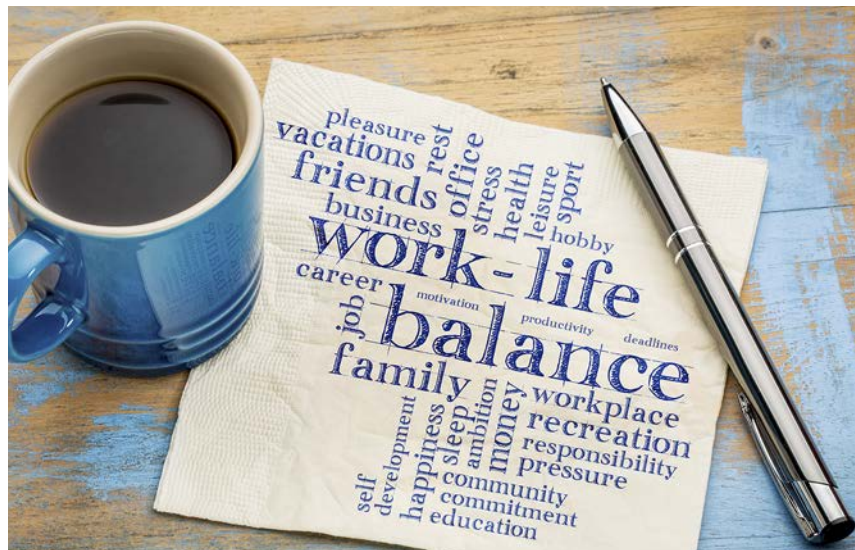
not enough time to do it. By taking care of yourself you can actually take better care of others. Self-care can look differently for each of us but going back to the basics of healthy eating, good sleep hygiene, physical exercise, and time for self is central. Slow down, engage your five senses, and be in the moment. Be realistic in your expectations and prioritize your goals and tasks, knowing that it is ok to let some go. Be intentional about setting time aside

each day to engage in an enjoyed activity, 15-30 minutes. Keeping a routine is also very beneficial, even when you do not feel like doing some parts of it.

What are some signs of anxiety and/or depression?


Symptoms of anxiety or depression may vary for each of us. An important question to ask is whether you are noticing changes that significantly impact you in your daily activities. Some examples may include difficulty concentrating, loss of pleasure or interest in previously enjoyed activities, increased agitation, frequent crying or feelings of sadness, changes in appetite or sleep patterns, feelings of worthlessness, self-criticalness, state of hyper-arousal, inability to relax, excessive worry or rumination.

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Immaculate Heart of Mary Counseling Center

Catholic Social Services offers community based mental health services through the Immaculate Heart of Mary Counseling Center (IHMCC). Our staff of Licensed Psychologists and Licensed Mental Health Practitioners strives to meet the needs of our community through a wide range of counseling services, including individual, family/child, marital, group, crisis pregnancy, and post-abortion counseling. IHMCC is also the only Catholic APA-accredited pre-doctoral internship in the nation. All services are made available through our Lincoln office location as well as several outreach sites and Telehealth services. Most insurance plans accepted.





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(S.A.G.)

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*Sometimes, we just need a little help
(Continued)*

What can a counselor do for me?

A counselor can provide you a safe and confidential place to discuss stressors, develop healthy coping strategies, and help restore balance in your life. A counselor can support you in managing day to day demands or adjusting to a recent life change as well as healing from past wounds or traumatic events that may be related to current symptoms.

What makes the IHMCC unique?

At the IHMCC, a faith-integrated approach to understanding and responding to psychological needs guides our practice. We recognize and uphold the human dignity in all our clients and strive to be an instrument of hope and healing to all we serve. #HopeintheGoodLife

How do I begin?

Contact us at 402.489.1834 or email us at ihmcc@cssisus.org to learn more. You can also visit our website at immaculateheartcounseling.org.

CSS, Pius X High School teaming up for pilot recycling program

When people donate used clothing, shoes, belts and purses to Catholic Social Services of Southern Nebraska, some of those items are given to the poor or sold for revenue in our thrift stores. Now, in our Hastings and Lincoln offices, those items that can't be given away or sold are being sold as recycled material. Both locations now have balers that allow us to bale these items that are sold to recyclers. They then repurpose this material into such things as carpet padding, insulation and more.



Our CSS Lincoln office has teamed up with Pius X High School for a recycling program that benefits both organizations. Pius has graciously allowed CSS to place a trailer in the east parking lot where donors can drop off their clothing items. Items that cannot be given away or sold will be recycled. Catholic Social Services and Pius X High School will then share in the revenue generated from the recycled items that came from this location.