

## CSS is US!

### PERMA and the crucifix

(continued from page 1)

understand the value that the crucifix has to offer to all of us.

This year, the Immaculate Heart of Mary Counseling Center provided nearly 6000 hours of services to 535 individuals. To reach these goals, CSS operates the Immaculate Heart of Mary Counseling Center in Lincoln with outreach offices in Auburn, Beatrice, David City, Falls City, Hastings, Imperial, Nebraska City, North Platte, Plattsmouth, Wahoo, York, the UNL Newman Center, and the Our Lady of Guadalupe Hispanic Outreach Center. Finally, we were able to give over \$200,000 worth of services away to those who could not afford to pay for services. Through your generous donations, we continue to serve the Body of Christ in Southern Nebraska by considering value of the crucifix is far beyond what is measured through empirical science.



Join us for our First Friday Fish Fry! All net proceeds will go to support our St. Gianna Women's Homes.

- ♦ May 2nd ♦ June 6th
- ♦ No Fish Fry July 4th but watch for details on a special dinner in July!
- ♦ August 1st ♦ September 5th
- ♦ October 3rd ♦ November 7th ♦ December 5th

Catholic Social Services  
2241 "O" Street  
5:00 pm-7:00 pm  
\$10 per person \$35 per family

Visit our website at [www.cssisus.org](http://www.cssisus.org) for a menu and more information!

(S.A.G.)



Catholic Social Services  
2241 O Street  
Lincoln, NE 68510

# Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

*We adore You,  
O Christ,  
and we  
praise You  
because by  
Your  
Holy Cross,  
You have  
redeemed the world.*

## Feeding the hungry The Blessed Mother Teresa Sandwich Program aims to fill a need in Lincoln

While talking with those we serve out of our St. Joseph Center on O Street in Lincoln, we kept hearing how difficult it is for those without transportation to get to programs that offer a meal. How could we help those who live in the downtown area and are in need of ready-to-eat food? The answer was the creation of the Blessed Mother Teresa Lunch Program.

An organizational meeting was held in November of 2012, attended by volunteers wanting to help with this need. The program is based on a program we offer in our Hastings office where people in need can receive a sack lunch during our normal office hours, Monday through Friday. "Team Captains" agreed to take responsibility for each day of the week. A local Knights of Columbus group

gathers bi-weekly to prepare the sandwiches which are frozen until ready to serve. The first sandwiches were served out of an office next to the St. Louise Gift & Thrift store on O Street on Monday, January 7, 2013. In its first



year, the Blessed Mother Teresa Lunch Program distributed approximately 5,000 sandwiches. Forty-five volunteers put in 1,450 hours of service the first year of the program, representing 7 parishes. Another group of volunteers has agreed to serve sandwiches for two hours each Saturday as well.

Thank you to all of our volunteers who have made this program possible. If you would like to assist with the Blessed Mother Teresa Sandwich Program, contact Bryan Dahlberg at (402) 474-1600.

### Inside:

PERMA and the crucifix



Page 3

Thank you for helping us serve the needy in 2013



Page 4

WWJD? Probably not roll His eyes



Page 6

### Lent/Easter 2014

## CSS is US!

# A celebration indeed

**Fr. Christopher Kubat**  
Executive Director  
Catholic Social Services



As winter begins to wind down we at Catholic Social Services hold our Celebration of Caring Banquet. This will be our 27th annual and is our opportunity to report on what the faithful by their generosity have allowed us to accomplish over the past year. I look forward to this wonderful event each year as I share what we have done, what is new and to relay our gratitude to our loving benefactors.

Our gratitude of course needs to be given first and foremost to Almighty God, secondly to our patron saints especially the Blessed Virgin Mary and her most chaste spouse St. Joseph for their powerful intercession, and finally to our donors for it is because of the fire of the Holy

Spirit that has enkindled their hearts that they help us in a number of ways. It will be held at the Cornhusker Hotel on Sunday, February 16. Social Hour begins at 4:30 with the dinner program at 6 pm. As in previous years, we will finish between 8:00 and 8:30 pm. It is a school night, you know!

In addition to some stories I will be able to share to what extent we have helped individuals and families from an emergency services standpoint, i.e. rent, utilities, getting people off the streets and into homes and apartments, preventing homelessness, helping

those in need of food, clothing, furniture and appliances, vehicles and grants for counseling services because they are un-insured or under-insured.

I am happy to announce that we will be giving the Cor Christi Award to Jerry and Kay Wessel from St. James parish in Crete, Nebraska for what they have done for their local parish and other diocesan entities through the years. Jerry is a member of our Board of Administrators and is one of our volunteers. He has done many things for Catholic Social Services including starting our donation trailer rotation which visits 35 parishes across southern Nebraska. To list everything he has done for us would be beyond the scope of a small article like this. He has also helped other diocesan entities including Camp Kateri. Kay is active in the LDCCW and has started the yearly diaper drive which benefits not only Catholic Social Services and St. Gianna Women's Homes but many



Jerry Wessel with the CSS donations trailer that he has taken to 35 parishes

other pro-life agencies across southern Nebraska. She too has given herself in a self-less manner in her volunteerism.

In addition to this there will be a small number of silent auction items, including one live auction item – a gourmet dinner with Bishop

Conley at his home. I look forward to seeing some of you there and for those who cannot come, please pray for the success of this yearly event where we thank God and our donor who are inspired to help us help Jesus who lives in the poor and needy" (Mt 25:31-46). Please be assured of our prayers for you and your family. Sacred Heart of Jesus, have mercy on us, Immaculate Heart of Mary, pray for us, all of our patron saints, pray for us!!

*Fr. Christopher Kubat*



## Counseling Services

# PERMA and the crucifix

**Dr. Aaron Stratman**  
Director of Clinical Services

Recently, Dr. Peter Martin and I were able to attend a conference that assembled many historic figures in the field of modern psychology. One of these pioneers, whose research has added to psychology's understanding the role that virtue plays in the human person, is Martin Seligman. Martin Seligman is considered the "father" of the positive psychology movement, and he is a prolific researcher who currently integrates his findings into training drill sergeants to build resilience in the members of the United States Army. I attended his talk at the conference and was in awe of his application of psychology in schools, in the military, and in most other areas. However, Dr. Seligman then began to talk about applying his ideas to religion and theology.

First, I believe it is important to understand that psychology is a subalternate science to other philosophical schools of thought. Among these include philosophy of man, metaphysics, logic, epistemology, and ethics. Additionally, the full understanding of psychology will not be achieved without revealed theology because revealed theology alone provides explanations about the spiritual realities (grace, sacraments, etc.) that can affect mental health/illness. This fundamental understanding of the human person distinguishes the services provided at the Immaculate Heart of Mary Counseling Center from services you would find nearly everywhere else.

For example, Dr. Seligman proposed that his psychological theory could help shape the future of Christianity. He implied that the current Christianity of the crucifix (a Christianity of consolation for suffering) should be replaced by a Christianity of love

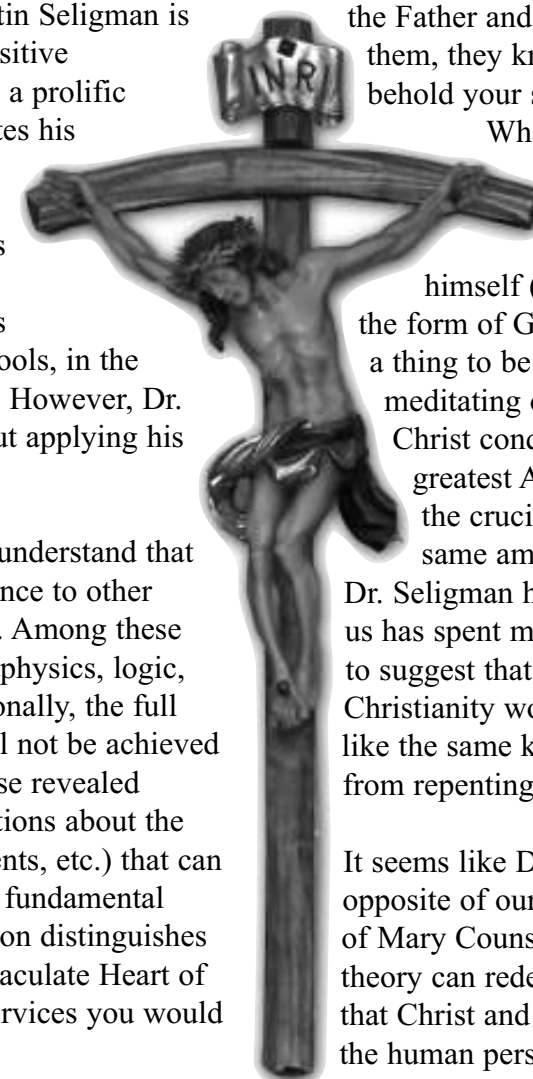
and positivity. He currently proposed that could be accomplished through his theory abbreviated by PERMA—Positive Emotion, Engagement, Relationships, Meaning/Purpose, and Accomplishment/Achievement. Our challenge is to identify PERMA in the crucifix, not without it.

Clearly, when we study the crucifix and understand what it has to offer, we see no greater love (Positive Emotion) than to lay down one's life. We recall the path to the cross that took so much strength and virtue (Engagement) to accomplish His self-gift. We can also remember some of the final words from the crucifix that established our Relationship with God the Father and Mary our Mother. ("Father, forgive them, they know not what they do." "Woman, behold your son. Son, Behold your mother.")

What better way to show humility than death upon a cross? In this way, Christ showed us that he was working for something bigger than himself (Meaning). "who, though He was in the form of God, did not count equality with God a thing to be grasped..." Finally, when meditating on the crucifix, we realize that Christ conquered sin and death. Perhaps, the greatest Accomplishment all time is seen in the crucifix. Obviously, I have not spent the same amount of time studying PERMA that Dr. Seligman has, and I can't really guess which of us has spent more time studying the crucifix; but, to suggest that removing the crucifix from Christianity would serve as an improvement seems like the same kind of pride that prevented Judas from repenting.

It seems like Dr. Seligman's approach is the exact opposite of our approach at the Immaculate Heart of Mary Counseling Center. He proposes that his theory can redefine Christianity, while we propose that Christ and His cross rightly understood can tell the human person all they need to know about themselves-psychologically, behaviorally, emotionally, and spiritually. You have a choice when you refer friends and family for counseling: those who try to define Christianity according to their psychological theories or those of us who seek to

*(continued on back page)*





# Performing the Works of Mercy

## Thank you for helping us serve the needy in 2013

Each day, we at Catholic Social Services face the challenge of meeting our mission of performing the Works of Mercy in response to the Call of God. Though we faced many challenges in 2013, with God's help and the generosity of our donors and volunteers, we were able to meet these challenges. The following is a brief review of how you assisted us in performing the Works of Mercy across southern Nebraska last year:

- ◆The St. Francis Food Pantry in Lincoln served 9,006 pantries (205,087 lbs. of food) valued at \$252,168.
- ◆ The St. Andrew Mobile Food Pantry program in

Lincoln served 18,809 pantries, up slightly from the previous year. The value of the pantries distributed was \$526,652, an increase of approximately \$17,500 from the previous year. In this program, commodities are purchased from the Lincoln Food Bank and delivered to Ashland, Crete, David City, Fairbury, Falls City, Geneva, Hebron, Pawnee City, Peru, Seward, Shelby, Tecumseh and Wahoo.

- ◆The Hastings mobile food pantry served 1,001 families (an increase of 236 over last year) and 3,461 individuals (an increase of 577 over last year). The value of the pantries distributed was \$76,126. The Hastings mobile food pantry visited in



Our St. Isidore Gift & Thrift in Imperial expanded to a new location downtown



We held our annual Friar Works! fireworks tent in Lincoln this past July 3rd & 4th

Imperial, Sutton, Harvard, Clay Center, Minden and Orleans.

- ◆Our clinical program provides services through permanent and satellite locations in Lincoln, Auburn, Beatrice, David City, Falls City, Hastings,

Imperial, Nebraska City, North Platte, Plattsmouth, Wahoo, York, the UNL Newman Center, and the Our Lady of Guadalupe Hispanic Outreach Center. We gave away over \$200,000 worth of services to those who could not afford to pay. Last year, we provided nearly 6,000 hours of service to 535 individuals. Services were provided in 68 parishes across the diocese of Lincoln.

- ◆Our Refugee Services program resettled 170 individuals (60 families) last year. This program also placed 68 individuals in employment.
- ◆The Sack Lunch program in Hastings provided 44,680 sack lunches.
- ◆St. Gianna Women's Homes provided 17,061 nights of housing to 37 families and 73 individuals. Also, 11 families graduated to permanent housing in 2013.
- ◆In all, the Lincoln and Hastings locations served over 1,000 families and 2,653 individuals through our 2013 Christmas programs.



Clients line up for the St. Nicholas Toy Shoppe at the Catholic Social Services St. Joseph Center in Lincoln

- ◆Our Hastings Food Recovery Program distributed 120,120 pounds of food valued at \$203,002.

- ◆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.



"That Takes the Cake! A Frosted Fundraiser for St. Gianna Women's Home" was held in October

- ◆Our Lincoln Social Services program distributed \$21,980 worth of diapers to 2,198 individuals. This represents an increase in value of over \$3,600 and 361 individuals from last year.

- ◆Our Hastings Social Services program distributed furniture and vouchers for clothing, bedding, shoes, personal items, etc., valued at \$13,191.

- ◆Last year, the St. Clare Food Pantry at our St. Francis Center in Auburn distributed 22,457 pounds of food to 1,670 individuals (561 families).

- ◆Our 17th annual CSS Memorial Golf Classic & Auction was held in honor of Leonard Benes. This event, which was again held at Hillcrest Country Club in Lincoln, had 284 golfers and 300 auction and cookout attendees and raised over \$80,000 for our programs.

Thank you to all of our 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 continue to serve those in need across southern Nebraska in 2014. CSS Is US!



Fr. Kubat helps with a donation at a "CSS Is US! Used Furniture & Appliance Drive"



## Social Services

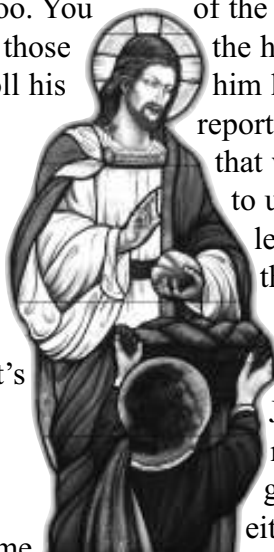
# WWJD? Probably *not* roll His eyes

Curt Krueger- Director of Social Services, Easter Sector of the Diocese

Do you think Jesus ever rolled his eyes? He had a human nature. He laughed. He cried. Well, at least we know from scripture he cried when Lazarus died, but I am sure he must have laughed, too. You can't sit around a campfire at night with all those fishermen and not laugh! But did he ever roll his eyes?

The goal of the social services staff in Lincoln in 2014 is not to give more food away, it is not to give away more furniture or money, it is to give more love away. This sounds a lot easier than it is. The staff here does an amazing job of bringing Christ's love to the poor. But just as Christ's love is infinite, we can always be doing more to reflect His love for our clients.

It is very easy when doing our jobs to become too focused on the "what" we are doing instead of the "who" we are doing it for. It becomes far too easy for us to roll our eyes when we are lied to, or to walk by



someone sitting in the reception area without saying, "Hi!" because we have to get that report done. In 2014, we are going to emphasize the "who" instead of the "what." We are going to remember to shake the hand of the man sitting in the lobby and ask him how he's doing, because it only delays that report by 45 seconds. We are going to remember that when the person sits across from us and lies to us that we don't know what life experiences led that person to such a point of desperation they feel the need to lie to survive. Instead of rolling our eyes, we are going to say a prayer and love them.

Just like we can't give food, furniture, or money away without your support, we can't give more love away without your support either. Please keep the staff of Catholic Social Services in your prayers so that we may love the poor as Jesus loves them. Did Jesus ever roll his eyes? I don't think so; He just loved us more.

## OUR VOLUNTEERS HELP US WITH OUR MISSION

As we approach National Volunteer Appreciation Week (April 6th-12th) we immediately think about the tremendous accomplishments of our volunteers here at CSS. Volunteers are an integral part of everything we do at CSS and are at the heart of our Mission of Performing the Works of Mercy within the family of God across southern Nebraska.

In Hastings 54 volunteers contributed 5,654 hours of work in our Thrift Store the past year. The net impact of their time and talents resulted in \$8,844.00 of clothing vouchers given to families in need, as well as \$3820.00 of household supplies and \$7,683.00 of furniture all of which served 248 families. Proceeds from the store provided more than \$20,000 for rent and utility assistance to families in crisis and monies to purchase food for distribution through our CSS Food Pantry Programs. Last year, we recruited several new volunteers to work in our St Anthony Food Pantry. These new volunteers helped to prepare sack lunches for the day as well as sorting our fruits, vegetables and bakery items that come from our grocery store food recovery program. Several crews come during the week to sort, clean and repackage items for distribution to those who need a little extra food to feed their families. The retail value of the Food Recovery items we give to families in our food pantries, mobile pantries, sack lunches etc. is valued at nearly \$200,000.

We simply could not operate without the tremendous support of our volunteer's time and talents. We thank our many volunteers for being the hands of Christ in serving the needs of the poor across the diocese. You are remembered daily in all of the Chapels of CSS across the diocese. Special Masses will be offered during Volunteer Appreciation week for the intentions of our volunteers.

-Tom Schik

Director of Social Services, Western Sector



# The Refrigerator Reference Series

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

Lent/Easter 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Lenten Prayer Intention Calendar</u> Place this calendar where your family can see it and remember these prayer intentions daily during Lent.			5  Ash Wednesday A Holy Lent	6 Health and Intentions of the Holy Father	7  Bishop Conley	8 Crete Deanery Parishes
9 David City Deanery Parishes	10 Fairbury Deanery Parishes	11 Falls City Deanery Parishes	12 Grant Deanery Parishes	13 Hastings Deanery Parishes	14  Indianola Deanery Parishes	15 Lawrence Deanery Parishes
16 Orleans Deanery Parishes	17 Plattsmouth Deanery Parishes	18 Wahoo Deanery Parishes	19  York Deanery Parishes	20 Students, Faculty and Staff of St. Gregory Seminary	21  All Diocesan Catholic Elementary Schools	22 All Diocesan CCD Students and Teachers
23 Villa Marie School	24 David City Aquinas High School	25 Falls City Sacred Heart High School	26 Hastings St. Cecilia High School	27 Lincoln Pius X High School	28  Nebraska City Lourdes High School	29 Wahoo Neumann High School
30 CSS Counseling Program	31 CSS Social Services Program	1 CSS St. Gianna Women's Homes	2 CSS St. Joseph Gift & Thrift Hastings	3 CSS St. Louise Gift & Thrift Lincoln	4  CSS St. Francis Gift & Thrift Auburn	5 CSS St. Isidore Gift & Thrift Imperial
6 School Sisters of Christ the King	7 Marian Sisters	8 Sisters of the Carmel of Jesus, Mary and Joseph	9  Holy Spirit Adoration Sisters	10 For the intentions of our Via Satoris members	11  Favorable weather and markets for farmers	12 The Apostolate of Suffering
13 For the poor souls in Purgatory	14 Bishop Bruskewitz	15 For those who have fallen away from the Sacraments	16 For stronger marriages and family life	17  Holy Thursday All Priests serving the Diocese	18  Good Friday For a deeper devotion to the Eucharist	19  Holy Saturday For those being baptized or received into the Church
20  Easter Sunday In thanksgiving for a blessed Lenten season	<b>Catholic Social Services</b> of Southern Nebraska <small>2241 "O" Street • Lincoln, Nebraska 68510 • (402) 474-1600 • Toll Free: (800) 962-8242 • 3700 Sheridan Blvd. • Lincoln, Nebraska 68510 • (402) 489-1834 • Toll Free: (800) 961-6277                      333 West Second Street • Hastings, Nebraska 68901 • (402) 463-2112 • Toll Free: (888) 826-9629 • 1014 Central Avenue • Auburn, Nebraska 68305 • 527 Broadway • Imperial, Nebraska 69033  <a href="http://www.cssisus.org">www.cssisus.org</a> </small>					