

Catholic Social Services
2241 O Street
Lincoln, NE 68510



(S.A.G.)



CSS is US!

Reconciling Feelings of Guilt

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must have compassion for ourselves, especially in the areas in which we are the weakest. There is no need to take out a full page article or do something spectacular to bring our “failures” to the light. However, ordinary ways to get God’s view of us injected into our lives include frequent confession, talking with a trusted friend/confidant/spouse, or if the problem is persistent and a constant struggle, disclosing to a counselor who understands that you were created in the image and likeness of God. Luckily, we can offer those at the Immaculate Heart of Mary Counseling Center. Ultimately, it is important to remember that you are not alone in this struggle. Re-unite with the family of God who loves you and can help you feel the freedom that God offers and that you were created to feel. It is not a life free from suffering, but it is a life free from suffering alone.

The Immaculate Heart of Mary Counseling Center was

proud to serve 635 individuals with nearly 7300 hours of clinical services. Nearly 400 people accessed our services for the first time in 2014! During 2014, we operated clinics in Lincoln and 14 other clinical sites throughout the diocese of Lincoln. We were able to extend our services throughout the entire diocese of Lincoln and become “Diocesan-wide.” Thanks to the wonderful generosity of the people throughout the diocese, we provided nearly \$240,000 worth of services to 53% of our clients through our Charity Grant program because they were uninsured or underinsured. To put that number into perspective, about 1 out of every 3 sessions were provided for free. Clearly, we would not be able to offer our services without your generosity. So many people are hurting from psychological difficulties, and you help us by helping them afford some of the best counseling services in the state. Thank you!

Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

Do not pass one day without devoting a half hour, or at least a quarter of an hour, to meditation on the sorrowful Passion of your Saviour. Have a continual remembrance of the agonies of your crucified Love, and know that the greatest saints, who now, in heaven, triumph in holy love, arrived at perfection in this way.

- St. Paul of the Cross

A Major Milestone Met: With help, we distributed 1,000,000 pounds of food across southern Nebraska last year

Catholic Social Services achieved a major milestone in 2014. Thanks to the generosity of our volunteers and donors, we distributed over 1 million pounds of food. Catholic Social Services operates pantries in Lincoln, Hastings and Auburn. We also bring food to rural communities across the diocese, from Falls City to Imperial. We served communities as large as Wahoo to towns as small as Shelby. Catholic Social Services showered the diocese with food this past year.

One million pounds of food equates to 781,250 meals for the poor and needy in our diocese. That is a big number to wrap your mind around; but to put it in perspective, that is like inviting everyone who lives in Lincoln over to your house for dinner twice. But it is not the number of pounds we gave away or the number of meals provided that is important; it is that each person who received food was touched by God's love. Imagine the relief a parent must feel knowing that he or she can now feed their

child for the next week and not have to choose between buying groceries or paying their electric bill. Think how much better that child will do in school because he is now concentrating on the class instead of his hunger pangs. Most of the food distributions that are conducted by Catholic Social Services

are either at our offices or at a parish hall or Knights of Columbus Hall in the community. Many times, the pastor will stop by and visit not only with our volunteers but with the people waiting to be served. We are giving away food for their bodies, but we

are also planting seeds that we hope will germinate into food for their souls.

Thank you for your generous donations to our feeding programs at Catholic Social Services. Whether it's a monetary donation, contributing to a food drive or volunteering at one of our offices or mobile sites, you are giving the gift of love to people you may never meet.



Inside:

Lent/Easter 2015

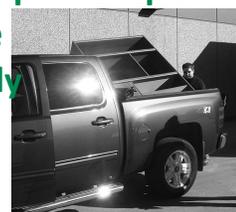
"Quiet" examples of Christ's love

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Your support helped us serve the needy in 2014

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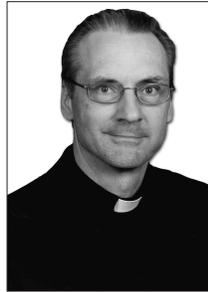
Reconciling Feelings of Guilt

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Diocesan Wide

Fr. Christopher Kubat
Executive Director
Catholic Social Services



As most of you know, the diocese of Lincoln stretches from the Platte River north to the Kansas border south and from the Iowa and Missouri borders east to the Colorado border west. This expansive area encompasses around 24,000 square miles complete with two time zones.

Even though we assist individuals and families across the entire diocese, it has always been our goal to do more especially in rural areas. This was the reason behind beginning and expanding our social services in Auburn and Imperial. We do our best to inform people that these hubs are there to help individuals not only in Auburn and Imperial but in the entire southeastern and western sectors of the diocese. In addition to our four fixed sites, the St. Francis Center in Auburn, the St. Joseph Center in Lincoln, the St. John Vianney Center in Hastings, and the St. Isidore Center in Imperial, our Immaculate Heart of Mary Clinical Department has multiple satellite sites across the diocese where counseling services are available. Our counseling services are available to all. I like to inform people that the unique aspect of our clinical department is that we incorporate the Catholic faith in our counseling and because we are Christians, we have a grant system

that aids individuals and families who are under or non-insured funded by cash donations from the faithful.

As we have expanded so has the demand for emergency and clinical services to help individuals and families in crisis. In addition to the need for additional funding we also are in need for more material donations like furniture and appliances. I am happy to announce that our new warehouse in Lincoln not only is able to supply material goods to people in the Lincoln area, but is able to supply furniture and appliances in rural areas to supplement donations that originate in those local areas. This means that truck and trailer loads of items can be driven – sometimes by yours truly – on a regular basis to wherever they are needed.

As we celebrate the Lenten and upcoming Easter seasons, please consider helping us spiritually with

your prayers and penances, materially with items around your home or farm not needed, including vehicles, and a cash donation according to your means so we can continue to spread the gospel mandate of assisting Jesus Christ who is present in the poor and needy in a special way.

Please be assured of our special prayers for you on a daily basis especially during this most holy time of year when we recall our

Lord Jesus Christ's passion, death and resurrection. We must remember that the Son of God came to earth as a baby at that first Christmas to do two things, namely to die on the cross for our sins and salvation and to start a Church in which we find our salvation. May the peace of God reign in your hearts!!



Fr. Kubat during the blessing of the new CSS warehouse

Fr. Christopher Kubat

“Quiet” examples of Christ’s love

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

It was another remarkable year for the Social Services offices in Lincoln and Auburn. Over 1,700 individuals received 12 tons of food from the St. Clare Food Pantry in Auburn. Nearly 9,000 individuals received almost 100 tons of food from the St. Francis Food Pantry in Lincoln and an astonishing 32,000 individuals received food from our St. Andrew Mobile Food Pantry in southeast Nebraska. Our housing programs in Lincoln provided over 60,000 nights of housing for homeless and low income families. Twenty families graduated from St. Gianna’s into permanent independent housing in 2014 and since St. Gianna’s opened 25 babies have been delivered safely into this world. All of this because of a talented and dedicated staff, wonderful volunteers and incredibly generous donors. But it is not what we do, or how much we do that is important; it is how people are treated that makes what we do an act of Christian charity. Two programs that do not get talked about much are great examples of how we are Christ to people. Neither program serves thousands of people per year, but both programs are shining examples of Christ’s love for the poor.

Catholic Social Services has a long history of providing refugee resettlement services. Recently, representatives from the United States Conference of Catholic Bishops came to Lincoln to review our resettlement services. I could not have been more pleased with the results. The reviewer said he was going to use the Lincoln program as an example to other programs across the country on how to treat refugees. Every refugee he interviewed was happy and adjusting well to life in Nebraska, and felt well taken care of by the staff. The donations that were given to the refugees, the furniture and clothing that is provided by our incredible donors were the best he’s ever seen! Our staff and volunteers visit the refugee families in their homes and spend countless hours with them to ensure they feel welcomed, safe, and have the skills to become independent. They help the families learn English, they ensure proper medical care and education for their children, they find jobs for the parents; in short they treat the families as children of God.



Another program that is not well known is the partnership our social services office has with the Tabernacle Society from St. Joseph parish in Auburn. On the fourth Thursday of the month, ten months out of the year, a homemade sit-down dinner is prepared and served in the church hall for poor families in the Nemaha county area. This program doesn’t serve thousands, but the people it does serve are given more than a plate of spaghetti, salad and bread sticks. They are given love. The families are waited on, talked to, and shown the respect and dignity the poor are not always shown in their daily lives. I applaud the St. Joseph Tabernacle society for supporting this and challenge other parishes to consider starting a similar outreach. It is a beautiful way to evangelize and give Christ to those who need Him the most.

“Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.”

-*MT 25:40*

Partners in the Works of Mercy

Your support helped us serve the needy in 2014

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 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 2014:

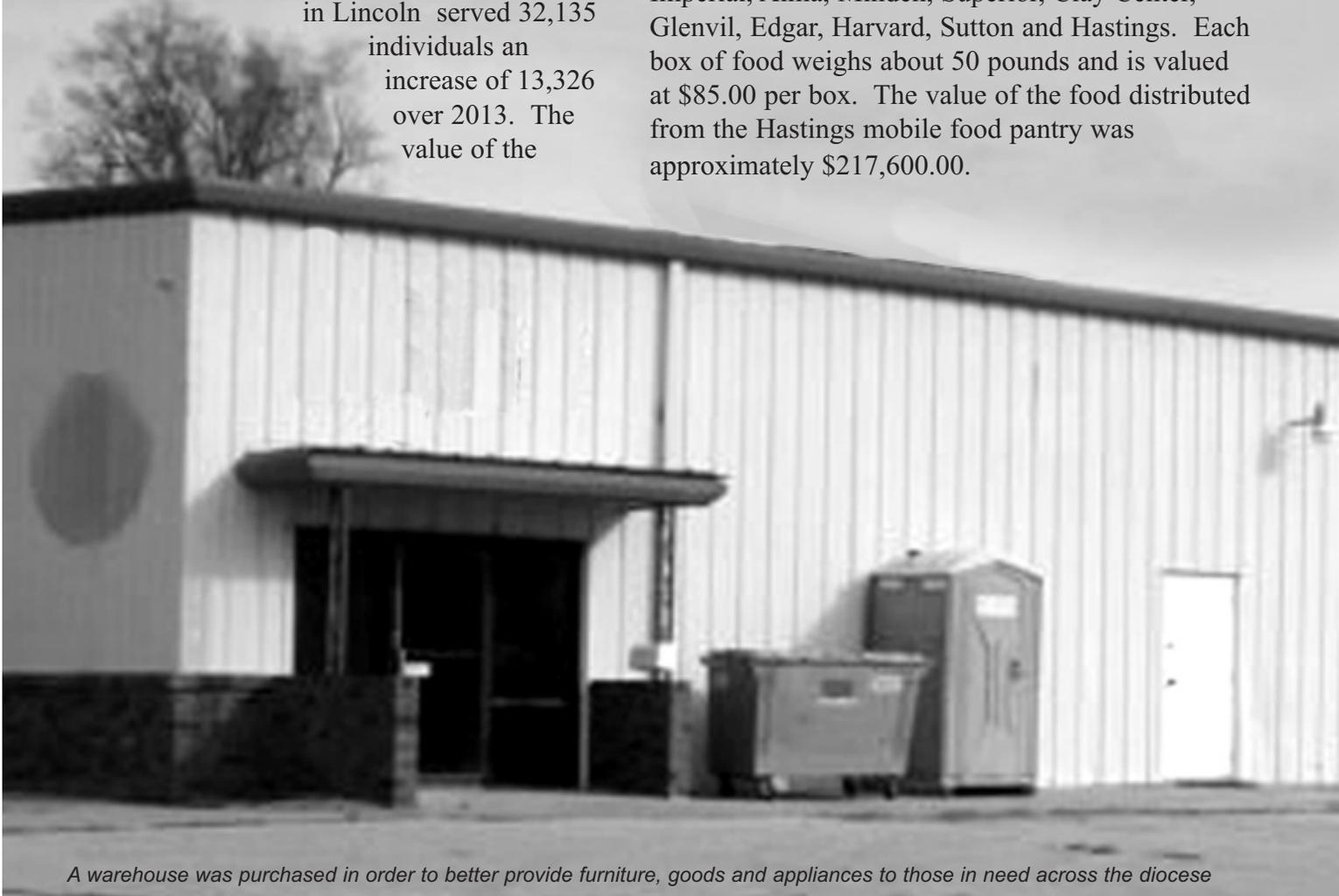
- ◆ The St. Francis Food Pantry in Lincoln served 8,961 individuals (2,633 families) food pantries valued at \$250,908.
- ◆ The St. Andrew Mobile Food Pantry program in Lincoln served 32,135 individuals an increase of 13,326 over 2013. The value of the

pantries distributed was \$899,780 totalling 642,172 pounds. In this program, commodities are purchased from the Lincoln Food Bank and delivered to Peru, Tecumseh, Falls City, Pawnee City, Fairbury, Crete, Ashland, Wahoo, David City, Stromsburg, Shelby, Seward, Geneva and Hebron.



\$7,500 of fans were distributed last summer

- ◆ The Hastings mobile food pantry distributed more than 2,560 boxes of food in the towns of Grant, Imperial, Alma, Minden, Superior, Clay Center, Glenvil, Edgar, Harvard, Sutton and Hastings. Each box of food weighs about 50 pounds and is valued at \$85.00 per box. The value of the food distributed from the Hastings mobile food pantry was approximately \$217,600.00.



A warehouse was purchased in order to better provide furniture, goods and appliances to those in need across the diocese

◆The Immaculate Heart of Mary Counseling Center operated clinics in Lincoln and 14 other clinical sites throughout the diocese of Lincoln. We provided 635 individuals with nearly 7300 hours of clinical services, with 400 people accessing our services for the first time. We were able to extend our services throughout the entire diocese of Lincoln and become “Diocesan-wide.” We provided nearly \$240,000 worth of services to 53% of our clients through our Charity Grant program because they were uninsured or underinsured.

◆Our Refugee Services program resettled 181 individuals (60 families) last year. This program also placed 79 individuals in employment.

◆St. Gianna Women’s Homes provided 14,493 nights of housing to 39 families and 53 individuals. Also, 20 families graduated to permanent housing in 2014.

◆Over 2,500 kids received toys for Christmas because of the various toy drives and give away programs around the diocese. Over 3,700 individuals received food in December from our pantries in Auburn, Hastings, Lincoln and our mobile pantry system. Hats, gloves, socks and coats were also given to those in need throughout December and will continue all through these cold winter months for those who need them.

◆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.

◆Our Lincoln Social Services program distributed \$23,500 worth of diapers to 2,350 individuals. This represents nearly a 7% increase over the previous year.

◆Last year, the St. Clare Food Pantry at our St. Francis Center in Auburn distributed 24,483 pounds of food to 1,767 individuals (563 families).

◆Our 18th annual CSS Memorial Golf Classic & Auction was held in honor of Harry Knight. This event, which was again held at Hillcrest Country Club in Lincoln, had 264 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 2015. CSS Is US!



Last fall's CSS Is US! Used Furniture & Appliance Drive was a success



The Memorial Golf Classic & Auction featured e-bidding only on all items



Reconciling Feelings of Guilt

Dr. Aaron Stratman, Director of Clinical Services

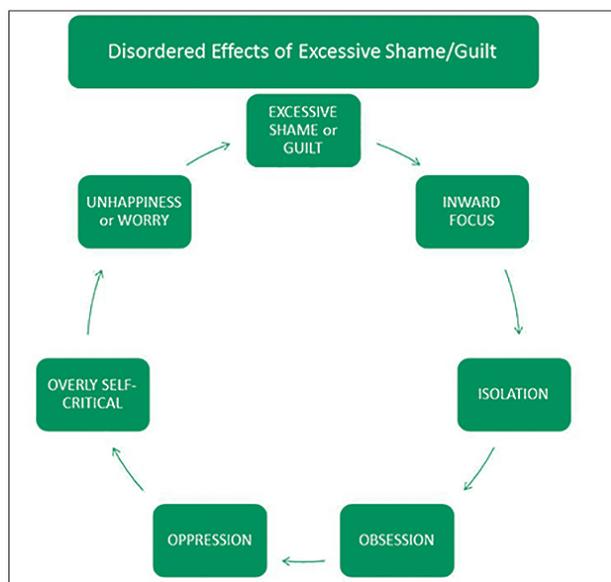
A great deal has been written defining, comparing, and contrasting guilt and shame. I was not familiar with the psychological, philosophical, and theological writings when I devised the concept for this article, and I now only have the beginning of understanding them as well. I found that both guilt and shame can be good when applied moderately to our formation as human beings. In my clinical experience, however, I often meet with people who are having difficulty keeping either guilt or shame from remaining with a standard deviation of the golden mean (sorry for the statistics joke). For the most part, I have traditionally discussed shame as guilt's negative counterpart, but Pope Francis has recently referred to a "grace of shame" that can move a person to humility. Early Church writers have also included that some shame can lead to growth in the spiritual and moral life. So, how can we distinguish good guilt and good shame from the destructive kinds without a doctorate in philosophy?

I believe that there are two pathways that could help us determine whether we are experiencing guilt and shame in a positive manner or in an unhealthy manner. As we build our awareness of the presence of these feelings in our daily lives and look how we behave when under their influence, we might be better able to intervene and normalize our experiences. So, when I am working with someone who is reporting feeling guilty for something, I will normalize the presence of guilt as an emotion that moves us to do something. Likely, the most ordered direction that actual guilt (guilt that ought to be there) moves us is toward reconciliation of the offense that was committed. Again, you might see that there is an assumption that you have in fact erred in some way. Once we have reconciled with the offended party, then we can feel a sense of freedom from the burden of

carrying our offense with us. We are able to give of ourselves to others again and we can find peace, relief, and/or happiness through this self-gift.

On the other hand, if our guilt or shame is disordered, there is a noticeable turning inward that will occur. We generally attempt to keep the feeling to ourselves instead of sharing it with others who we trust. This type of isolation results in our constantly reviewing the situation in light of our deficiency, that is, in light of what is wrong with us. It can begin an interior cycle of self-criticism through which our faults are magnified and our goodness and God-given dignity are minimized. When all we see about ourselves is the negative, then, consequently we can become anxious and depressed. Of

far greater concern from a psychological perspective is the way that the demonic can enter into the process from this side. As we keep things to ourselves, in the dark, the father of lies can blind us to the goodness and the light that will allow us to escape. Utilizing his methods of obsession and oppression, the demonic will keep these thoughts in the forefront of our minds and tell us that no one will love you if they knew the truth about you. All lies! Additional things might happen



in our lives that "confirm" our worthlessness, or at least, that view is the only view we have because we are viewing events through a microscope (with intense focus on the negative) instead of backing up and seeing things from God's perspective (what He made was good).

The way to prevent disordered shame or guilt from controlling your self-critical thoughts is a difficult one. Since it starts with an interior focus, however, it is important to bring the thoughts and feelings into the light of Christ. God sees and knows everything, and He waits for us to come to Him to help us with what we need. He is always waiting to grant you mercy and reconcile you with His family. We must bring an element of this mercy to our view of ourselves. We

(Continued on back page)



The Refrigerator Reference Series

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

16670

Lent/Easter 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Lenten Prayer Intention Calendar</u> Place this calendar where your family can see it and remember these prayer intentions daily during Lent.</p>			<p>18  Ash Wednesday A Holy Lent</p>	<p>19 Health and Intentions of the Holy Father</p>	<p>20  Bishop Conley</p>	<p>21 Crete Deanery Parishes</p>
<p>22 David City Deanery Parishes</p>	<p>23 Fairbury Deanery Parishes</p>	<p>24 Falls City Deanery Parishes</p>	<p>25 Grant Deanery Parishes</p>	<p>26 Hastings Deanery Parishes</p>	<p>27  Indianola Deanery Parishes</p>	<p>28 Lawrence Deanery Parishes</p>
<p>1 Orleans Deanery Parishes</p>	<p>2 Plattsmouth Deanery Parishes</p>	<p>3 Wahoo Deanery Parishes</p>	<p>4 York Deanery Parishes</p>	<p>5 Students, Faculty and Staff of St. Gregory Seminary</p>	<p>6  All Diocesan Catholic Elementary Schools</p>	<p>7 All Diocesan CCD Students and Teachers</p>
<p>8 Villa Marie School</p>	<p>9 David City Aquinas High School</p>	<p>10 Falls City Sacred Heart High School</p>	<p>11 Hastings St. Cecilia High School</p>	<p>12 Lincoln Pius X High School</p>	<p>13  Nebraska City Lourdes High School</p>	<p>14 Wahoo Neumann High School</p>
<p>15 CSS Counseling Program</p>	<p>16 CSS Social Services Program</p>	<p>17 CSS St. Gianna Women's Homes</p>	<p>18 CSS St. Joseph Gift & Thrift Hastings</p>	<p>19 CSS St. Louise Gift & Thrift Lincoln</p>	<p>20  CSS St. Francis Gift & Thrift Auburn</p>	<p>21 CSS St. Isidore Gift & Thrift Imperial</p>
<p>22 School Sisters of Christ the King</p>	<p>23 Marian Sisters</p>	<p>24 Sisters of the Carmel of Jesus, Mary and Joseph</p>	<p>25 Holy Spirit Adoration Sisters</p>	<p>26 For the intentions of our <i>Via Satoris</i> members</p>	<p>27  Favorable weather and markets for farmers</p>	<p>28 The Apostolate of Suffering</p>
<p>29 For the poor souls in Purgatory</p>	<p>30 Bishop Bruskewitz</p>	<p>31 For those who have fallen away from the Sacraments</p>	<p>1 For stronger marriages and family life</p>	<p>2 <i>Holy Thursday</i> All Priests serving the Diocese</p>	<p>3  <i>Good</i> For a deeper devotion to the Eucharist</p>	<p>4 <i>Holy Saturday</i> For those being baptized or received into</p>

5 *Easter Sunday*
In thanksgiving
for a blessed
Lenten season

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of Southern Nebraska

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