

No Greater Love

The quarterly newsletter of St. Gianna Women's Homes

Fall 2022



“
Look at the
mothers who truly
love their children,
how many
sacrifices they
make for them.
They are ready for
everything, even to
give their own
blood so that their
babies grow up
good, healthy and
strong.”

-St Gianna

Bible Study

Veronica Hotovy

St. Gianna Women's Homes Program Manager

A few months ago, Christ in the City joined CSS for a short summer mission experience. During that time, the female missionaries joined St. Gianna's for three evening Bible studies. Those first few days were an enormous blessing. But the blessing extended long after the missionaries returned to Denver. Those encounters, which attracted the attention of our ladies through the excitement of visitors, snacks, and a break from the routine, opened a door to something truly beautiful and lasting. At the final Bible study with the missionaries, it was suggested we continue meeting. And as the months have passed, that weekly encounter has transformed into a moment of great joy among our little group. Sometimes, we have thought-provoking discussions about the faith and what God is speaking to our hearts. Sometimes, we spend the entire evening discussing the challenges that one of the members is facing, offering true support and friendship amidst incredibly difficult situations. Sometimes there are tears; almost always there is laughter. Sometimes I hear stories of what one woman did to support another during the week. Sometimes I hear words so wise I believe they had to have been inspired by God Himself. More than anything, I see our mission lived to the fullest. In these two hours each week, I see women and children being fed physically and spiritually, I see community being built and the faith being shared, and I see healing occurring through love and relationships.

Chopsticks and dishes

Sr. Bernadette Radek, M.S.

Recently I was looking over the shelves at our Marian Sisters Motherhouse where all the play props are located. (Yes, our young sisters put on plays for the older sisters.) There was a variety of boxes containing clothes, hats, wigs, jewelry, etc., and one labeled “chopsticks and dishes”. Chopsticks and dishes! It struck my funny bone. I don’t know why, but it did. While musing over this, my mind wandered off to thinking about all our boxes and bins on the shelves at St. Gianna, all beautifully labeled by Sr. Carol with the many items donated to us. All identified down to even a box with the label, “I don’t know where it goes” attached to it.

God bless all our donors who keep our shelves at St. Gianna filled with necessities for our residents. You name it and Sr. Carol could probably locate it in no time flat. We constantly marvel at God’s goodness to us through the hands of the wonderful people who support the work at St. Gianna. As I type this, I see, on one of our monitors, a newly arrived family in the Community Room filling a grocery bag with fresh produce a lady from out of Lincoln brought from her farm garden this morning. This faithful donor brought cucumbers, squash, zucchini, and pumpkins. Last week she brought new potatoes. How grateful we are for these food items, especially now with food prices forever going up. Another local lady is involved with Bountiful Harvest and every two weeks shares a variety of food including surprises like pineapples and mangos. All

very much appreciated. Then there are friends who just call us and ask what we are short on. At times we run low on shampoo and toothpaste, small items but very important ones. It always happens that just when we are close to being out of some items, someone calls and asks what we need. We think God has assigned a special angel in heaven to keep track of our needs and to find someone to fill them.



Recently a donor made it possible for us to have an Ice Cream Social for the ladies and children. Everyone had a great time, especially the children. With a second heaping bowl of ice cream with lots of sprinkles and nuts one little guy said, “This is a great idea. Can we do it again tomorrow?” Speaking of children, we are blessed with many brand new stuffed animals and children’s books, along

with many toys. Each child finds a stuffed animal and a storybook appropriate to their age waiting for them on their new beds. Many children immediately pick up the stuffed toy and carry it around with them. Thanks to our donors, we have never been short of having these welcoming gifts awaiting the children. Three cheers for all those financial donors who keep our electricity and utilities on. But most of all, cheers for those who support us with their powerful prayers. What can we say? It is truly overwhelming. A million times over “Thank you all and God bless you”.



The self-compassion Pause

Jillian Giesselmann
Mental Health Therapist

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. Self-compassion is an essential component of self-growth. We often are able to offer compassion to others but unable to do the same for ourselves. This exercise allows individuals to practice self-compassion and mindfulness with the encouragement of a friend or loved one.




How to practice:

Have each person reflect silently on regrets/struggles in their current life, writing each down on a piece of paper. One at a time each individual reads aloud to the other their struggles, recognizing what went wrong and why they are living with regret. The other person encourages them by relaying why self-compassion and forgiveness is necessary. Actively practice using self-compassionate phrases such as, “This is hard”, “May I accept myself as I am right now”, “May I forgive myself in this moment.”

Why It Works:

Practicing self-compassion delves deep into the psyche to explore why people are so hard on themselves. Practicing self-compassion explores feelings of doubt, love, confusion, and suffering. The benefit to this activity can help someone find support while coping together through communication.

This past quarter at ST GIANNA WOMEN'S HOMES:

 <p>\$1956 IN FINANCIAL ASSISTANCE: providing a variety of critical services</p>	 <p>11 LIFE COACHING SESSIONS: to compliment SGWH programming (through Gratopp Coaching & Consulting)</p>	 <p>4 FAMILIES MOVED IN: finding a safe refuge and a fresh start</p>	
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Car Show raises funds for St. Gianna Women's Homes

On Sunday, September 11th, the Capitol City Ford & Mustang Club (CCFMC) presented its 41st All Makes Auto & Truck Show at the Southeast Community College Campus in Lincoln. This year's show was one of its largest drawing hundreds of people to enjoy a wide range of classic vehicles. This year, the CCFMC named St. Gianna Women's Homes as one of two charities to benefit from the event. Thanks to the hard work of the CCFMC and the generosity of those in attendance, over \$7,200 was raised for St. Gianna Women's Homes!

CAROLE FESTO

A HYBRID BENEFIT FOR
ST. GIANNA WOMEN'S HOMES

Save the Date!

Sunday, December 18, 2022

3:00 PM

St. John the Apostle Church

Lincoln, NE

csshope.org

