

Catholic Social Services
224I O Street
Lincoln, NE 68510



(S.A.G.)



CSS is US!

Christ the Wounded Healer

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as excruciatingly painful as they can be—are anything but the worst things in the world. Truly, we are categorically more than our scars and insecurities. Just like we cannot be reduced to our emotional experiences--though they be powerful--we should never identify with our wounds as if we are nothing more. Even wounds can have a silver lining, a bright side, and offer a type of mysterious solace.

A Lenten focus might be on the fact that Christ sanctified even our gaping sores. He redeemed not merely souls and hearts but the whole person, the entire psychosomatic unity. He redeemed every aspect of us, including that which we often think is most unredeemable and unlovable: our wounds. If the Divine, Resurrected and Glorified Messiah has and accepts his wounds, then so too should we. I am convinced that one reason he retained his wounds is

because he knew that every one of us who assists, who helps, who loves, who affirms, who consoles—every last one of us—bear wounds of our own and need to see his woundedness as reassurance. We need supportive reminders that having wounds does not dismiss us from being instruments of healing or worthy of being healed. Whether or not we like to admit it, in the field hospital of the Church, all are indeed wounded. So, too, it goes with the risen Christ, the Divine Healer. Though he is infinitely greater than his stigmata, they are still unmistakably there. They are visibly present forevermore, not for his benefit, but for ours. Through them we will be transformed if we are open. If only we would patiently, nonjudgmentally, and consistently reveal our wounds to him at the pace we can handle so he can heal them. Imagine the new creations our neighbors and we would be, and how otherworldly would be our world.



Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

“There is no cross to bear that Christ has not already borne for us, and does not now bear with us. And on the far side of every cross we find the newness of life in the Holy Spirit, that new life which will reach its fulfillment in the resurrection. This is our faith. This is our witness before the world.”

—St. John Paul II



Encountering Christ in those we serve across southern Nebraska

“This poor man cried, and the Lord heard him” (Ps34:6).

The Church has always understood the importance of this cry. We possess an outstanding testimony to this in the very first pages of the Acts of the Apostles, where Peter asks that seven men, “full of the Spirit and of wisdom” (6:3), be chosen for the ministry of caring for the poor. This is certainly one of the first signs of the entrance of the Christian community upon the world’s stage: the service of the poor. The earliest community realized that being a disciple of Jesus meant demonstrating fraternity and solidarity, in obedience to the Master’s proclamation that the poor are blessed and heirs to the Kingdom of Heaven (cf. Mt 5:3).



That is a section from Pope Francis’s message on the First World Day of the Poor from last July. From the very first, caring for the poor has been one of the hallmarks of true Christianity. During Lent, the Church provides us with many opportunities to

serve the poor. Operation Rice Bowl, Lenten food drives, offering additional prayers or penances on behalf of the poor as part of your Lenten observation, are excellent ways to serve Christ in the poor.

Christ assures us that the poor will be with us always; so that means the opportunity to love Christ in the poor will be with us as well. Say hello to the homeless man as you walk back from your movie; donate food to a food drive; volunteer. There are endless opportunities to serve. While you serve, make sure you encounter Christ as well. Meet Christ in the face of the refugee or immigrant. See Christ in the homeless man downtown who suffers not just from material want but suffers even more from a spiritual want. Know Christ in your neighbor, for none of us know the sufferings that are being endured by those near to us. Make this Lent about loving and serving Christ by loving and serving the poor for they are the “blessed and heirs to the Kingdom of Heaven.”

*—Curt Krueger
Director of Social Services*

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Prayers, penance and almsgiving

Fr. Christopher Kubat
Executive Director



Each year at the beginning of the penitential season of Lent, we are reminded how important prayer, penance and almsgiving are. One of the most common questions asked is, “What are you giving up for Lent?” Some consider giving up a food or drink item of which they are fond, or an entertainment practice, or a combination of the two. I know someone in Milwaukee who says that each year he gives up his New Year’s resolutions for Lent. But what about almsgiving? Alms are financial donations for the poor and needy.

After being at CSS since 2003, I have noticed that monetary donations increase around Thanksgiving and Christmas along with food. During Lent, we also see a bump in such donations, *especially* food.

Recently I opened a letter from a lady in the diocese which read, “Dear Father Kubat, I have been donating \$35 per month to Catholic Social Services for several years via automatic deduction. I would like to have you increase this deduction to \$45 per month moving

forward.” I imagine she is living on a fixed income and was moved by the Holy Spirit to do more. I was quite edified reading her letter.

During this most holy season in which we prepare ourselves spiritually for the most holy days of the year, the Easter Triduum (Holy Thursday, Good Friday and Holy Saturday), when we mark the passion, death and resurrection of Jesus Christ from the dead in order to save us from our sins, let us be reminded that when one member of the Mystical Body of Christ is suffering, the other members share in that suffering. “If one member suffers, all suffer together; of one member is honored, all rejoice together.” (1 Cor 12:26)

Please prayerfully consider helping us this Lent spiritually by some extra prayers and penances, materially by donating items around your home or farm not needed (including vehicles), and financially with a cash donation so we can continue helping the many needy individuals and families who come to us in crisis. If you are interested in setting up a direct deduction arrangement like the donor mentioned above, please contact Bill Meduna, the head of our finance department, at bmeduna@cssisus.org.

Please know that we at Catholic Social Services of Southern Nebraska will keep you, your family and intentions in our prayers especially during this most holy time of year when Jesus Christ died on the cross so that we who were dead in sin may live eternally. Sacred Heart of Jesus, have mercy on us. Immaculate Heart of Mary, pray for us. All of our patron angels and saints, pray for us.


Fr. Christopher Kubat

HOW YOUR GIFT CAN HELP THOSE WE SERVE

Last year, we were blessed to serve over 28,575 individuals across southern Nebraska. The need is great, but so is the response of those who assist us in our work. Here are some examples of what a financial gift to Catholic Social Services can do:

- ◆\$20 could provide a weekend of meals for students and their families through our Backpack Program.
- ◆\$40 could help provide a family of four a food pantry for one week.
- ◆\$100 could provide a grant to a client to receive counseling who is unable to afford it.
- ◆\$250 could pay for a mother and her children to stay at St. Gianna Women’s Homes for two weeks.

God bless you for your prayers and support. We could not perform our mission without you!



Christ the Wounded Healer *Par Excellence*

**Dr. Peter Martin, Licensed Psychologist
Internship Director of Integrated Training
and Formation**

Pope Francis’s famous claim that the Church is a “field hospital” for the wounded and that the Christian focus must be to first heal the wounds and accompany those who suffer is a rich starting point for a Lenten reflection. To extend his metaphor, what is perhaps most paradoxical about this hospital—if viewed from either a spiritual or psychological perspective—is that the ‘medical’ staff and patients, both the healers and the injured, are wounded.

To explain, the Original Sin of our first parents is the primordial and greatest trauma. Their choice fundamentally fractured the profoundly intimate bond with our Creator and produced a deep and abiding wound passed on to every generation. Indeed, all future traumas would pale in comparison in terms of their extent and generalizability to the rest of all human experience. Even the healthiest of human persons today are greatly more pathological, their intellects darkened and wills weakened, and their emotional lives much more turbulent than the pre-Fallen Adam and Eve. During a lecture on Borderline Personality Disorder, a presenting psychologist at the Catholic Psychotherapy Association’s national conference put it well: the highly ordered and integrated spiritual and emotional lives of Adam and Eve were so healthy and regulated that we are all “borderline” in comparison. It’s merely a matter of degree. Moreover, in our lapsed state, we are inclined to use rather than love our neighbor. Indeed, from a Catholic vision of what it means to be human, relatively speaking, even the healthiest of us

are properly construed as the walking wounded and in great need—especially in our relationships with self and other—of healing.

To make matters worse, we react from and out of our woundedness, which magnifies and perpetuates our struggles. We fall into the trappings of defensive self-preservation, and pathological patterns are forged. These fight, flight, and freeze survival reactions are in stark contrast to the life giving and regenerative response styles of acceptance and courage promoted by the amazingly psychologically healthy Serenity Prayer. To illustrate, when a decades-old wound of abandonment is triggered, a husband may maladaptively cope with these fears by texting his wife 10 times during the 15 minutes she was late from running an errand (fight/overcompensation); or a wife may avoid any emotional and physical connection with



her late-from-work husband upon arrival and for days after (flight/avoidance); whereas a different wife may feel helpless in the abandonment insecurity, convinced nothing can be done to even begin to address the situation (freeze/surrender). These maladaptive coping responses spring from practically the same abandonment wound. Consequently, the other spouse’s wounds get triggered, and the marriage suffers. As the saying goes, “Hurt people hurt people.” These patterns of unhealthy coping can devastate the relationship,

severely amplify marital discord and re-injure wounds of insecurity present even before the couple’s first date.

Yet during these struggles, God is present, and it is in Christ’s wounded heart that we will find the answers we seek. An often undervalued fact of the Resurrection is that Christ so valued his wounds that even in his glorified body, he forever bears the wounds so unjustly inflicted to him. Certainly they remind us of the consequences of our sins, but in some strange way the Lord of beauty can even make scars beautiful. He used them directly to instruct doubting St. Thomas, and we can learn from his wounds as well. His stigmata continually remind us that vulnerability and wounds—

(continued on back page)

Helping us perform the Works of Mercy *Your support helped us serve the needy in 2017*

Our mission as Catholic Social Services of southern Nebraska is to perform the Works of Mercy in response to the Call of God. Each day we strive to perform this mission through our locations in Lincoln, Auburn, Hastings and Imperial. With God's help and the generosity of our donors and volunteers, we were able to take on these challenges in 2017. The following is a brief review of how you



assisted us in performing the Works of Mercy across southern Nebraska last year:

- ◆ Last year, by the grace of God, and the generosity of our supporters, we were able to help 28,575 individuals and over 9,065 families with nearly 130,000 acts of mercy with a total cash and in-kind assistance of \$1,768,345 across the diocese.

- ◆ The St. Francis Food Pantry in Lincoln served 8,852 individuals (2,950 families) food

pantries with 203,596 pounds of food valued at \$247,856.

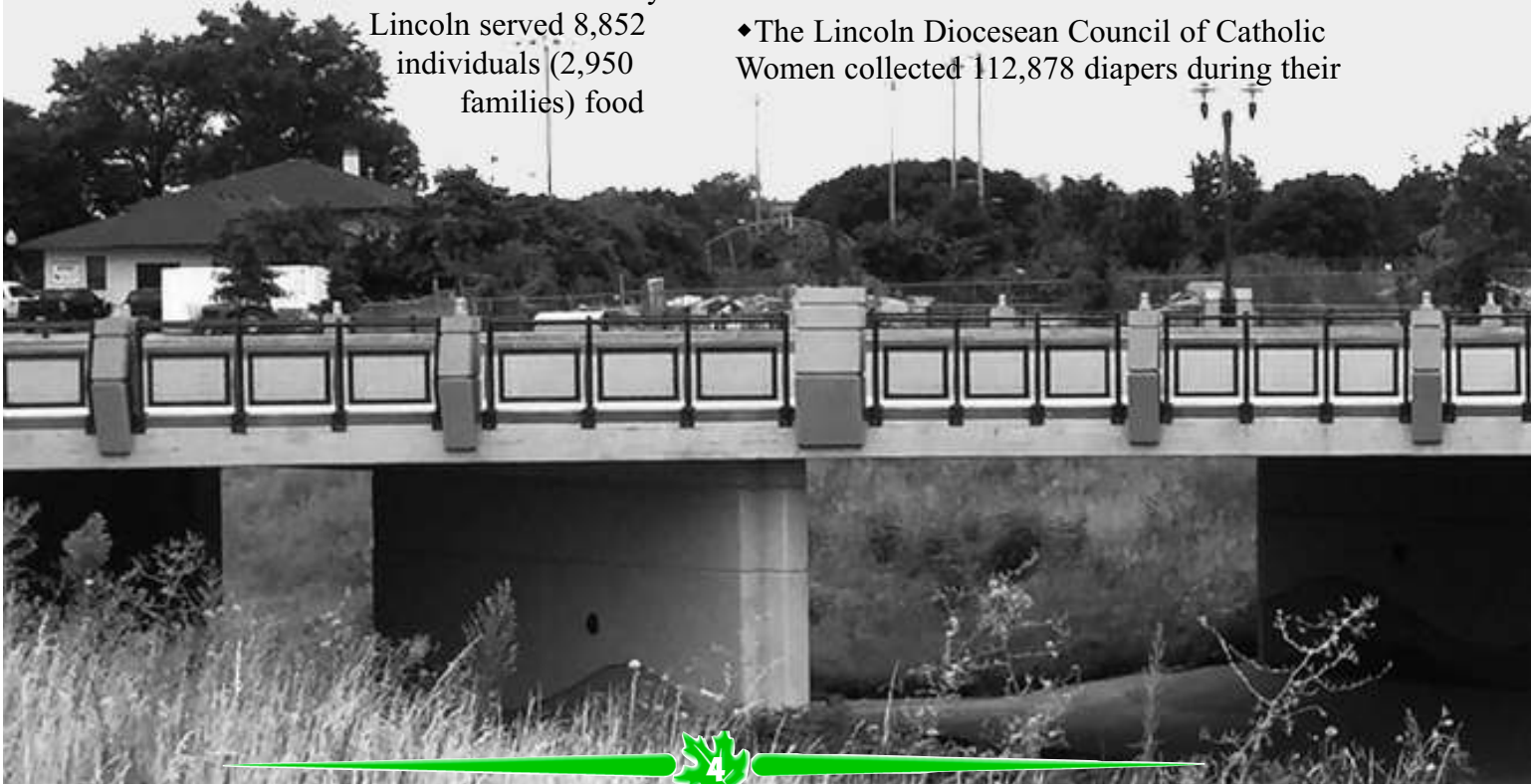
- ◆ The Immaculate Heart of Mary Counseling Center operated clinics in Lincoln and Hastings as well as in satellite clinical sites in the Newman Center, St. Gregory the Great Seminary, David City, Beatrice and Hastings. We were able to extend our services throughout the entire diocese of Lincoln and become "Diocesan-wide." Last year, we provided over \$175,000 worth of services through our Charity Grant program to the uninsured or underinsured.



- ◆ Our Refugee Services program resettled 248 individuals last year. This program also placed 101 individuals in employment.

- ◆ Last summer, our Lincoln office distributed 175 fans to individuals and families seeking relief from the heat, valued at \$3,500.

- ◆ The Lincoln Diocesan Council of Catholic Women collected 112,878 diapers during their



annual diaper drive. The collected diapers are given to many pro-life groups across the diocese, and since we have four locations across the diocese and St. Gianna's, many come to us. Last year, 7,055 babies received diapers from Catholic Social Services as a result of this drive.

◆Over 2,000 kids received toys for Christmas because of the various toy drives and giveaway programs around the diocese at a value of over \$20,000. Hats, gloves, socks and coats were also given to those in need throughout the cold winter months.



◆St. Gianna Women's Homes provided 17,992 nights of housing to 35 women and 44 children. Also, 27 individuals graduated to permanent housing in 2017.

◆The St. Joseph Table provides a monthly dinner for those in need in the Auburn area. Last year, this program served 216 individuals.

◆Last year, the St. Clare Food Pantry at our St. Francis Center in Auburn distributed 22,514 pounds of food to 1,550 individuals (502 families).

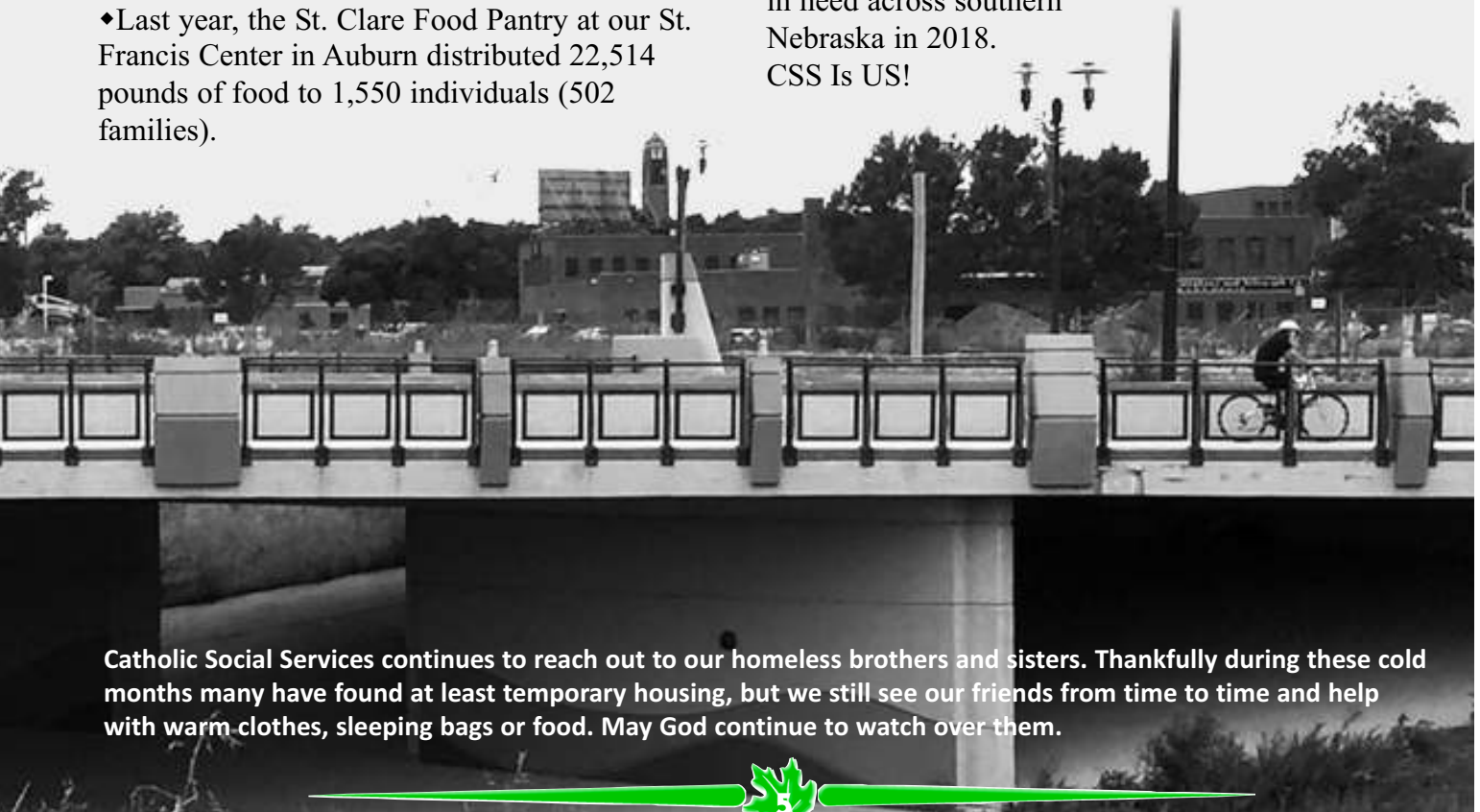
◆Our Emergency Services program provided \$512,168 in rent and utilities

◆Last year, 590 volunteers provided 44,840 hours of service for a value to the agency of \$538,000. Areas where volunteers assisted us were in clerical work, distributing sack lunches, working at Gianna's Java & Gelato, working at our thrift stores and more.

◆Our 21st annual CSS Memorial Golf Classic & Auction was held in honor of Wendy Engles. This event, which was again held at Hillcrest Country Club in Lincoln, had 272 golfers and 300 auction and cookout attendees and raised over \$102,000 for our programs.



We are so grateful to our thousands of donors, sponsors, volunteers and all who assisted us in serving the needy across the 24,000 square miles of the diocese last year. We ask for your continued prayers and support as we serve those in need across southern Nebraska in 2018.
CSS Is US!



Catholic Social Services continues to reach out to our homeless brothers and sisters. Thankfully during these cold months many have found at least temporary housing, but we still see our friends from time to time and help with warm clothes, sleeping bags or food. May God continue to watch over them.



A small act can make a big difference

Gianna's Java & Gelato offers good coffee, good food for a great cause--while also providing an atmosphere to share our Catholic faith

Some of the best conversations happen over a cup of coffee or tea. Most of the time, they're planned in advance--you pick a time, your friend picks the place, and you meet up to catch up on life, and share in each others' joys and struggles. Those conversations are great--they're comfortable, they're meaningful, and they're life-affirming.

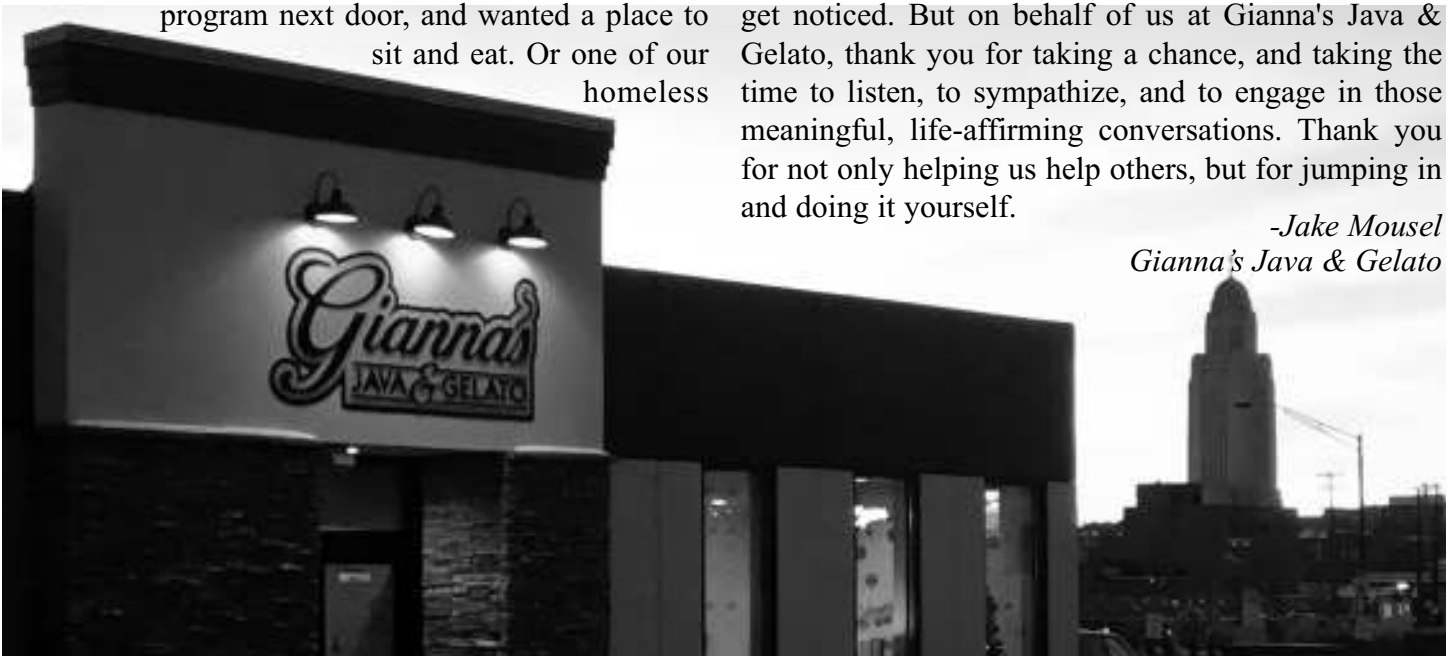
But every now and then, we get to see conversations that nobody planned on. Perhaps someone down on their luck just picked up their lunch from the sandwich program next door, and wanted a place to sit and eat. Or one of our homeless

neighbors needed to warm up in front of our fireplace. And then, a simple but amazing thing happens. A customer chimes in with a question we almost all ask every day: "How's it going?" Maybe he won't acknowledge the question, maybe she's not going to ask anything in return; but maybe they will. It might be a step or two outside your comfort zone, and you might not know it right away, but that conversation (and that person!) just might surprise you.

It might not happen every day, and it might not always get noticed. But on behalf of us at Gianna's Java & Gelato, thank you for taking a chance, and taking the time to listen, to sympathize, and to engage in those meaningful, life-affirming conversations. Thank you for not only helping us help others, but for jumping in and doing it yourself.

-Jake Mousel

Gianna's Java & Gelato



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Great cause.



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The Refrigerator Reference Series

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

16670

Lent/Easter 2018



1

Jesus is Condemned to Death
O Jesus, help me to appreciate Your sanctifying grace more and more.



2

Jesus Bears His Cross
O Jesus, You chose to die for me. Help me to love You always with all my heart.



3

Jesus Falls the First Time
O Jesus, make me strong to conquer my wicked passions, and to rise quickly from sin.



4

Jesus Meets His Mother
O Jesus, grant me a tender love for Your Mother, who offered You for love of me.



5

Jesus is Helped by Simon
O Jesus, like Simon lead me ever closer to You through my daily crosses and trials.



6

Jesus and Veronica
O Jesus, imprint Your image on my heart that I may be faithful to You all my life.

Family Way of the Cross

Lent offers the golden opportunity for families to reflect upon the Passion of Christ by taking part in the Way of the Cross. A family Way of the Cross could be said every Friday evening, or Sunday afternoon. Another suggestion is to say one station each evening if that better suits the children's attention span and family activities. It can be a simple quiet prayerful interlude or an opportunity for conversation, sharing each other's thoughts and meditations about the station. Before each station you say: "We adore You, O Christ, and we praise you, because by Your Holy Cross, You have redeemed the world." After each station you say an Our Father, Hail Mary, and Glory be...



13

Jesus is Laid in the Tomb
O Jesus, strengthen my will to live for You on earth and bring me to eternal bliss in Heaven.



7

Jesus Falls a Second Time
O Jesus, I repent for having offended You. Grant me forgiveness for all my sins.



12

Jesus is Taken Down from the Cross
O Jesus, through the intercession of Your Holy Mother, let me be pleasing to You.



11

Jesus Dies on the Cross
O Jesus, I thank you for making me a child of God. Help me to forgive others.



10

Jesus is Nailed to the Cross
O Jesus, strengthen my faith and increase my love for You. Help me to accept my crosses.



9

Jesus is Stripped of His Garments
O Jesus, let me sacrifice all my attachments rather than imperil the divine life of my soul.



8

Jesus Falls a Third Time
O Jesus, let me never yield to despair. Let me come to You in hardship and spiritual distress.



8

Jesus Speaks to the Women
O Jesus, grant me tears of compassion for Your sufferings and of sorrow for my sins.

Catholic Social Services of Southern Nebraska

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