

Catholic Social Services
224I "O" Street
Lincoln, NE 68510

NON PROFIT ORG
US POSTAGE
PAID
LINCOLN, NE
PERMIT No 976



(S.A.G.)



www.cssisus.org

Our hearts are restless

(continued from page 1)

Sometimes, people lose trust in God because of something our "neighbors" have done or something that has happened to us.

At this point, people will often come to counseling for anxiety, depression, or other difficulties. When our counselors and psychologists discuss the Christian Anthropology, that is, how we are made in the image and likeness of God, we often focus on the aspect that we are interpersonally relational. In fact, much of the research regarding the effectiveness of therapy indicates that the relationship between counselor and counselee is the most effective factor. Looking at the history of a person's relationships can also inform their treatment. The reason to discuss relationships is also to encourage us to fully embrace our anthropology and understand that we share the need for affiliation with the rest of the human population. So, we attempt to provide a secure relationship that can point people to their ultimate relationship. We hope that through our relationship with our counsees, they are able to reconnect with others and subsequently with God. As Augustine said, "Our hearts are restless until they rest in the Lord."

*-Dr. Aaron Stratman
Director of Clinical Services*

Sunday, December 13, 2015
2:00 PM
St. Thomas Aquinas/Newman Center
16th & Q Street
Lincoln, NE
Watch for more details at www.cssisus.org



Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

PRAYER OF SAINT AUGUSTINE

*Breathe in me
O Holy Spirit,
that my thoughts
may all be holy;
Act in me O Holy Spirit,
that my work, too,
may be holy;
Draw my heart
O Holy Spirit,
that I love but
what is holy;
Strengthen me
O Holy Spirit, to
defend all that is holy;
Guard me, then,
O Holy Spirit,
that I always may be holy.
Amen.*



Our hearts are restless Understanding our desire to be connected

Most of us have that one team that we want to win every time they play. We talk to people who are on the “same side” about our team and about their chances for the year. When we see someone wearing the logo from another team, especially our team’s archrival, our reaction is often dismissive or mild irritation (“Who let them in the airport?”). Conceptually, this connection that we feel partially fulfills our inherent need for affiliation—to be a part of something. In His Wisdom, God created us with this need to realize the importance of loving Him with all of our hearts, minds, souls, and strength and of loving our neighbors as ourselves. After our Baptism, we become a part of a vertical relationship with God and a horizontal relationship with the rest of the Body of Christ. As a result, two longings emerge—our

desire to love and our desire to feel loved. We are made in the image and likeness of God. Since God is three persons in perfect relationship with one another, we are also called to cultivate relationships with others. As a result, social development is one of the most important areas of development. Social development can influence our behavior beginning with the attachment bonds that are formed in early infancy. This bonding continues to be important for the remainder of our lives. These bonds will contribute to the way we relate to others, even into adulthood. So, attachment theory is likely the most important developmental theory to understand our relationships and their effects on us. It is never too late to build secure bonds with other people, but it requires a great deal of effort and trust.

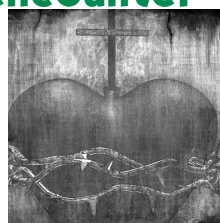


(Continued on back page)

Inside:

Fall 2015

**Close encounter
of the
usual
kind**



Page 2

**Learning
where true
happiness
lies**

Page 3



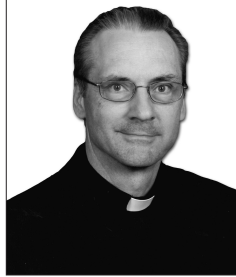
**Gianna's
Java &
Gelato
coming**

Page 3



A close encounter of the usual kind

by Fr. Christopher Kubat
Executive Director



Recently, I was called to visit a young family who was on the road with a father seeking employment. They needed gas, food and help with a motel room to get them on their way. They were headed for the west coast. They had the look and feel of a family in poverty and in need. They were eating and sleeping in their old van.

After driving to a nearby gas station and giving them two gift cards to help them on their journey, they were most appreciative. After all was said and done, I learned that they were Catholic and were most appreciative of receiving my priestly blessing and the promise of prayers.

On Sunday, September 13, Larry and Connie Consbruck received the Caritas Christi

award at our 17th annual Bountiful Harvest

Banquet. When presented with the award, Larry said he is blessed that when waking up each morning he does not know what it is like receiving an eviction notice in the mail; not having anything to eat; or even what it is like sleeping in his vehicle.

For both Larry and Connie, their living faith is not only reflected in their generosity to the Church and the poor

but in their volunteerism. He powerfully told of the first time Tom Schik called and asked if he knew anyone who had a CDL and a semi-tractor and trailer. It was the beginning of a beautiful and long term relationship between Larry, Connie and CSS. I mention Connie because in addition to her long time involvement in the pro-life community, she has been known to get into the semi-trailer herself to load and unload furniture for the poor.

As our thoughts turn to the bountiful harvest this fall, please consider helping us spiritually with your prayers and penances, materially with items around your home or farm not needed, and financially with a cash donation so we can continue to help the countless individuals and families that come to us on a daily basis in crisis.



Larry and Connie Consbruck and family receiving the Caritas Christi award at the Bountiful Harvest Banquet in Hastings with Fr. Kubat

Every fall and winter many people and families will be coming for help with utility assistance to keep the heat on. All it takes is a job loss or a medical emergency, and the family budget is thrown off and the rent and utilities fall by the wayside. These are encounters of the usual kind we see each and every winter. Just to reassure you, before paying someone's rent and utilities, we check out the stories to make

sure they are legitimate. You will be pleased to find out that finding someone who is dishonest is a rarity in our experience. Please remember that we at Catholic Social Services of Southern Nebraska will keep you, your family and intentions in our prayers!!

Fr. Christopher Kubat

Learning where true happiness lies

Curt Krueger, Director of Social Services

“All Good Gifts Are Sent From Heaven Above.” I love that song because it is such a great reminder that all we are and all we have is because of the love God has for us. It is also a reminder that everything we give comes from Him through us to those in need. Knowing that, we need to treat every donation- every dollar, every piece of furniture or clothing, everything we receive from our generous donors, as a gift from God directly to the poor.

Stewardship of the gifts that God has blessed us with is an essential part of our work at Catholic Social Services. How can we best utilize the resources He has bestowed on us to have the biggest impact with those He wants us to serve? Other human services agencies measure success by the number of people served, or the amount of money or food they have given away. At Catholic Social Services we need to measure our progress differently. Jesus told us the poor will be with us always, and while alleviating the suffering of the poor is an important part of the work we do, it should not be the ultimate goal of what we are doing.



The ultimate goal of any Christian is to get to heaven and to help those He loves get to heaven as well. For us to truly love our neighbor, we need to use the gifts God has given us to help those we serve get to heaven. This is not an easy task. The world has taught us the path to happiness is through the material things of the world, the material things the poor do not have and may never have. We have all heard stories of the person on food stamps who is talking on their iPhone at the check-out aisle, or takes their groceries purchased with their EBT card and puts them in a brand new car. They are reaching out for a happiness that seems beyond their grasp, buying items they can't afford for a happiness that is a mirage. Through our work, we must not only alleviate their immediate suffering, we must teach that true happiness comes from the love and mercy of Jesus Christ.

Please keep the staff of Catholic Social Services in your prayers, that we may ease people's pain and lead them to the happiness of eternal life.

COMING SOON: GIANNA'S JAVA & GELATO

The success of our Gift & Thrift Stores at Catholic Social Services has inspired us to expand and create a new venture: Gianna's Java & Gelato! Just like our Gift & Thrift Stores, all proceeds from the coffee and gelato shop will go towards the support of all CSS programs. Gianna's Java & Gelato will offer a delicious selection of items such as our special

coffee blend and coffee drinks, gelato, sorbet and more including breakfast and lunch items. **We see it as a way to offer good coffee, good food... for a great cause!**

Gianna's Java & Gelato will be opening soon on the west end of our Catholic Social Services location at 23rd and O Street in Lincoln! Keep watching for updates!

