

Catholic Social Services  
224I O Street  
Lincoln, NE 68510



(S.A.G.)



## CSS is US!

### Another casualty of war

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would have something to sleep on besides the ground, and clothes to wear when his wore out or were too dirty to wear anymore. We tried to bring Christ to Mongo and his friends who were staying under the bridge. We sat on the ground and talked with him, heard his stories, and prayed together. But we couldn't help him escape the horrors of his past and we couldn't get him to escape his alcoholism. This past December Mongo died. He was found in a car all by himself. We loved Mongo the best we knew how. But sadly, the war in Sudan claimed one more victim this past December in Lincoln, Nebraska. His name was Mongo, and he was our friend.

*-Curt Krueger  
Director of Social Services*

### A Science of the Heart

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clients into an experience of authentic love. And I believe there is an exciting future in studies of the counseling process that help us better understand how the experience of authentic love can be achieved for each unique individual.

Of course, the mind and its intellectual processes will always remain a critical part of psychological wellbeing. But always the guiding principle will be love. Love of God, love of others, love of self, and love of creation. As St. Therese of Lisieux reflected, "I understood that love comprises all vocations – that love is everything, and because it is eternal, embraces all times and places". May God bless us all with the healing experience of his abundant and life-giving love.



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# Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

*"The Passion of Christ is the greatest and most stupendous work of Divine Love.*

*The greatest and most overwhelming work of God's love."*

*-St. Paul of the Cross*

## Another casualty of war

This was an amazing year at Catholic Social Services. At the end of every year, we pause and reflect back on all that has transpired. We literally helped thousands of people across Nebraska keep warm and well fed, stay safe from abusive situations, and begin life anew. But what I am going to remember about 2016 isn't the thousands who were fed, or the number of people we helped find jobs, or even the nights of safe housing provided by our St. Gianna's programs in Hastings and



Lincoln; what I am going to remember is 2016 is the year we met Mongo, and 2016 is the year Mongo died.

Mongo was raised in war-torn southern Sudan. He saw family and friends maimed and killed. He saw up close the ravages of war and he saw them as a child. Mongo was able to escape Sudan and was brought to the United States as a

young man. But unlike most refugees, Mongo was not able to escape the horrors of war. What he saw and what he felt stayed in his heart and in his mind until his only escape was alcohol.

Mongo finally made his way to Nebraska two years ago. He had family here and they wanted to help, but by then, the alcoholism had too firm a hold on him. We met Mongo this last summer. He was living under the bridge by our office. The first time I approached him to offer him

water he wouldn't shake my hand because he was afraid of how I would react when I saw the chafed nubs of his fingers. He had lost his fingertips to frost bite the previous winter.

We saw Mongo about three times a week under the bridges this summer. We gave him water when it was hot, bedrolls so he  
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### Inside:

Lent/Easter 2017

**A Science of the Heart**



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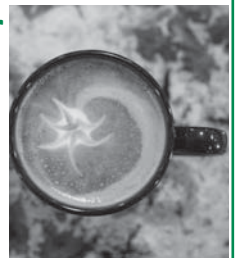
**Helping us perform the Works of Mercy**

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**Not your average "cup of Joe"**

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# Healing the Body and Soul

**Fr. Christopher Kubat**  
**Executive Director**



Several months ago, I stopped to chat with two homeless men under a bridge near our main office. One had asked me what I saw when looking at him. After replying, “I see Jesus (Mt 25:31-46),” he was moved with emotion. A few days ago, this same man was sitting on one of the benches along the bike trail by our office. He knew this was my regular route when I jog. He was waiting for me, hoping beyond hope I would run by.

By this time, winter had set in. I ran into him in almost the same spot we had met months before. He was also waiting for the sun to set. It was in the twenties, noticeably warmer after one of our recent cold snaps. Isn't it amazing how warm the twenties and thirties feel after zero and subzero temperatures?

After saying hello, I asked him where he was sleeping at night. Like the last time I saw him, he was drinking a tall boy wrapped in a brown paper sack. “In a friend's pickup truck.” He answered. “Why doesn't he let you sleep inside?” I asked. “Because of his wife.” He replied. Since he left the truck unlocked, someone had stolen some of his clothes and sleeping bag. As the sun was dipping below the horizon it started to get colder. He was hungry and asked me if I could give him a sandwich. I was reminded I had given

him two before.

Within minutes as he warmed himself in our St. Joseph Chapel with his head buried in his hands clothed with a pair of warm thermal gloves from the thrift store, I prepared a sack full of pizza, apple juice and a warm blanket for the evening. He looked as though he was moved to tears as he continued praying on his knees. He did not seem to want to leave as his body was being warmed by the heat of our furnace and his heart was being warmed by the furnace of love from the Sacred Heart of Jesus Christ, present in the Blessed Sacrament just a few feet ahead of him.

As he left, he went for broke; he had only one more request, “Can you find me some socks?” Within minutes, he had two pair of warm socks. He left our office with a warmed body and soul.

I would like to thank our many donors who support us which makes what we do possible. As we trudge on toward the season of Lent, please consider helping us spiritually with your prayers and penances, materially with items around your house and farm, not needed, including warm clothing (we are still in the midst of winter) and a cash donation according to your means so we can continue assisting the many individuals and families that come to us in crisis.



Please know that we at Catholic Social Services will keep you, your families and

intentions in our prayers. Please pray for us as we prepare to ramp up our outreach to the homeless. For those who are interested in helping in this ministry in any way, please let me know. St. Mother Teresa, pray for us! Now you know who the patron saint is for this next chapter in the history of CSS.

A handwritten signature in black ink that reads "Fr. Christopher Kubat".

Fr. Christopher Kubat  
Executive Director

# A Science of the Heart

Dr. Tony Palmer, Director of Clinical Services

The field in which counselors work is commonly referred to as “mental health”. And, since the late 19th century, the academic subject of psychology has been considered a science of the mind. It would be fair to say that in the 21st century psychology has become the science of the brain. It is well known in colleges and graduate schools that funding for research and publication is almost entirely dependent on one’s ability to connect the subject of their work with the chemical and biological operations of the brain. In fact, I recently discovered that the psychology department where I earned my graduate degree at the University of North Carolina is now called the Department of Psychology and Neuroscience.

From a Catholic perspective, there is nothing wrong with a science of mind and brain. The philosophical tradition of Aristotle that was carried forward and integrated with the faith by great intellects like St. Thomas Aquinas has always maintained that reason and intellect are at the core of what it means to be a human being. But our faith also reminds us that we are made in the image of a God whose very being is love (1 Jn 1:5, 4:8). A love that is so powerful that it creates and sustains life. And whereas many have a devotion to the Sacred Heart or the Immaculate Heart of Mary, I have yet to encounter a devotion to the Sacred Brain.

St. Paul reminds us that “If I have the gift of prophecy and can fathom all mysteries and all knowledge...but have not love, I am nothing” (1 Cor 13:3). The Catechism says “Whether something is proposed for belief, for hope or for action, the love of our Lord must always be made accessible, so that anyone can see that all the works of perfect Christian virtue spring from love and have no other objective than to arrive at love”. There is a wonderful story about St. John of the Cross, who was called in to

determine the authenticity of a woman who had become famous because of her visions and prophecies. St. John rode to the woman’s home to meet her and, after greeting her, he asked her to help him take off his muddy boots. When the woman recoiled in horror St. John got back on his horse and declared that the woman was a fraud.

So what does all this mean for the practice of counseling and the science of psychology? It means that all paths of growth and healing ultimately lead through and into love. As great a gift and as awesome a mystery as our brains are they should never take over the primary place that is reserved for our hearts. I have read Catholic texts on

psychological healing that boil down to nothing more than sophisticated models of moral and ethical reasoning. When practicing from such texts, the counselor or therapist

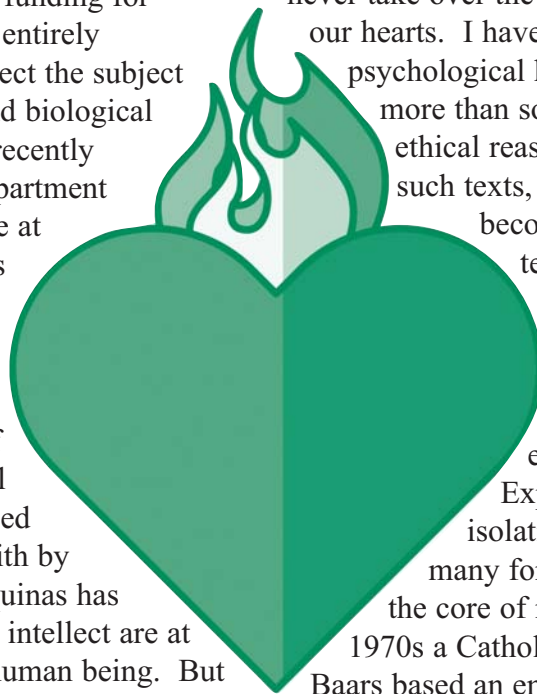
becomes primarily an educator who teaches the client right thinking.

But my professional experience has taught me that the suffering client who comes for counseling is seeking first and foremost an experience of being loved.

Experiences of shame, self-loathing, isolation, and rejection are among the many forms of “unlove” that can become the core of mental and emotional pain. In the 1970s a Catholic psychiatrist named Conrad Baars based an entire system of therapy around love deprivation. His work was praised by Mother Teresa as reflecting the spirit of her work with the Missionaries of Charity and it was described as “a gift to the Church” by Pope Paul VI.

I believe that our first priority at the Immaculate Heart of Mary counseling center is to receive all clients and visitors in love. The experience of God’s love should be emphasized from the very first to the very last contact that people have with our clinics. I pray that we are able to achieve such an outstanding standard of loving care that “love” is the first word that comes to mind when people think of us. (The second, hopefully, would be “quality”). I firmly believe that the most important factor in my effectiveness as a therapist is my ability to bring

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## Performing the Works of Mercy in 2016

### *Your support helped us serve the needy last year*

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.



*Super Saver, Russ's Market and Panera Bread donated bread and rolls to be handed*

Through our locations in Lincoln, Auburn, Hastings and Imperial, we faced many challenges in 2016; however, with God's help and the generosity of our donors and volunteers, we were able to meet these challenges.

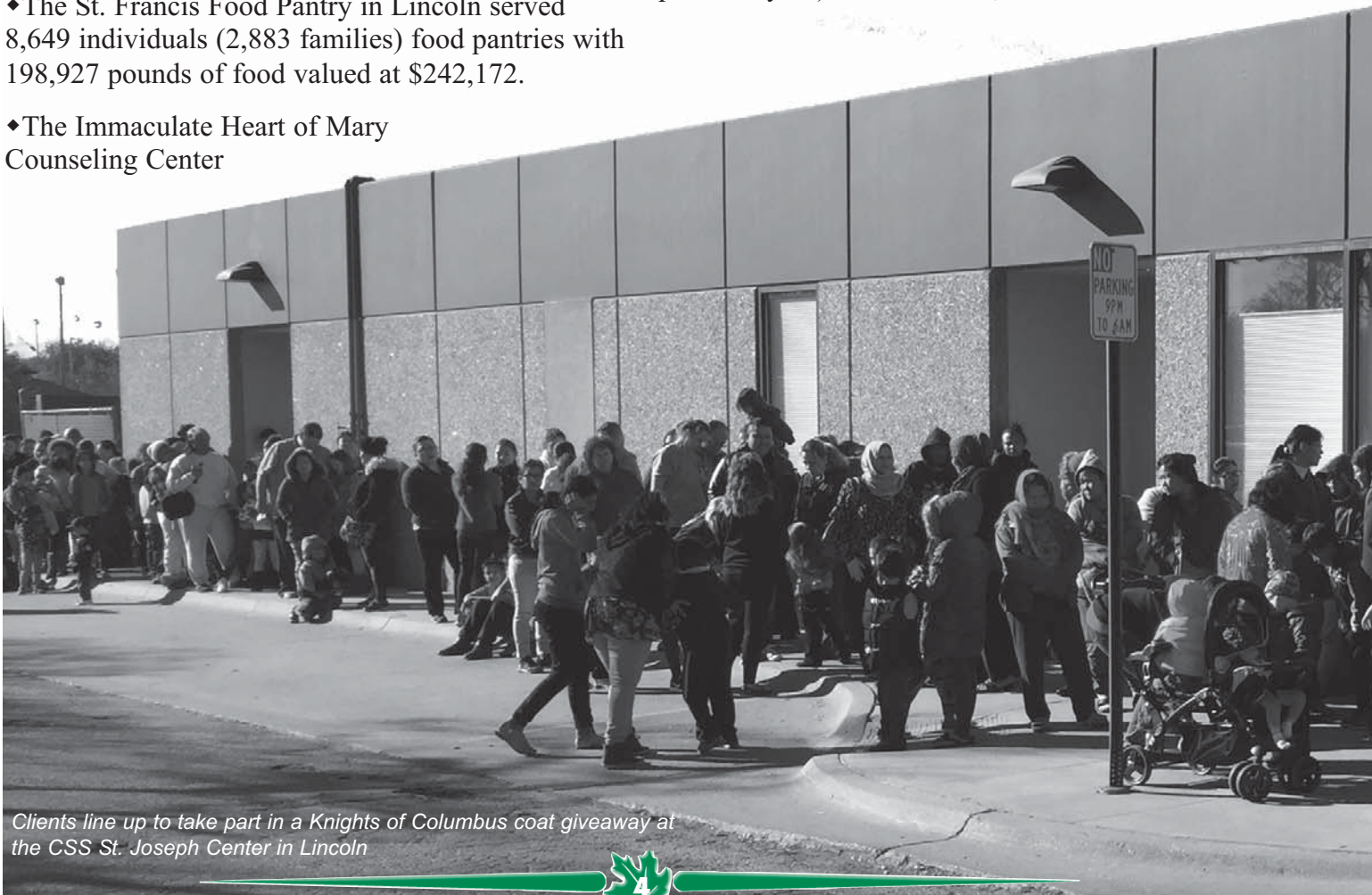
The following is a brief

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 8,649 individuals (2,883 families) food pantries with 198,927 pounds of food valued at \$242,172.
- ◆The Immaculate Heart of Mary Counseling Center

operated clinics in Lincoln and Hastings as well as in satellite clinical sites throughout the diocese of Lincoln. We were able to extend our services throughout the entire diocese of Lincoln and become "Diocesan-wide." Last year, we provided over \$245,000 worth of services through our Charity Grant program to the uninsured or underinsured.

- ◆Gianna's Java & Gelato opened in January of last year. All net proceeds go to support our programs.
- ◆Our Refugee Services program resettled 196 individuals (56 families) last year. This program also placed 49 individuals in employment.
- ◆Our Lincoln office distributed diapers to 5,138 individuals (an increase of over 2,100 from the previous year) valued at \$51,380.



*Clients line up to take part in a Knights of Columbus coat giveaway at the CSS St. Joseph Center in Lincoln*



◆St. Gianna Women's Homes provided 16,460 nights of housing to 41 women and 45 children. Also, 40 individuals graduated to permanent housing in 2016.

◆Over 2,300 kids received toys for Christmas because of the various toy drives and giveaway programs around the diocese at a value of over \$23,000. Hats, gloves, socks and coats were also given to those in need throughout the cold winter months.

◆The St. Joseph Table provides a monthly dinner for those in need in the Auburn area. Last year, this program served 256 individuals.

◆The Backpack Program in Lincoln provides a weekend food pantry to students at five Lincoln Catholic schools. Last year, this program provided 4,080 individuals with \$16,320 worth of food.

◆Last year, the St. Clare Food

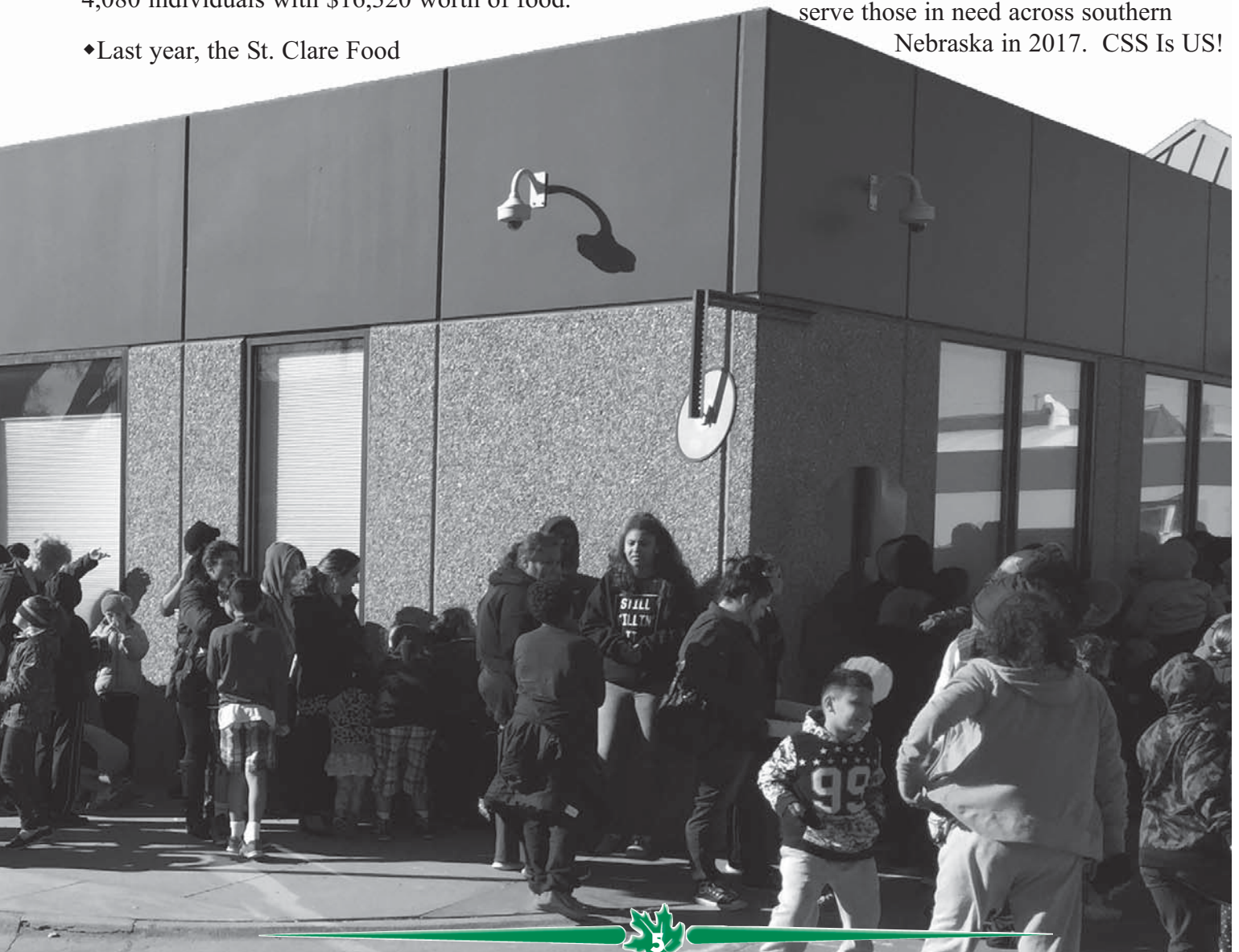
Pantry at our St. Francis Center in Auburn distributed 21,389 pounds of food to 1,406 individuals (473 families).

◆Our 20th annual CSS Memorial Golf Classic & Auction was held in honor of Bob McCabe. This event, which was again held at Hillcrest Country Club in Lincoln, had 268 golfers and 300 auction and cookout attendees and raised over \$92,000 for our programs.

Thank you to our thousands of 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 in helping us serve those in need across southern Nebraska in 2017. CSS Is US!



*The CSS Is US! Used Furniture & Appliance Drives was held in the spring*



## Not just your average “cup of Joe” *Gianna’s Java & Gelato offers more than coffee*

Like any other coffee shop, when you first step inside Gianna’s Java & Gelato, you’re greeted with the delicious aroma of freshly brewed coffee. But you also get the feeling that Gianna’s Java & Gelato offers an atmosphere unlike any other typical coffee shop. From the Catholic art on the walls to the drink of the month named for a saint, we proudly provide an evangelistic setting to not only learn more about the mission of Catholic Social Services, but also a setting for patrons to learn more about the Catholic Church. And we’ve seen the results. One patron was so moved by his experience at Gianna’s, he decided to return to the Church! Other inspiring stories include:

◆Recently one of our baristas had a conversation with a new customer who described himself as a freemason. That man ended up leaving with two rosaries, a book about praying the rosary, and a copy of “Rome Sweet Home” by Scott Hahn.

◆While waiting for his drink to be made, a customer new to Gianna’s- noticed a book about Martin of Tours on the shelf. He mentioned he didn't know who Martin

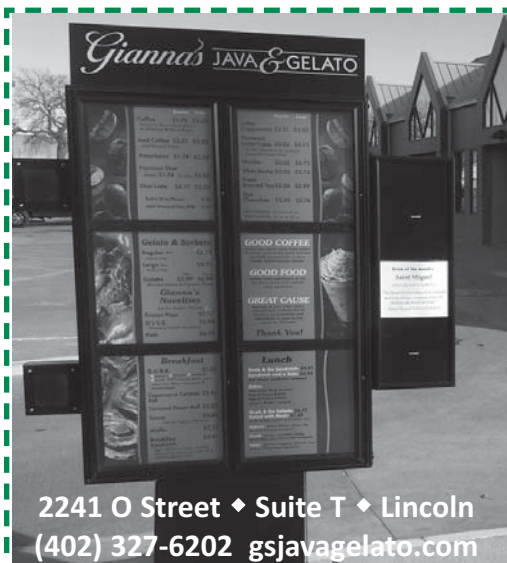
was, since he wasn't Catholic. The barista got a small donation for CSS in exchange for the book while thinking to himself, “Read that and you will be.”

◆One of our repeat customers left us the comment: “Great staff -- so friendly. Especially appreciate the kind way they treat every person that walks in the door -- no matter what. A real witness to the church.”



Just like our Gift & Thrift Stores, all proceeds from the coffee and gelato shop go towards the support of all CSS programs. Not only do our customers help us serve the needy by enjoying tasty drinks and food, Gianna’s Java & Gelato allows us to develop an employment and training program. Selected CSS clients have had the opportunity to learn job skills, improving their “hire-ability” as they enter the job market.

You’re invited to check out the new menu that includes seven scrumptious hot sandwiches and fresh salads. You can view our new menu at [www.gsjavagelato.com](http://www.gsjavagelato.com) and even place your order online. Come experience for yourself good coffee, good food...great cause!



2241 O Street ♦ Suite T ♦ Lincoln  
(402) 327-6202 [gsjavagelato.com](http://gsjavagelato.com)

# DRIVE - THRU SPECIAL!

## \$1.00 OFF OUR DRINK OF THE MONTH!

Drive thru orders only, please mention coupon when ordering. Not good with any other offer, expires 6/1/17





# The Refrigerator Reference Series

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

16670

Lent/Easter 2017



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.



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.

## 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...



7

### Jesus Falls a Second Time

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



13

### Jesus is Taken Down from the Cross

O Jesus, through the intercession of Your Holy Mother, let me be pleasing to You.



12

### Jesus Dies on the Cross

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



11

### Jesus is Nailed to the Cross

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



10

### Jesus is Stripped of His Garments

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



9

### 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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