



# Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

*On this Holy Night  
the ancient promise  
is fulfilled:  
the time of waiting  
has ended and  
the Virgin gives  
birth to the Messiah.  
Jesus is born for a  
humanity searching  
for freedom and  
peace; he is born  
for everyone  
burdened by sin  
in need of salvation,  
and yearning  
for hope.*

*-St. John Paul II*

## A real “eye opener” CSS Sack Lunch Programs shine light on hunger issues in Lincoln, Hastings

**H**unger is an issue that many of those we serve across southern Nebraska face daily. But just how big of an issue is it in our communities? “This has been a real eye opener,” one of the volunteers in the Lincoln St. Teresa of Calcutta Sack Lunch Program said recently. “I had no idea it was this bad.”

Modeled after our program in Hastings, the St. Teresa of Calcutta Sandwich Program is about to enter its sixth year. It was created to help those in the downtown Lincoln area have better access to a daily meal. Though only offered from 11:00 AM-1:00 PM Monday through Saturday, the Sack Lunch Program in

Lincoln distributed over 12,500 sack lunches last year. Our Hastings program, which is

part of a collaborative effort with more than 25 agencies, distributed nearly 38,000 sack lunches last year. This tells us we are not even close to meeting the demand in Lincoln.



**Volunteer Kathy Morris prepares to hand out sack lunches in Lincoln**

Both programs are in need of items such as meat and bread to meet the growing demand. Items can be brought to our Lincoln office (2241 O Street) or Hastings office (333 West Second) during regular business hours. Or you may send in a monetary donation in the enclosed envelope, noting that it be designated to the Lincoln or Hastings sack lunch program. To volunteer with these programs, in Lincoln contact Angela Reiling at (402) 474-1600 or in Hastings

contact Amy Threwitt at (402) 463-2112. Thank you for being a part of CSS is US!

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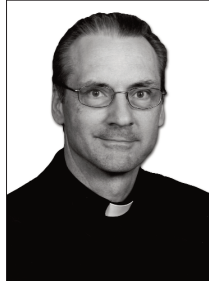
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# Stepping In

**Fr. Christopher Kubat**  
**Executive Director**  
**Catholic Social Services**



**W**e receive many requests for assistance. People ask for help with rent, utilities, cars, food, furniture, household goods, auto repairs, grants for counseling services in our clinic to name a few. Although many stories share similarities, no two are the same. Whenever I think I have heard it all, I hear something new.

Years after enduring the pain of a divorce, a woman contracted a debilitating disease. After a significant acute hospitalization, she went to a rehabilitation facility located somewhere south of the Platte River in the state of Nebraska. The ex-husband, knowing she needed extra help in stabilizing her, decided to help assist her in her need. He still loved her, for better or for worse...

In the process of helping her, he lost his job and started sacking out in her room. It was a heroic sacrifice on his part. After a short period of time, the center informed him that the overnights would need to stop. It was during this period of time we were asked to help. I am happy to say that after finding new employment, we were able to help him with his first month's rent, as a

friend helped with the security deposit. We would not have been able to do this without the help of our many donors.

Every year at this time, I think of Jesus, Mary and Joseph and the desperate position they were in. There was no room in the Inn. I am confident, that if St. Joseph was a man of means, he would have found a dignified place for the birth of the Word Made Flesh. Not only does money talk today, you can be sure it did back then. As it was, the only place they could find was a cave fit solely for animals (Lk 2:7).

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 assisting the many people who come to us in need like the man mentioned above.



When you gaze upon the nativity sets in your homes and parishes while contemplating the poverty of the Holy Family at that first Christmas, please remember that we see Jesus

Christ in a special way in the poor and needy (Mt 25:31-46).

Please know that we at Catholic Social Services of Southern Nebraska will keep you, your family and intentions in our prayers during this most holy time of year when we mark the birth of the Savior of the world.

Fr. Christopher Kubat  
Executive Director





## CSS Christmas Programs set to serve thousands

The onset of colder weather and the holidays marks the time of year when we experience the highest amount of requests for help. In an effort to meet the demand during the holidays, the Catholic Social Services Christmas Programs provide gifts to thousands of individuals across southern Nebraska each year. Through our Hastings, Lincoln, and Auburn offices, we provide gifts and food baskets for families, children and individuals who might otherwise go without during the holidays. Our ability to provide to those in need through these programs relies greatly on the generosity of our donors and volunteers. Our programs include:

◆**KFOR Operation Santa Claus.** For years, we have participated in Lincoln radio station KFOR's Operation Santa Claus. Clients fill out applications at our office requesting specific items for their children. The requests are sent to KFOR, who place them on area "Giving Trees." The donated presents are delivered to our office, where clients pick them up.

◆**The St. Nicholas Toy Shoppe.** Catholic Social Services works with coordinators at participating parishes to randomly select the age and gender of the child and a toy for children twelve and younger. The toys received are taken to the St. Nicholas Toy Shoppe,

located at the CSS offices in the St. Joseph Center at 2241 O Street. The Toy Shoppe will be open on Wednesday, December 21st from 9am-Noon and 1-6pm. Customers may pick out one new toy and one stocking stuffer for each of their children. Last year, the St. Nicholas Toy Shoppe provided toys for over 3,000 children.

◆**Adopt-A-Family.** Individuals, families and groups can adopt a family. Mostly gifts are purchased, but a food basket can be given. The maximum value of each gift is \$25 per person.



A CSS elf assists a client at last year's St. Nicholas Toy Shoppe

◆**Good Angel Trees Program.** In Hastings, St. Cecilia and St. Michael parishes, along with St. Ann parish in Doniphan, provide gifts and food baskets to needy families in the area. Each parish puts up a christmas tree and places "angels" on the tree with suggestions for gifts for children from baby to 12 years of age. Parishioners purchase gifts and food baskets and return them to the church.

Toys are organized for needy families to choose a gift for each of their children and have them gift wrapped by volunteers. Families also receive a food basket from either the Good Angel Program or from Catholic Social Services.

If you would like to assist in one of this year's Christmas Programs, contact Fr. Kubat at (800) 981-8242. God bless you for helping make the holidays a little brighter for families and individuals in need across southern Nebraska!

And the angel said to her: "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in you womb and bear a son, and you shall call his name Jesus."

-Luke 1:30-31

# Back home

**Dr. Courtney Miller**

**Licensed Psychologist**

**Assistant Director of Clinical Services**

**A**s I sit down to write, I reflect on the Holy Day of All Saints - the powerful intercession of saints in our lives as well as the call for each of us to be saints. What a beautiful relationship we can have with those who have lived here on earth, just like us, striving amidst struggles to be a soldier of Christ.

Before I delve further, let me first more formally introduce myself. My name is Dr. Courtney Miller, licensed psychologist and current Assistant Director of Clinical Services. I would like to tell you a bit about how I came to be a part of "CSS IS US." Perhaps you have seen the green leaf emblem with the words "CSS IS US" on a donation truck or in a mailing. I have a window cling, which dates back to 2001 when I first came to CSS and met Dr. Kathryn Benes, director of the clinical counseling program. At that time, I had recently joined the Catholic Church, having been raised Lutheran, and was completing practicum hours in my doctoral program at the University of Nebraska-Lincoln. I was warmly welcomed by the counseling staff, who not only welcomed me to CSS but also to the Catholic Church with a gift of a crucifix. In 2005, I was accepted as a pre-doctoral intern with CSS, the only Catholic internship training program in the nation that is accredited by the American Psychological Association (APA). Upon graduating with my doctoral degree, I completed my post-doctoral year and after becoming licensed as a psychologist, remained on staff for three more years until 2010. At that time, I "retired" from professional work and remained home with my family for the next eight

years, as my husband, Jeremy, and I have been blessed with seven children ranging in age from 2 to 20. This past January, I received a call from Dr. Benes, asking if I might consider returning to work at CSS, on a very part-time task-specific basis. After prayerful consideration and discussion with my husband, I accepted the offer. My one day a week return to CSS was filled with spiritual blessings beyond measure. As I neared the end of my contracted work, I began to wonder what my role with CSS would be. Would I cease and resume my role as homemaker, would I begin seeing clients for counseling services, would I supervise current interns? Throughout this time, at the end of each morning's staff recitation of the rosary, a supplemental prayer to Our Lady of Czestochowa was offered for procuring the next director of clinical services.



To return briefly to my initial reflection on All Saint's Day, it has been through my involvement with CSS that I have come to know the powerful intercession of the saints, two in particular. The first is St. Philomena, who is extremely powerful with God but of whom little is known of her earthly life, other than what was found in her tomb. During my internship, a statue was discovered in a back storage room that was determined to be of St. Philomena. This statue resided in my office for a period of time and has not since been returned to storage. I could fill pages with accounts of St. Philomena's intercession in my life; to note just two early intercessions were that I

became Catholic on her original feast day of September 9 and that I received my doctoral degree on her current feast day of August 11. In addition, I have developed a deeper devotion to the Immaculate Heart of Mary, to whom our Lincoln counseling center is entrusted as well as to Our Lady of Czestochowa, the image of whom was depicted by St. Luke and can still be viewed in Poland today. Further, I humbly believe it was through the daily staff prayer to Our Lady of

*(Continued on back page)*





# The Refrigerator Reference Series

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

16670

Advent 2018

## A little way to make a big difference

To a certain extent, we've all experienced the stress the holidays can bring. We may feel like we're being pulled in a million directions- there's shopping to be done, meals to prepare, and parties to attend. But imagine a deeper anxiety, a stress that we witness in the faces of those who seek our assistance. They live with the fear of not knowing if they will be able to provide even the basics for their family this Christmas. Now, not everyone may be able to assist those we serve with a monetary gift, but everyone can help by offering a word of encouragement or prayer this season.



Christmas Program, many children will receive what may be their only Christmas gift. Please take a moment to write a Christmas note to someone who will receive our help this year. You can write your note on the card below, cut along the dotted line, fold it along the solid line and send it to us in the enclosed remit envelope. Be it words of encouragement, or a Christmas greeting or prayer, feel free to write whatever you would like. Some have even made their own additional cards and sent them to us. We will distribute these cards through our CSS Toy Shoppe and other Christmas programs.

During the month of December, we will distribute Christmas food and gifts to thousands of people across southern Nebraska. Through our Toy Shoppe and

This is your chance to let someone who is struggling this holiday season experience the joy that comes from knowing someone is praying for them this Christmas.

### Catholic Social Services of Southern Nebraska

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## CSS is US!

### Back Home

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Czestochowa I was offered the position of director of clinical services to begin January 2019.

CSS is you and me - it is 24,000 square miles of Southern Nebraska, 134 parishes, and 33 schools. And while our founder of counseling services, Dr. Kathryn Benes, plans to retire and I prepare to assume a new era of directorship, our mission remains the same: to perform the Works of Mercy in response to the call of God. Though our clinical staff is well-trained and diversified in counseling expertise, the success of our work relies also upon you, our patrons. We ask for your continued prayers and spiritual sacrifices as well as your financial support. We, in turn, will remember you in the intentions of our daily staff rosary. St. Philomena and Our Lady of Czestochowa, pray for us!

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