



# CATHOLIC SOCIAL SERVICES OF SOUTHERN NEBRASKA

## Hope in the Good Life

June 2020

St. Aloysius Gonzaga/Jenny Ackerman

### Peace in being a child of God

*"It is better to be a child of God than a king of the world."*

-St. Aloysius Gonzaga

St. Aloysius Gonzaga is a great one! He is the patron of Catholic youth and teenagers. He grew up in a wealthy family and his father

wanted him to be a military hero. After a spiritual awakening at the age of seven, Aloysius began praying fervently. By the age of eleven he was teaching the faith to poor

children. He found relief and peace in studying the lives of the saints and wanted to become a saint. So he lived simply, rejected worldly pursuits and became a Jesuit. He contracted disease while ministering to the poor at the age of 23 and passed away during a plague in 1591. One of my favorite basketball teams---the Gonzaga Bulldogs of

Gonzaga University----is named after him.

I love his quote that it is better to be a child of God than a king of the world. Aloysius knew his heart would only find peace in Heaven. His heart was not set on money or material goods or anything of the world. His heart was set on Heaven.



A CSS volunteer that emulates these same virtues is Jennifer Ackerman of Lincoln. Jenny leads a Bible study teaching the women and children of St. Gianna Women's Homes about the love of Christ. She volunteers in the food pantry at CSS as well and ministers to the poor

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Last year,  
**105**  
individuals  
found  
permanent  
work through  
our CSS  
Employment  
Specialist

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## #HopeintheGoodLife

### *Peace in being a child of God (Continued)*

this way. She also helps put on the Carole Fest Fundraiser Concert that brings many people together in joy, while helping raise funds for St. Gianna's. Jennifer's laughter and smile are contagious and she finds she gets more joy by helping others out. The photo that accompanies this story is of Mary, Queen of Mercy. It hangs in niche at Jennifer's home shrine. Jennifer sent it to me, along with a note: "It is of Jesus washing the feet of Peter. It more than exemplifies how we are to live, and that is by serving others." In all of these ways, Jenny is living the Life of Christ and the words of St. Aloysius Gonzaga. She finds peace in being a child of God and focusing on His Kingdom in Heaven.

We celebrate St. Aloysius' Feast Day on June 21. And we celebrate Jennifer's gift of life as well. We are offered the same grace St. Aloysius and Jennifer receive. May we be open to God's grace and may we align our wills with His so that we have peace and joy in our hearts.

### Immaculate Heart of Mary Counseling Center

## IHMCC launches new video series "Mental Health Minute"

Mental health is as vital to your overall well-being as your physical health. With that in mind, our Immaculate Heart of Mary Counseling Center recently premiered a new

video series titled "Mental Health Minute." Presented by our Immaculate Heart of Mary Counseling Center



staff, these brief videos provide information to support all of us on our journey to mental health well-being. They provide information on a variety of mental health topics, but they are not intended to be a substitute for psychotherapy or professional mental health services.

Visit [www.cssisus.org/mental-health-minute](http://www.cssisus.org/mental-health-minute) to view this helpful video series.

**Thank you to all of our friends who donated over \$22,000 on Give Hastings Day, and more than \$11,000 on Give To Lincoln Day! We couldn't bring Hope in the Good Life without you!**