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# Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

## PRAYER TO SAINT PETER

*O Holy Apostle, because you are the Rock upon which Almighty God has built His Church; obtain for me I pray you, lively faith, firm hope and burning love; complete detachment from myself, humility in prosperity, purity in heart, resignation to the will of God and perseverance in His grace; that so, by means of your intercession and your glorious merits, I may be made worthy to appear before the eternal Shepherd of souls, Jesus Christ, who with the Father and the Holy Spirit, lives and reigns for ever. Amen.*



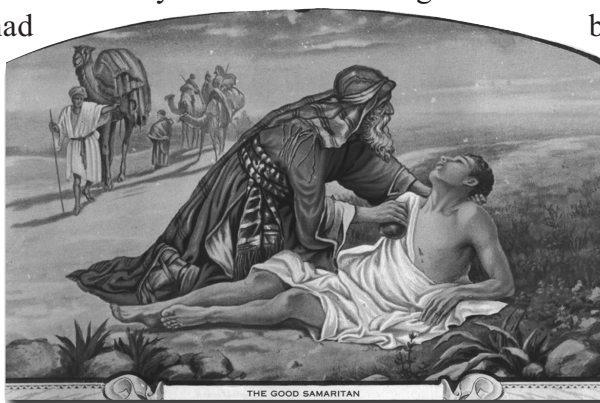
## Sometimes they just need a little help to get back up

**W**hat an amazing spring! We saw it all; rain, hail, snow, lightning, and incredible winds. I went to the post office on one of those extraordinarily windy days and saw an elderly woman lying down in the grass with a woman by her side. I pulled my car over and got out to see if everyone was OK. This lady had actually been blown over by the wind. The woman by her side was a stranger who had stopped to help. I went over to see if they needed help and was quickly followed by another young woman who stopped her car and got out to offer assistance. After determining that the woman was not injured, the three of us were able to help her on her feet and get her back into her car.

Now this is not out of the ordinary. If you see someone who has fallen, you help them get back up. It's not even particularly meritorious; it's just what needs to be done. The sad part of this story is that six cars went by before the first person stopped to help. I'm sure those people aren't bad people.

They simply didn't see.

I wonder how many people I have passed by who have fallen and I was too busy to see? How many people needed just a couple of minutes of my time to get back on their feet again? There are so many people who



become invisible. The elderly in nursing homes, the sick in hospitals, the homeless under the bridges; who helps them back up if they have no families?

A month ago I started taking water to the homeless who live underneath the bridges near our office. I spend about 15-20 minutes per day listening to their stories. It has made a huge impact on my life and I like to think on theirs. One gentleman cried when I gave him the bottle of water, not because he was thirsty, but because he was noticed. Please pray this summer for all those who are invisible... for all those who need just a little help to get back up.

*-Curt Krueger  
Director of Social Services*

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Summer 2016

**Choices guided by our values**



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**A tasty way to be CSS Is US!**



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**Win two Husker football season tickets!**

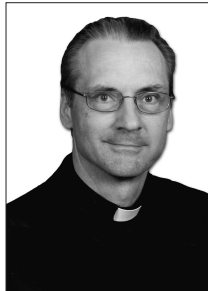


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# Thinking ahead

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



Just days ago, I had a conversation with a homeless man in our parking lot. He was difficult to understand but I could figure out he was looking for something to eat. For those sleeping under the bridges close to our main office, we are the closest place to find a nutritious meal.

After listening for several minutes, I was able to convey that our sack lunch program was about to open its doors. As we approached the front door, he felt compelled to share something with me. Despite being difficult to understand, I realized he was explaining that he had a recent right



partial foot amputation because of gangrene which was secondary to a severe case of frostbite he sustained last winter. Unfortunately, he lacked the proper footwear and clothing needed for someone who is out of doors. Needless to say, he was happy for the warmer weather.

After hearing his story, my first thought was that in

less than 6 months, it would be cold again. If you are thinking about doing an extended spring/summer cleaning of your home, please consider donating clothing of any kind, including coats, hats, boots, socks, scarves and other winter clothing items. Before we know it, winter will be upon us and we will be scrambling for those items.

Please also prayerfully consider helping us spiritually with your prayers and penances, materially with items listed above including food, bread and lunchmeat for our sack lunch program, and financially with a cash donation according to your means so we can continue helping poor and needy individuals and families like the man mentioned above. Please also prayerfully consider volunteering for us, for volunteers are the backbone of our organization. With more funding and

volunteers, we will be able to expand our hours of operation of our sack lunch program in Lincoln (modeled after our sack lunch program in Hastings which served over 40,000 sack lunches last year).

I would like to thank Almighty God for His graces, our patron saints for their intercession and our generous donors who make what

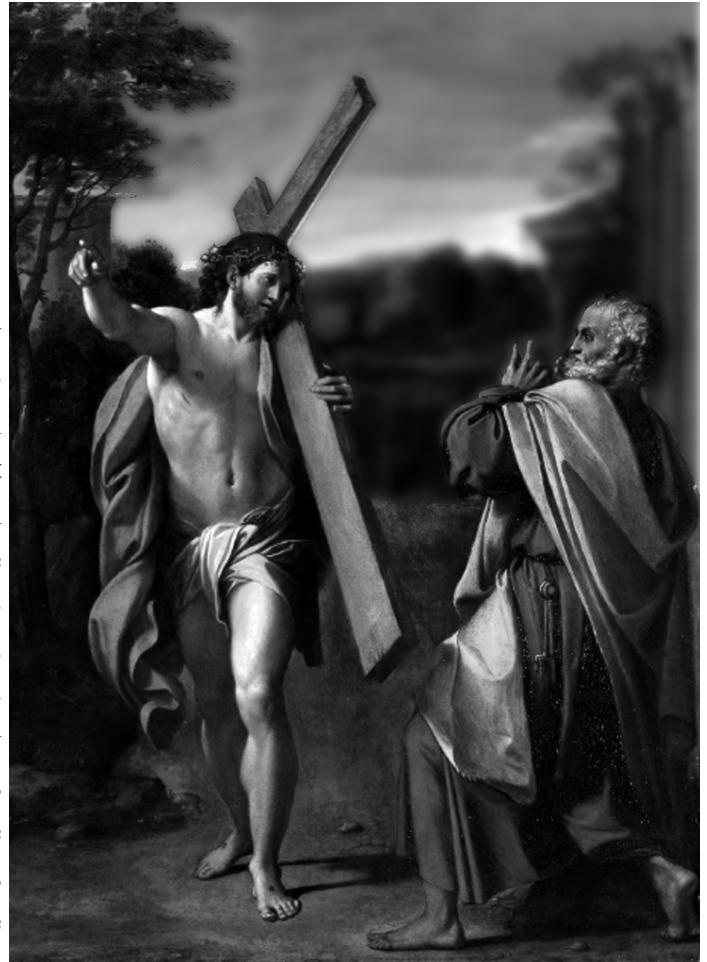
we do possible. Please know that we at Catholic Social Services of Southern Nebraska will keep you, your family and intentions in our prayers.

Fr. Christopher Kubat  
Executive Director

# Choices

**Dr. Aaron Stratman**  
**Director of Clinical Services**

I have very much enjoyed reading books by Matthew Kelly. He has a wonderful way of explaining complicated concepts to provide information that we all can use to become the “best version of ourselves.” I just started reading an early work of his called *The Rhythm of Life*. It starts with a chapter that I am hoping to share with many of the people with whom I work. He proposes, “Everything is a choice,” and he describes this statement as, “...life’s greatest truth and its hardest lesson.” Choices are often guided by our values, and they can lead us to where we want to be. The hard lesson is that it also means that choices have led to the place we are right now. To be the “best version of yourself,” it is best to focus on the “greatest truth” instead of the “hardest lesson.” When you focus on the greatest truth,



then you have a future filled with choices. On the other hand, when you focus on the hardest lesson, you are looking back with regrets and wishing that choices you made in the past could be different. That perspective reminds me of the times my kids have been running forward while looking backward. Inevitably, someone ends up hurting. Of course, that point is when people come to counseling. They are hurting, often from something that has happened to them in the past. Part of the pain that they feel might have come from choices they made and often the resulting financial consequences. These financial difficulties might also lead to a loss of insurance or an insurance plan that does not offer mental health coverage. When we have families or individuals who come to see us and who are underinsured, we make the choice to offer them grant assistance.

Of course, our ability to offer grant assistance is 100% reliant on your choice to support our counseling center through your generosity. Our charity grant system sets us apart from other agencies. I do not know of a similar program anywhere that will choose to give away 1 out of every 3 sessions of counseling. Our counselors and I know that it is only possible because of your philanthropy...because of your choices. As we look forward to all of the choices we will be making and where our counseling center will be in ten years, our “greatest truth” is that we will need your help. Matthew Kelly ended the chapter by stating, “...the day we accept that we have chosen to choose our choices is the day we cast off the shackles of victimhood and are set free to pursue the lives we were born to live.” Live the life you were born to live!



# Gift & Thrift Stores provide support for CSS programs

Stepping into one of the four Catholic Social Services' Gift & Thrift stores, you realize that you are not in your typical thrift store- the merchandise is attractively displayed and the stores are well lit and maintained. There seems to be more of a "boutique feel" than a "thrift store" feel. We are blessed to operate four Gift & Thrift Stores: the St. Louise Gift & Thrift Store in Lincoln, the St. Joseph Gift & Thrift Store in Hastings, the St. Francis Gift & Thrift Store in Auburn and the St. Isidore Gift & Thrift in Imperial.

Aside from a wide selection of quality furnishings, household items, clothing and more, the most satisfying reason to shop our Gift & Thrift Stores is the service they provide those in need across southern Nebraska. All net proceeds from the four stores are funneled back into our emergency services programs. These funds allow us to help clients who come to us in need of emergency assistance. Plus, individuals who cannot afford items in our stores can apply to receive items at no cost through our emergency services programs in all four cities. Visit the Catholic Social Services website at [www.csisus.org](http://www.csisus.org), click on "Locations" under the "Who We Are" tab and you'll find store hours and addresses for all four locations.



St. Louise Gift & Thrift- Lincoln



St. Joseph Gift & Thrift- Hastings



St. Isidore Gift & Thrift- Imperial



St. Francis Gift & Thrift- Auburn

## "Friarworks!" set to return July 3rd & 4th

If you're like most folks, you probably feel a bit queasy spending money on fireworks, just to see your money go up in smoke... literally!

Well if you're in the Lincoln area, buy your fireworks this year from

"Friarworks!" so you can feel good knowing that you're helping us serve the needy while celebrating the 4th of July! Net proceeds from fireworks

# FRIARWORKS!



sold at "Friarworks!" goes to support the programs of Catholic Social Services all across southern Nebraska. Located in the CSS parking lot at 23rd and O Street in Lincoln. "Friarworks!" will be open July 3rd from 8 AM-11 PM and July

4th from 8 AM until 10 PM. We will once again offer one of the

areas best selection of fireworks, all for a good cause! Thank you for your support!

# CSS Memorial Golf Classic & Auction to honor Bob McCabe

On Friday, August 12th, Hillcrest Country Club in Lincoln will host the 20th annual Catholic Social Services Memorial Golf Classic & Auction. A major fundraiser for the programs of Catholic Social Services, this event has become one of the largest charity golf events in the area. This year's tournament will be held in memory of Bob McCabe. Last year, over 280 golfers from across the diocese participated in the tournament and more than 300 individuals attended the cookout and auction, raising approximately \$85,000.

“Burgers, ‘Brats & Biddin’!” is the cookout and auction that is held in conjunction with the CSS Memorial Golf Classic. The event begins at 6:00 PM the day of the golf tournament and is open to all golfers and a guest; the general public is invited to attend the auction and bid on items.

There are numerous ways to help support this important fundraiser for Catholic Social Services:

- ◆**Corporate Teams:** The \$520 entry fee allows for a foursome, carts, and lunch. The fee also allows each golfer and a guest to attend the cookout and auction.
- ◆**Parish Teams:** The \$390 entry fee allows a foursome-but must include at least one priest as there is no charge



Bob McCabe playing in a past CSS golf tourney

for priests to play. The fee also allows each golfer and a guest to attend the cookout and auction.

Teams can choose to play in the morning (7:00 AM start) or afternoon flight (1:00 PM start), depending on availability. Whether playing in the morning or afternoon flight, all players and a guest are invited to the cookout and silent auction for no additional charge.

◆**Hole Sponsor:** The \$200 donation allows your name, company name or parish organization to appear at a tee-box during the tournament.

◆**Priest Sponsor:** The \$75 donation underwrites the cost for a priest to play in the tournament.

◆**Memorial Gift:** A memorial gift may be made to Catholic Social Services in honor of a loved one.

◆**Auction Gift:** You may donate an item or service to be offered on the silent or live auction. A day at your cabin, antiques or cash are just some ways that you can donate.

**Not a golfer? You can still participate in the silent auction!** Again this year, all bidding will take place via your smart phone! Visit [www.csssisus.org](http://www.csssisus.org) to see how you can participate in the fun and bidding!

All sponsors will be recognized in the tournament program and in an ad in the *Southern Nebraska Register*. Registration deadline is August 1st. For more information call John McDermott at (402) 430-5626 or (800) 981-8242. The registration form is also available on our website at [www.csssisus.org](http://www.csssisus.org).

## 20th Annual CSS Memorial Golf Classic & Auction- Friday, August 12, 2016

<input type="checkbox"/> <b>Corporate Team \$525</b>	<input type="checkbox"/> <b>Parish Team \$390</b>	<input type="checkbox"/> <b>Hole Sponsor- \$200</b>	<input type="checkbox"/> <b>Priest Sponsor- \$75</b>
Team name _____	Team name _____	Business/Organization _____	
Your name _____	Your name _____	Name _____	Your name _____
Phone _____	Phone _____	Contact _____	Phone _____
Morning flight 7:00 AM or Afternoon flight 1:00 PM: (subject to availability)	Morning flight 7:00 AM or Afternoon flight 1:00 PM: (subject to availability)	Phone _____	

**Memorial Gift** I am unable to participate in the tournament. Please accept my Gift in memory of \_\_\_\_\_  
 \_\_\_\$25 \_\_\_\$50 \_\_\_\$75 \_\_\_\$100 \_\_\_Other:\$ \_\_\_\_\_

**Auction Item**  
 I'm interested in donating an item for the Silent Auction.  
 Contact name \_\_\_\_\_ Phone \_\_\_\_\_ Item \_\_\_\_\_

**Registration deadline is August 1st. Return registration form in enclosed remit envelope.**

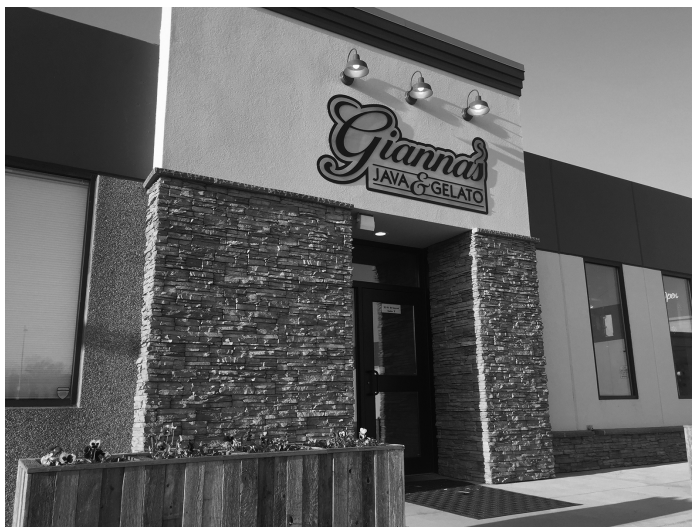




## Gianna's Java & Gelato- A tasty way to support Catholic Social Services

Helping the poor while enjoying your favorite coffee drink or container of genuine gelato... what a concept! Well, at Gianna's Java & Gelato located at 2241 O Street, Suite T, it's more than a concept... it's how we do business!

So, why a coffee and gelato shop? The idea is based on the success of the CSS Gift & Thrift stores: Just like our Gift & Thrift Stores, all net proceeds from the coffee and gelato shop go towards the support of all CSS programs. Some generous donors have funded the start up costs for the shop, including the remodeling of existing space at our St. Joseph Center. Gianna's Java & Gelato offers a delicious selection of items such as our special coffee blend and coffee drinks, gelato, and breakfast and lunch items. And when it comes to our coffee, it's not your average cup of Joe! Our beans come from select locations around the world and are specially prepared



for us by a family-owned artisan roaster. We even offer our special blend for you to brew at home. **We see it as a way to offer good coffee, good food... for a great cause!**

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 the opportunity to learn job skills, improving their "hire-ability" as they enter the job market.

Gianna's Java & Gelato has created an atmosphere unlike any other typical coffee shop. We'll 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. Like our Facebook page or visit our website at [gsjavagelato.com](http://gsjavagelato.com) to see our specials or order online!

### GET IN THE KNOW REGARDING GELATO

Gelato is considered a healthy dessert for a variety of reasons. The most obvious is it's made from natural ingredients. From fresh hazelnuts and pistachios to the milk and water, gelato contains ingredients that are all found in nature. Each ingredient in gelato contributes to its overall nutritional value. While the nutritional content of every cup of gelato consumed isn't always the same, here are a few health facts about gelato:

- Gelato is lower in fat and has fewer calories compared to traditional American ice cream. In the U.S. ice cream is generally made with cream, and is classified by its butterfat content (10% - 12%). Gelato is made from milk or water, which accounts for a lesser percentage of butterfat (5%-8%) and therefore calories and fat.
- Gelato, especially when made with milk and/or nuts, contains a high amount of protein, which is needed daily in the human diet.
- Gelato also contains a high number of vitamins. Fruit sorbettoes tend to have a higher amount of vitamins in them, but even cream flavors made from milk contain essential vitamins.
- Because gelato is made from milk, it is a great source of calcium for non-milk drinkers.



# Win a Pair of Nebraska Football 2016 Season Tickets!



It's the dream of every Husker football fan- having a pair of your own season tickets! Here's how that dream could come true: In conjunction with the CSS Memorial Golf Classic & Auction, we're selling raffle tickets for two 2016 Nebraska football season tickets! **Raffle tickets are 1 for \$10.00 or 3 for \$20.00.** Just print this form, fill out the information below and send it to us in the enclosed remit envelope with your check. Due to postal regulations, raffle ticket stubs cannot be returned by mail for purchases over the Internet, through the mail or by phone. See the form below for more details.

Tickets can also be purchased at our CSS offices and Gift & Thrift Stores in Lincoln, Hastings and Auburn. The winner will be drawn at the CSS Memorial Golf Classic & Auction at Hillcrest Country Club on Friday, **August 12, 2016.** You need not be a golfer or a participant in our Golf Classic & Auction to win! In fact, you need not be present to win, but it would be a lot more fun if you were! Visit our website at [www.cssisus.org](http://www.cssisus.org) for a complete set of raffle rules. Good luck!

## Nebraska football season ticket raffle ticket order form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_

# Of Tickets \_\_\_\_\_ Amount enclosed \_\_\_\_\_ (1 ticket for \$10 or 3 tickets for \$20)

Please make checks payable to Catholic Social Services. Mail orders must be **received by Thursday, August 11, 2016** in order to be included in the drawing. Due to postal regulations, raffle ticket stubs cannot be returned by mail for purchases over the Internet, through the mail or by phone. However, a receipt of your purchase with receipt number will be sent to you via US Mail. When an order is placed, we will complete the ticket by filling in the name, address, and phone number, and we will drop the ticket in the barrel at our office. At the drawing, the winner will be notified based on the name and information on the ticket. See our website at [www.cssisus.org](http://www.cssisus.org) for complete set of rules.

