

Catholic Social Services
224I "O" Street
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(S.A.G.)



www.cssisus.org

Why do we fall? (continued)

try to see their problems through the same lens that God sees the problems. When we see things from God's perspective, we are more able to see the good that he is drawing from the situation and how his glory can be revealed by our handling of the situation. It takes continuous effort to learn to develop this habit.

Eventually, I believe St. Paul was great at reframing when he wrote, "Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong" (2 Corinthians 12:10). So, when we fail, it is important to have the humility to reframe and see the good in the situation.



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Hastings St. Anthony Food Pantry (continued)

Our building has a freight elevator which allows us to transport pallet loads of food to the basement. This food which many of you help us purchase from the food bank, is used for our mobile food pantries that we distribute to needy families through out western Nebraska. We set up the 20-25 items of food in an assembly line for volunteer groups to prepare food boxes. We recruit volunteer groups from church CCD groups, Girl and Boy Scout troops, college groups, FFA, 4-H groups and more to help pack food boxes. Depending on the size of the group we will pack 150 to 200 food boxes in a couple of hours.

God is good! He has blessed us with an awesome facility to do His work, and awesome volunteers to complete His work! If you live in or around the Hastings area and are looking for an opportunity to serve, we are always in the need of volunteers. From individuals, to couples to groups or organizations, we can always use extra hands to help in performing the Works of Mercy across southern Nebraska. For more information, contact Jill McMahon, Hastings Catholic Social Services Volunteer Coordinator, at (402) 463-2112 or (888) 826-9629. Thank you!

-Tom Schik
Director of Social Services,
Western Sector of the Diocese



Patron

The Quarterly Newsletter of Catholic Social Services Of Southern Nebraska

PRAYER OF ST. FRANCIS

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love; where there is injury, pardon;

where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O, Divine Master, grant that I may not so much seek

to be consoled as to console; to be understood as to understand;

to be loved as to love; for it is in giving that we receive;

it is in pardoning that we are pardoned; and in dying that we are born to eternal life.



“For I was hungry...”

Increase in poverty creates an increase in demand on the CSS food pantries

Fall is here! It doesn't matter what part of Nebraska you live in, it seems like you can hear the roar of people cheering with delight every fall. I'm not talking about the Huskers, I am talking about parents cheering that their kids have returned to school!

School is a happy time for most children as well. Reuniting with friends and learning new things is exciting. But think how difficult it is for young minds to concentrate if they haven't had

enough to eat. The city of Lincoln recently published a report showing a 48% increase in poverty in the capital city since 2005. Homelessness increased by 41% since 2007. Perhaps the most disturbing part of the study; 1 in 5 children living in Lincoln are living in poverty.

The need for help is out-pacing our ability to provide. Last year, our St. Francis Food Pantry provided food for over 9,000 individuals in Lincoln. We can and we would like to serve more, but we simply don't have enough food. The parishes and schools in

Lincoln do a tremendous job supporting our efforts to feed the poor, and yet our pantry shelves are empty at the end of every week.

Please help keep our pantry shelves stocked.

Catholic Social

Services would love to serve 10,000 people but we need your help to accomplish this. Please consider donating to our food pantry. Every day in Lincoln there are families who don't know where their next meal is coming from. We need your help to help them.

-Curt Krueger, Director of Social Services Eastern Sector of the Diocese



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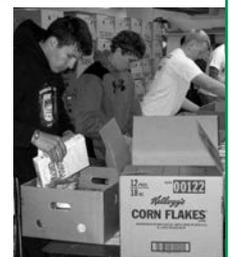
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Change of the Heart

by Fr. Christopher Kubat
Executive Director



There is an interesting passage from the gospel of St. Luke which says, “No one puts new wine into old wineskins; if he does, the new wine will burst the skins and it will be spilled, and the skins will be destroyed. But new wine must be put into fresh wineskins” (Lk 5:37-38). Our souls or hearts are like wineskins in that they are meant to be vessels not for wine but for grace, which is the very life of God. As new wine ferments, it needs to be placed in containers which are flexible so it can expand during the fermentation process. If new wine is placed in rigid, sclerotic containers, the pressure generated by the fermentation process will destroy the said containers. In a like manner, only a soul which is humble can be filled with God’s grace so it can expand while the person grows in holiness.

In the book entitled, *The Church of Mercy, a Vision for the Church* by Pope Francis (which is a collection of talks, presentations and writings) he encourages us to change by the grace of God. He says that we should never be afraid of change. And for those who are tempted to think change is impossible, he states the following about the apostle St. Paul regarding his encounter with Jesus on the road to Damascus (from

his address to the participants in the Ecclesial Convention of the Diocese of Rome June 17, 2013), “However, only think: a persecutor, a man who hounded out the Church and Christians, a man who became a saint, a Christian to the marrow, a genuine Christian! First he was a violent persecutor, then he became an apostle, a witness of Jesus Christ so brave that he was not afraid of suffering martyrdom. In the end, the Saul who wanted to kill those who proclaimed the Gospel, gave his own life to proclaim it.”

One of the fruits of a change of heart is becoming more selfless rather than being selfish. This can be seen in the life of St. Paul who lived the rest of his life for others up until he was martyred for the faith.



As we traverse the season of fall in beautiful Nebraska, please pray for the success of our annual Bishop Flavin memorial Sporting Clay Tournament which will be held on Saturday, October 11 at the Oak Creek Sporting Club near Brainard, Nebraska. Perhaps you or someone you know would like to participate this year. All the details can be found by accessing our website www.cssisus.org. All of the

proceeds will be going to helping individuals and families with emergency services or grants for counseling for those who are un-insured or under-insured.

Please know that you, your family and intentions will remain in our prayers at CSS.

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

Fr. Christopher Kubat
Executive Director

Why do we fall? So we can learn to pick ourselves up...

Dr. Aaron Stratman, Director of Clinical Services

I thought I would use this space to discuss the f-word—"failure." It is a topic that we all try to avoid, and we do everything in our power not to let it happen. This concept generates a fear that can overwhelm even the strongest of individuals. It is one of the most effective storytelling devices because it connects the listener or the watcher with the characters who are failing. It is woven throughout salvation history and resounds in the Exsultet of the Easter Vigil: "O happy fault that earned for us so great, so glorious a Redeemer." Actually, failure offers one of the most convergent issues where psychology and Catholic teaching overlap.

When we look at our first failure, the Fall, the Catechism teaches that, "With the progress of Revelation, the reality of sin is also illuminated" (388). Christianity is practically defined by its pattern of paradox. As Henri de Lubac, S.J. put it, "I am told that she is holy, yet I see her full of sinners. I am told of her mission to raise man above earthly cares, to remind him of his heavenly vocation, yet I see her endlessly busy with the temporal things of this earth, almost if she wished to install us permanently here." The general principle of the par-

adox can illuminate a fundamental psychological intervention called reframing.

Reframing assists a person in developing multiple new perspectives on the issue that is troubling them. It



looks at situations with a new frame. Let's return to the Exsultet of the Easter Vigil: "O happy fault that earned for us so great, so glorious a Redeemer." It exemplifies reframing perfectly...Adam's fault is eternally reframed by Jesus' redemption. The greatest failure in the history of humankind is infinitely atoned for. In a similar way, an individual who believes that their failure cannot be overcome...that all of the problems they have are greater than the Infinite Redeemer. Clearly, we need to reframe these beliefs! At times, we need to zoom out from the problems we have so we can see them in context and understand them better. Other times, we can move the frame of the lens to another part of the problem to see it from a perspective that is new and full of possibilities and hope. Still other times, we have to zoom in on the problem and shut out the distractions and noise. My favorite reframing tool is to help people

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HASTINGS ST. ANTHONY FOOD PANTRY- A WAY TO SERVE

Our St. Anthony Food Pantry is a constant hub of activity in our Social Services office in Hastings. Our staff never dreamt that we would have so many different food distribution programs competing for space in our pantry. It's a good thing... we love it!

Monday is usually one of our busiest days. On average, we receive about 40 boxes of baked goods and 15 boxes of produce and dairy items. Volunteers come to unload the food recovery truck and put the bakery items on rolling shelves for easy distribution throughout the day.



Volunteers in Hastings prepare for a Mobile Food Pantry

Another group of volunteers comes to process the fruits, vegetables, eggs and dairy items, placing the good items in coolers. A crew of volunteers also comes in to pack boxes of non-perishable items to be given out as food pantries. After school is out a couple of families- moms and their young children- arrive to prepare sack lunches for distribution the next day. Kids put together sack lunches or add sandwiches to the sacks and store them in the refrigerator for the next day.

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