



The

Hopeliner

SPRING 2019

A PUBLICATION OF CATHOLIC CHARITIES



Homeless BUT HOPEFUL

ONE WOMAN'S JOURNEY OUT OF HOMELESSNESS

This winter has been brutal. While Michigan was being held hostage by the polar vortex, records were being broken across the Midwest as temperatures dove to more than 30 degrees below zero with wind chills approaching minus 60. Meteorologists across the mid-west sang a chorus of 'we've not seen temperatures like this in 100 years' and warned people not to leave the house unless absolutely necessary. At those temperatures frostbite can begin to set in in as little as 5 minutes. Consumers Energy sent out a plea to turn down the heat to avoid life threatening outages across the state, and people joked on facebook that Michigan was officially 'closed'.

While it may be frustrating for those of us who can watch the wind blow from the relative

comfort of our warm living rooms, what about the many homeless who don't necessarily have the option to go indoors?

It's nearly impossible to get an accurate idea of just how many people are homeless in Flint. They are transient, and Flint has an unusually large number of abandoned homes, which makes counting problematic. What we can say for certain, is that during this blast of arctic temperatures, the Center for Hope Warming Center has seen almost 95 people per night.

In November 2010 Catholic Charities opened its doors for the first time to allow people with no place to go, a chance to get out of the cold. "We had no idea what we were doing back then, I just knew I couldn't let

people stay outside in the cold while I sat in my warm office," says Vicky Schultz, CEO of Catholic Charities. Now in its ninth season the Warming Center has come a long way since that first bitter day almost a decade ago. It has become a refuge for those who have no place to go when the shelters are full.

It's easy to stereotype the homeless. People often think that all homeless people are mentally handicapped, addicts, lazy or are just taking advantage of the system. While there are some that do have mental challenges or struggle with addiction, for many, this couldn't be further from the truth. Stereotyping the homeless is like taking a snapshot of someone's life and writing them off because of what you see in that single moment.

"We find an alarming number of families, single moms, students, people from out-of-town stranded in Flint, people who were laid off, people who were sick and lost their homes, or were unable to keep up with utility

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Catholic Charities of Shiawassee & Genesee Counties

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Fifth Bishop of Lansing

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CONTACT US

In Genesee County:
Main Office
901 Chippewa St.
Flint, MI 48503
810.232.9950

In Shiawassee County:
1480 N. M-52 • Suite 1
Owosso, MI 48867
989.723.8239

Community Closet
810.232.9950
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810.785.6911
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810.232.3418
www.CCSGC.org
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MESSAGE FROM THE PRESIDENT/CEO

WE *Love* AND APPRECIATE YOU

Dear Volunteers and Staff,

I want to take this opportunity to tell you that I have noticed the compassion you show to the individuals we serve is an inspiration for us all. I have seen how you treat everyone with respect and kindness, no matter what the situation is.

We know how stressful it can be for the people who find themselves in need of the services we provide, and your words and actions go a long way toward helping them find their dignity. I have seen how all of you treat everyone, (clients, staff and visitors)

with respect and kindness, no matter what the situation is, and that your compassion has not gone unnoticed. I wanted to take this opportunity to thank all of you for what you do. Your work in providing quality services is an inspiration to all of us.

Recently, we received a request from one of our part-time workers with Michigan Works. The letter was a request to extend her stay with us at the Center for Hope. She wrote the following:

I want to extend my subsidized employment at Catholic Charities Center for Hope because I enjoy serving the poor and most vulnerable as well as working with the community and helping the poor with resources they may not have known about through Catholic Charities.

Working at Catholic Charities keeps me motivated and determined to continue to push forward in life. It humbles me to know that I am not better than anyone and that through life anything tragic could happen or you can fall in any life crisis. So, it is always good to help others, be nice to others and always smile at people in general because just your smile and kindness alone can make a person's day.

Catholic Charities has taught me three things over the past few months, time management skills, integrity and responsibility. Three things that I can teach my children or people in general. Learning these three things has gotten me through my time.

I learned that I am responsible for my actions, my choices and my character. I've learned that time is everything and once time has passed you can't get that time back nor will you be further in life, you'll just fall farther behind.

I also learned that it always counts to do right thing no matter where you are or who you are dealing with.

So in conclusion, I would like to continue to work at Catholic Charities because it brightens my spirit to help people help themselves and to interact with people who may not have a family—seeing my face for just a second could have made their day.

It keeps me going to know that I have done a good deed for someone and able to help in any way.

~Darshae Woods



Blessings To All,

Vicky L. Schultz
President/CEO





ABOVE: Volunteer accepting donations at the Center for Hope. BELOW: Warming Center Clients the day before the polar vortex.

bills, professional people who have lost jobs/homes – people from all walks of life come to the Warming Center for shelter,” says Mary Stevenson, Center for Hope Coordinator.

Heather Bennett is a 42-year-old mother of three and grandmother. This year is the first time she has visited the Warming Center. Heather admits she has had a hard life. She is a life long victim of domestic violence, first at the hands of her alcoholic father and then her ex-husband. Her mother suffers from mental illness and her daughter is bi-polar. When she was a child, her mother would make her do a lot of chores after dinner. By the time she would sit down to do homework it was late, and she was tired. She is also severely dyslexic, so her mother would get frustrated and angry and eventually write the answers for her. She managed to slip through the cracks at school this way. As a result, she reads very little and has very little education despite having graduated from high school. “I have worked hard my whole life, but I have only been able to work manual labor because of my lack of education,” says Bennett.

Ten years ago, she managed to break the circle of abuse. She left her husband, moved to Arkansas and was rebuilding her life. She had a good job working for Frito Lay, a house and things were really looking up. Then her oldest son got sick and she decided to move back to Flint to be closer to him. “That’s when things began to fall apart” she says. She moved back during the recession, so work in Flint was harder to find than normal. Shortly after returning a friend was diagnosed with brain cancer so she moved in with him to be his caretaker; however after his death the house was foreclosed on and she had to leave.

For a time, she lived with her boyfriend and his mother; however last year his sister moved in with her kids. It was an overcrowded situation and last June she moved out. She stayed briefly with her daughter; however, while she

was there she encountered her ex-husband who left her with two black eyes, a shattered cheek bone and bruised ribs. She clearly could not stay there.

For the next 6 months she bounced from place to place until finally about a week before Christmas she was at the end of the line. It was getting cold and she had no winter clothes. A friend allowed her to stay in a vacant home that was being renovated so that she would not be on the street, but it had no running water. For 5 days she slept on a mat on the floor. She cried, she had panic attacks and she asked God why he had abandoned her. She had given up on herself and wanted to die.

Then someone told her about Catholic Charities. “I’m not street savvy, I came here starving with no money, not knowing what I was going to do, and wondering if this was going to be the rest of my life,” she says, “This isn’t me. I’m a good hard-working person.”

With everything Bennett has been through it’s a miracle that she did not turn to drugs or prostitution, as is often the case for women who find themselves in such desperate circumstances. Living in warming centers and shelters is not easy. Many people think the homeless are sitting around doing nothing, waiting for someone to provide for them.” says Stevenson, “But in reality, the homeless spend a lot of time being told what to do, where to go, what they *should* have done, what they *might* be eligible for, and when they *should* have been there – and just when they figure out all the rules, they change.”

Since arriving at Catholic Charities, Bennett has been able to take advantage of the Community Closet, Personal Needs Room, soup kitchen and the shower and laundry facilities. She has been able to get her Section 8 Housing and is only days away from getting into an apartment, finally free of living day by day in fear.

“When I get into a place it’s finally going to be happy tears. My mother and father have never been there for me, but these people, *STRANGERS* have been here with open arms. There were times I didn’t think I was going to make it. All I needed was one push to help me get back on my feet and finally I’ve made it,” said Bennett.

“The Warming Center really is a community effort,” says Stevenson. “We receive generous gifts from various sources. Small school and community service clubs like the Blueberries, a student group at Clio Elementary wanted to give back and ran a blanket drive for the homeless who stay in the Warming Center.” Other contributions come through businesses, individual donors, church groups, medical professionals, the financial community, lawyers, teachers, musicians and even our veterans! People from all walks of life who just want to help.

Bennett hasn’t been able to work recently because after years of abuse her body will no longer let her do manual labor. She has

carpel tunnel in both hands, nerve damage in her left leg, and she can’t bend down or lift things like she used to. But she’s excited about the future, “All I know is hard labor work but that’s not possible anymore, so after I settle into my new apartment I plan on finally going back to school so that I can get a job which does not require manual labor.”

She smiles as she thinks about all that has unfolded in the last year, “The irony is that a couple years ago, before all of this happened I wanted to volunteer in a shelter and now I’m living in a shelter. I recently learned how to crochet, so this summer I want to make some blankets to donate so I can give back.”

Located on the lower level of the Center for Hope, the Warming Center is open 24 hours a day

between December 1st and March 31st. In 2018 we saw 15,450 visits to the Warming Center by individuals who used many of the services the Center for Hope has to offer. The Center is always in need of blankets, hand sanitizer, personal needs items and prayers.

For more information on the Center For Hope call Mary Stevenson 810-265-7025 ext. 712.

Thank you

CHRISTMAS JUST
WOULDN'T BE THE
SAME WITHOUT YOU



"The Quilt Ladies"
St. John, Davison
Quilt Ministry



St. Pat Catholic Parish, Brighton



Powers Catholic Hockey
Teddy Bear Toss



St. John the Baptist, Howell



Thank You Francisco!

Christmas is a special time at Catholic Charities because we see human kindness in all its glory! We witnessed countless acts of service and compassion which helped us distribute gifts to 1400 children through our Adopt a Family program. On Christmas Day, we fed 350 people a Christmas feast at the North End Soup Kitchen and gave away 200 toys to children and 150 adult towel rolls. The "Quilt Ladies" from St. John Davison Quilt Ministry were back again providing crafted quilts for the Warming Center. The Powers Catholic Hockey team orchestrated a Teddy Bear Toss to benefit children staying in the Warming Center. Of course, we can't forget Francisco who has been doing a shoe collection at Christmas every year since he was nine years old! This year he was old enough to drive the shoes here himself! There are so many people to thank that we ran out of room, but please accept our heartfelt gratitude. We couldn't do any of this without your support! You brought so much joy to so many this Christmas!



Team Shakira

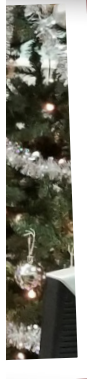
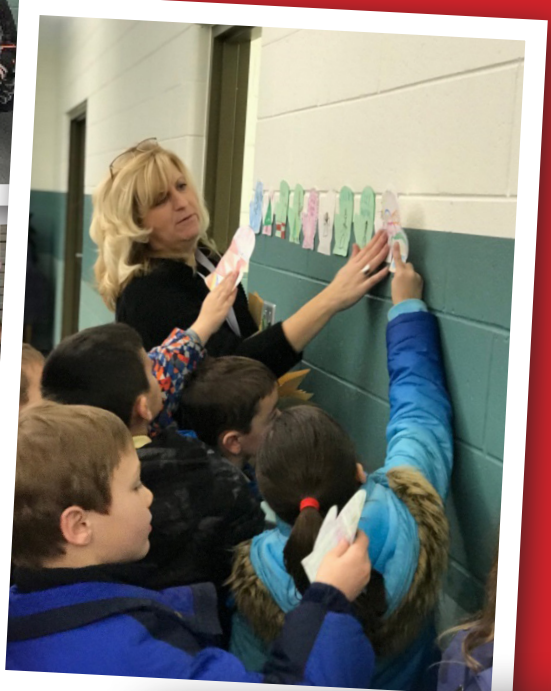




Holy Family Second Grade



Holy Family Second Grade



DeVita Dialysis



Bridging the Gap



AARP



Elms Elementary



Mr. & Mrs. Martin





A MISSION TO Heal

Christina Murphy is a recently divorced mother of three. She moved to Flint with her family in 2013 from Holly. Her husband was a member of Millwrights Local 102 working for Flint Truck and Bus. They weren't rich, but they were young, happy, and life was moving along just fine. By 2015 things were getting tighter because her husband was frequently sick and couldn't work. In fact, everyone in the family seemed to be sick a lot that year, even the dogs.

Her neighbor recommended she visit Catholic Charities Center for Hope to help make ends meet. "When I first started visiting the Center I would get clothes for the kids. Once in a while we would stop into the soup kitchen. It's helped get us through the periods when my husband couldn't work, and I love that I can donate to them knowing that it will be given to someone else for free when many other agencies charge for things," says Murphy.

One day in 2015, her husband was at work and had been telling a co-worker that even their dog had been sick. The co-worker's response sent the family into panic. He told them to have their water checked and that GM had already switched their plants back to Detroit water because Flint water was corroding their engine parts. From that day forward, their lives were consumed with the Flint water crisis. By the time the story broke in 2016, Christina was seven months pregnant and they were both too sick to work. When their dogs gave birth to still born puppies she realized that things could still

get worse. Declan, born in March 2016 has never touched a drop of Flint water; however, his blood is 100% toxic.

"When your body is full of toxins you get weak and suffer from overwhelming fatigue and brain fog, but the worst part is the pain that radiates through your entire body. Sometimes I have to walk with a cane because I can't get my legs to work," says Murphy. If dealing with her own illnesses, trying to look after her children, all while pregnant and trying to fix the lead issues in their house wasn't enough, her marriage began to crumble, and in 2017 they filed for divorce. But like many Flintstones, Christina is a fighter, and today she is not just fighting for her own life, she is determined to help heal as many people as she can.

Because of her own family's battle with lead poisoning, she has become very knowledgeable about natural remedies for detoxing the body of heavy metals. About a year ago she started fund raising to get money to put together care bags of heavy metal ease and other natural supplements and teas

to help kidneys filter out the toxins.

Catholic Charities has been integral in helping her get through this crisis. "When you are living on \$600 a month, every penny matters. Catholic Charities has helped me keep the heat on through their outreach program, and when I was going through my divorce I was able to go to the community closet to get things that I needed and diapers for the baby," said Murphy, "Last year their Adopt-a-Family program meant that my kids still had a great Christmas despite everything."

Murphy hopes to start her own non-profit to provide resources and raise awareness about other chemicals that are causing health. "I have to be here, I have to be a good mom for my kids and I have to be here fighting for the city. I feel like it's a calling that brought me here."

While it's a slow process due to her own physical limitations, she is in the process of assembling a team of people who can help her raise the money and disseminate

the care bags. Her own detox program should be finished within the next nine months and she is hopeful that, while they might not be completely toxin free, she will be able to get back to work and get life back on track.

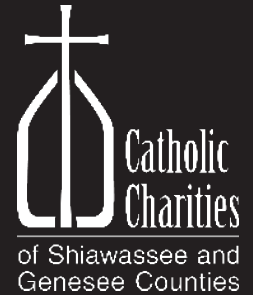
Catholic Charities continues to support vulnerable families and provide a new path to recovery. They provide basic needs such as water, nutritious food, clothing, household and personal care items, shower and laundry facilities. In addition to prevention/education and outreach services, they offer counseling for a wide range of mental health and substance abuse issues. For more

information about any of Catholic Charities programs, or how you can get involved, please call 810-232-9950 or visit their website www.ccsqc.org.

"I HAVE TO BE HERE, I HAVE TO BE A GOOD MOM FOR MY KIDS AND I HAVE TO BE HERE FIGHTING FOR THE CITY. I FEEL LIKE IT'S A CALLING THAT BROUGHT ME HERE."



Chair-ity



Catholic Charities
of Shiawassee & Genesee Counties
invites you to *the event of the season!*

May 4, 2019

Genesys Banquet Center
805 Health Park Blvd Grand Blanc, MI 48439

6pm Cocktails
6:30pm Dinner & Program
7:30pm Live Auction

Join us for our first Signature Chair-ity event. We will showcase 30 unique chairs designed by local groups who have joined our mission to provide help and create hope. Pull up a chair and join us for a fabulous meal, live auction with dueling auctioneers and listen to inspiring stories of hope and joy, help and healing from individuals and families whose lives were changed with the help of Catholic Charities and people just like you.

We hope you will join us and become part of a growing community invested in saving and changing lives.

To learn more or purchase tickets visit
www.CatholicCharitiesFlint.org/chairity





WOMEN PROVIDING HOPE...

Women inspiring women and families, improving lives, rebuilding communities

Catholic Charities has always stood for new beginnings helping those on their way to a new path of recovery. For 78 years, the mission has been to provide help, hope and healing to the communities we serve. We provide basic needs such as water, nutritious food, clothing, household and personal care items, shower and laundry facilities, counseling and so much more. We are always in need of support for these basic needs to do our good work. "From this basic need was born the CHAIR-ity....our first signature event to assist the agency in funding the comprehensive solutions we offer for the homeless at the Center for Hope here in Flint" says Vicky Schultz, President and CEO.

This year, we are excited to announce that the members of *Women Providing Hope* (our newly launched giving society of women, formed a year ago) have come together to orchestrate this signature event for us.

"We are bringing like-minded women together who have the power to improve lives and address the critical needs of those underserved in the region. Our hope is to give women and children who are at risk and marginalized, the hope and help they need to fully recover, to fully heal and to reach out with a helping hand to regain their lives and become productive citizens once again", states Rhonda Erickson, Chairperson of Women Providing Hope (WPH).

Please join us for our First Ever Signature Event called the CHAIR-ity - it promises to be the event of the season.

We will showcase 30 beautifully designed, uniquely themed "chairs" decorated by local artists and groups who have joined our mission to "provide help, create hope". Pull up a chair and join us for a fabulous meal with refreshment and decadent desserts, a live auction with "dueling local auctioneers" as you listen to stories of hope, joy, healing and inspiration from individuals

and families whose lives have been saved and changed by Catholic Charities.

We recognize the strength of women as philanthropists and volunteers who are donating their time, talent and treasure to influence future generations. We are part of a group of caring women who bring real change which ripples out into the communities we serve.

"Through orchestration of this event for Catholic Charities we now have the perfect venue to rally around an idea to change and save lives, we believe that anything is possible!" says Erickson.

For more information on joining the Women Providing Hope or attending the CHAIR-ity event or making a donation, please connect with Joan Clarke, Director of Fund Development and Marketing, Catholic Charities at 810.232-9950 ext 710 or email her at: jclarke@ccsgc.org or to purchase ticket go to www.CatholicCharitiesFlint/donate.



IT'S A FAMILY

Family ties are strong in Mexican culture and have been for centuries. With modernity comes changes, but Mexican families will always be rooted in tradition.

"I grew up in a large family and community minded parents. So, if you an organization my mother belonged to needed help, my mother volunteered herself and her

10 kids. Volunteering is just a part of my life now because of my mother." says Hilda McShane.

A mother was the heart of the family. Adult children tend to keep strong relationships with their parents but especially their mothers. "I wanted to design a chair in honor of the family as it is something very important to me!" comments McShane. It has always been a dream of McShane's to



SPARKLE pink GIRLS CLUB

There are nearly a billion girls globally. "The Sparkle Pink Club for Girls was founded in 2007 right here in Flint, Michigan. We teach girls how to be AMAZING! We get them at a young age, starting at age three, and help them uncover their value and self-worth. Aside from healthy personal development girls still face a future workforce that pays women less" says Deria Brown, Founder and local chapter president. Globally, girls still are undereducated and 72% of all human trafficking victims are women and girls.

"We have our work cut out for us as an organization as we tackle these issues head on. Sparkle Pink Club for Girls is a safe place where girls can gather monthly, be elevated and in a glittery environment, find their voice and confidence," states Brown.

When you reach a girl younger you arrive before fear and doubt have had an opportunity to take up residence. Once they know their value they will weigh EVERY decision against that.

Sparkle Pink Girls love the community. Our organization strives to match girls with opportunities to serve. Sparkle Pink Girls give out toys at Christmas at an annual event called Pink Christmas and share gently used clothing with others.

The CHAIR-ity is just another opportunity for the girls to shine and help raise awareness to the needs of others--they are excited to get creative and participate to give back!

To learn more about Sparkle Pink Club for Girls, events and how you can help and get involved explore at www.sparklepink.org.



THE CHAIR-ity IS JUST ANOTHER OPPORTUNITY FOR THE GIRLS TO SHINE AND HELP RAISE AWARENESS TO THE NEEDS OF OTHERS--THEY ARE EXCITED TO GET CREATIVE AND PARTICIPATE TO GIVE BACK!



AFFAIR

create something special with her family's enchilada sauce.....so last year the Lenten Enchilada fundraiser was born. "This year the signature event called the CHAIR-ity was just another way that I can make a difference and bring awareness to the great work done every day here at Catholic Charities," says McShane. "It promises to be a great event....everyone needs to come out and support this event....all the proceeds will benefit the Center for Hope!"





Chair-ity

Sponsorship Packages

\$10,000 Signature Title Sponsor

Signage with logo at event • Social media including website • All physical promotions with acknowledgement beginning immediately and continuing after event/afterglow • Acknowledgement throughout evening program
• Full page spread in program • Table stanchion with logo • 2 Tables at the event (20 tickets)

\$5,000 Live Auction Sponsor

Signage with logo at event
Social media acknowledgement
Signage with logo during live auction
Full page ad in program
Table stanchion with logo
1 Table at event (10 tickets)

\$2,500 Dinner Sponsor

Social media acknowledgement
Signage with logo during silent auction
Half page ad in program
Table stanchion with logo
1 Table at event (10 tickets)

\$2,000 Silent Auction Sponsor

Social media acknowledgement
Signage with logo during silent auction
Quarter page ad in program
Table stanchion with logo
1 Table at the event (10 tickets)

Table Sponsor \$1,000

Social media acknowledgement • Logo at table • Listing in Program • 1 Table at event -10 tickets

Online Auction Sponsor \$750

Social media acknowledgement • Signage with logo during online auction • Listing in program • 5 Tickets

Decorating Sponsor \$500

Social media acknowledgement • Listing in program • 2 Tickets

Contributing Sponsor \$250

Social media acknowledgement • Listing in program • 1 Ticket

For more information on how you can get involved, decorate a chair, or purchase tickets contact Joan Clarke on 810.232.9950 ext. 710 or email jclarke@ccsgc.org.





Volunteering IS THE NEW "WORKOUT"

"I feel energized when I am helping others." "My problems seem minute when I focus my attention on the needs of others." We've become closer as a family when we give our time to serve those in need."

We can all agree that volunteering makes an amazing difference in the lives of others. But did you know how much it actually helps you, as the volunteer?

From lowering stress to boosting confidence, to building a better brain, human interaction and socialization with others in need can provide you with a strong sense of value and purpose adding to your overall fitness. This is particularly true for older adults.

There are over 19 million articles on the web about volunteering and health. Many studies have been done over the past 2 decades documenting the

mental, physical and spiritual benefits of volunteering. What are the actual benefits of helping others? Some of them include:

STAY PHYSICALLY AND MENTALLY ACTIVE AND STIMULATE YOUR BRAIN.

A study released by Johns Hopkins University in 2009 revealed that volunteering increased brain functioning. By taking on new activities and challenges, volunteering has been shown to increase elasticity in the brain and decrease a person's risk of developing disease's such as Alzheimer's. Depending on the circumstances and your volunteer assignment, you may be asked to think critically, problem-solve or memorize lists of items and tasks – all of which are important brain exercises. Volunteering also gets you out of your routine and provides much needed physical movement and mental stimulation—

especially if you have a sedentary lifestyle.

DECREASE YOUR RISK OF

DEPRESSION AND ANXIETY.

Researchers have found that helping others reduces stress, which improves mental and physical health overall. Social interactions and physical demands have also been shown to reduce symptoms of poor mental health while preventing an individual from being in isolation and dwelling on negative thoughts and behaviors.

EXPERIENCE THE "HAPPINESS FACTOR".

You know that feel-good adrenaline rush that you get after a vigorous workout? It comes from a release of dopamine in the brain. Helping others has the same effect! It has been found that those "lending a helping hand" have higher self-esteem, confidence and are happier overall. When

DOING GOOD HELPS YOU LEAD A BETTER, HEALTHIER AND MORE FULFILLING LIFE.

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Lent

NOT JUST A PHYSICAL SACRIFICE

Ash Wednesday is one of the most important days in the Catholic liturgical calendar as it opens the Lenten season. This special day is mainly observed by Catholics, although many other Christians observe it too. Ash Wednesday has its roots in the ancient Jewish tradition of penance and fasting with the outward sign of wearing ashes on the forehead symbolizing the dust from which God made us. As the priest applies the ashes, he will speak one of several prayers such as: "Remember that you are dust, and to dust you shall return."

Lent is observed for 40 days and is a season of introspection and self-assessment, fasting and almsgiving. It also beckons us to consider making more time for daily prayer and becoming less self-centered, focusing our efforts on helping

those in need. During Lent, we replicate Jesus Christ's sacrifice and withdrawal "into the desert" to prepare for his own Passion and Death. We "withdraw" from our routines of daily life and take time to prepare ourselves for this most amazing of sacrifices.

Father Thomas Firestone, a board member here at Catholic Charities, has served the Flint Catholic Community for the past twelve years and is pastor at St. John Vianney Parish in Flint. Here's what he has to say about why we observe Lent:

"Most people associate Lent with 'giving up' something, which is ultimately about self-improvement. **Self-improvement is a good thing, but it fails to teach us that the true path to self-improvement, which Jesus taught us, is a life in service to others.** Lent requires a

genuine understanding of what Jesus taught us about sacrifice through his crucifixion.

Lent is not just about **sacrificing** our favorite dessert, that piece of dark chocolate or giving up our daily glass of wine with dinner. When we **fast** or **give up** something that is important to us, it clears away selfishness and comfort in our lives so that we are then able to **take notice of those suffering and in need.** It gives us a more personal experience to empathize with those in need. By making sacrifices in the name of Jesus' suffering and for those in need, we are showing them the Kingdom of God through our sacrifice and generosity. The irony being, that when we make a sacrifice to help others, and we see the results of our gift, it makes us feel so good that it doesn't seem like a sacrifice at all. Compassion truly provides its own reward."

How will you make sacrifices in your life this Lenten Season?

The aim of Lent, above all else, is to prepare for sincere **contemplation** on the Passion, Death and Resurrection of Christ with a purified heart, mind, body and soul. At Catholic Charities there are many ways to observe your Lenten practice by expressing **care and concern** for those who are hurting and in need.

Spend time helping others by **volunteering.** Our Community Closet and Soup Kitchens are always looking for volunteers because *we can't do what we do without you!*

Your Fridays in Lent can be a convenient (and tasty!) way to practice **fasting**...as we have a special treat for you! For the second year our Holy Moley fundraiser is back! Every Friday during Lent beginning Friday, March 8 through Friday, April 12, we will be selling cheese enchiladas, beans and rice made right here in the Catholic Charities Culinary Kitchen by Hilda McShane with volunteer assistance from individuals and groups in the community.

Last year Hilda came to Catholic Charities with an idea for a Lenten fundraising opportunity. It has always

been her dream to **do something special** with her family enchilada sauce recipe and what better way to **give back** during Lent? What she didn't anticipate was that her generosity would potentially create an untapped market in Michigan and a new career for herself! Proving the theory that when we are generous, it always comes back to us!

Hilda admits, as she's stirring sauce, that it's amazing what can happen when you listen to what God whispers in your ear. "This fundraiser has quickly blossomed into a community effort providing a new revenue stream for Catholic Charities, a venue for **volunteering** and a way to **fast from meat** on Fridays," says Vicky Schultz, CEO of Catholic Charities. Powers Catholic High School Seniors from the Capstone Program came in last year and this year to help Hilda prepare for Holy Moley 2019 -- they busily sorting beans and cleaning chilies."

All proceeds from *Holy Moley* benefit Catholic Charities' Center for Hope Warming Center. Make your **meat free**

"BY MAKING SACRIFICES IN THE NAME OF JESUS' SUFFERING AND FOR THOSE IN NEED SUFFERING, WE ARE SHOWING THEM THE KINGDOM OF GOD THROUGH OUR SACRIFICE AND GENEROSITY."

Fridays count! Your purchase of your enchilada lunch is actually a **donation**... every bite helps at risk families in Flint stay warm and safe during the winter months.

You can call now and place your order for your weekly Holy Moley lunch and starting on Friday, March 8 (and running every Friday during Lent) you can pick up your order at 901 Chippewa Street in Flint. You can call April at 810-232-9950 ext 708 or by visiting www.CatholicCharitiesFlint.org/holymoley. We have it on good authority that there are no calories in these *divinely* delicious enchiladas!

However you decide to observe Lent this year, we hope it will be a time of renewal....a true changing of your heart and mind through service to others that will last more than just 40 days. To learn more about **volunteering**, making a **donation** or **sharing your talents** to benefit others, please call Joan Clarke at 801.232.9950 ext 710 or email her at jjclarke@cscgc.org

Lenten Blessings to All!

VOLUNTEERING
CONTINUED FROM PAGE 11

you volunteer, you will enjoy a sense of fulfillment and purpose boosting your self-esteem and confidence.

IMPROVE YOUR FAMILY DYNAMICS AND INSPIRE OTHERS. Some nonprofits have found that those who volunteer often have a deeper desire to give back throughout their life. Getting the entire family involved (especially at a young age) creates meaningful traditions and lasting memories. Caring for others especially those in need, teaches children valuable life lessons about compassion, generosity and teamwork. Being a lifetime volunteer can also inspire friends, neighbors and co-workers to join the cause.

INCREASE YOUR SPIRITUALITY THROUGH EVANGELIZATION. Volunteering can open up opportunities for witnessing your faith and evangelization. It creates strong relationships to solidify our connectivity and responsibility for one another. Drawing everyone closer to Christ, we use Him as our example of service to those in need.

LIVE LONGER. Research has shown that volunteering may increase physical activity among those normally not active. Because of this, activity-based volunteer opportunities help to maintain a healthy weight, lower a person's risk of heart disease and may even increase their lifespan.

"One key to deriving health benefits from volunteering is to do it for the right reasons. A study in the journal *Health Psychology* found that participants who volunteered with some regularity lived longer, but only if their intentions were truly altruistic. In other words, they had to be volunteering to help others—not to make themselves feel better," says Stephanie Watson, Executive Editor of *Harvard Women's Health Watch* for Women.

Aristotle once surmised that the essence of life is "To serve others and do good". If recent research is any indication, service to others might also be the essence of good health.

For more information on volunteering, please contact Mary Stevenson, Volunteer Coordinator, Center for Hope at 810.232-9950 ext 712 or email her at: mstevenson@cscgc.org.





When women rally around an idea to change lives, anything is possible!

Women Providing Hope brings like-minded women together who have the power to improve lives and address the critical needs in our community.

We recognize the strength of women as philanthropists and volunteers and their unique position to influence future generations. We invite you to step forward and use your heart, head and hands to drive positive change.

Help. Hope. Healing.



www.CatholicCharitiesFlint.org/women-providing-hope

Catholic Charities is a champion for working families. We mobilize volunteers, community organizations and local leaders to find lasting solutions to the challenges in our region.

Join Now!

I commit to Women Providing Hope with my pledge of

- One Time Donation \$1,000
- Monthly Installment \$83.33/month
- Annual Contribution (Recurring)

901 Chippewa Street, Flint
email Joan Clarke at jclarke@ccsgc.org
810.232.9950 ext. 710

Help is waiting.

Catholic Charities offers outpatient counseling services for children, teens, adults, couples and families.



When life gets hard, and "you have fallen, get up. Never stay down. Get up and let people help you to your feet."

-Pope Francis

Counseling Services

Depression, Anxiety, Grief & Loss, Divorce, Anger Management, Substance Use, Addiction, Family Crisis, Domestic Violence, Parenting, and Pregnancy.

To book an appointment call Tammy Chambers 810.232.9950 ext. 170

Not Catholic? No Problem! We Serve All People.

Most insurances accepted. Fees based on a sliding scale. Supported by federal and state dollars through Region 10.



Foster Love Foster Hope Foster the Future Foster **YOU** by Fostering **THEM**

With a shortage of homes and the continued increase of children coming into care, children face uncertainties such as:

- Separation from their siblings.
- Multiple homes while in care.
- Placement in a residential facility until a home is available.

To find out more about becoming a foster parent

CALL TODAY

Deborah Pettway 810-232-3418 ext. 321



VOLUNTEER

Annual Appreciation Dinner
Please join us for this FREE event!

APRIL 17, 2019

Center for Hope Soup Kitchen
 812 Root Street, Flint
 2-4 pm

Without you we could not continue to provide Hope, Help and Healing within our communities. We hope you will join us so we can honor you for your hard work and commitment over the past year!

RSVP to John Manse on 810.785.6911 or jmanse@ccsgc.org



Thank You!
 Flint Chamber of Commerce

Casual for a Cause

Every week, employees were encouraged to wear jeans on Friday in exchange for a \$2 donation. At the end of the year, employees nominated and voted for a local charity to receive a donation. Thank you for choosing Center for Hope Warming Center!



Leave a Legacy

You can provide a brighter future for vulnerable men, women and children by naming Catholic Charities of Shiawassee and Genesee Counties as a beneficiary of your will, trust, retirement account or insurance policy.

For more information contact Joan Clarke
 910.232.9950 ext. 710 • jclarke@ccsgc.org



Catholic Charities St. Christopher Medical Transport Program

The St. Christopher Program provides free medical transportation to children who need care in out-of-county locations such as Ann Arbor, Detroit, and Lansing. For children who have chronic illnesses, and require long-term treatment, this program helps to ease the financial burden on their families.

For more information call
 810.397.9924

Providing Help...Creating Hope



givehope@ccsgc.org
www.ccsgc.org

Eva! We are all thinking of you and praying for you!

Our Special Healing Prayer for Eva Saseen, Powers Catholic Graduate and Volunteer with Catholic Charities

Lord, You invite all who are burdened to come to you. Allow Your healing Hand to heal our dear friend, Eva. Touch her soul with Your compassion for others; touch her heart with Your courage and infinite Love for all; touch her mind with Your Wisdom, and may her voice always proclaim Your praise. Teach her to reach out to You in all her needs and help her to lead others to You by her example of love and perseverance.

Most loving Heart of Jesus, bring her health in body and spirit that she may serve You with all her strength. Touch gently this life which you have created, now and forever. Amen.





Catholic Charities
901 Chippewa St.
Flint, MI 48503

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CALL APRIL NOW AT 810.232.9950 EXT. 708 TO PLACE YOUR ORDER!!

**St. Patrick's Day
Box Lunch Sale**
Thursday, March 14

All Proceeds Benefit Catholic Charities' Center for Hope



Corned beef & Swiss on rye
chips
coleslaw
pickle
and a treat!

\$8

To learn more & place your order visit
www.catholiccharitiesflint.org/boxlunch

HOLY MOLEY

LENTEN
CHEESE
ENCHILADAS
RICE & BEANS
LUNCH \$8

EVERY FRIDAY
DURING LENT
MAR. 8 - APR. 12

To place your order visit:
www.catholiccharitiesflint.org/holymoley