



# SDNB

*Salina Diocesan News Bulletin*

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Volume 483

April 2021

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## **OFFICE OF THE BISHOP**

**CONFIRMATION** dates for 2021-2022 are now being set. We have created a new online Confirmation Request form for the 2021-2022 Confirmation season available [HERE](#). Please have all date requests submitted by May 31st. Every parish, even if you are not preparing a Confirmation class, should complete the form. If you have any issues, please contact Corey at the Chancery.

**HOLY LAND COLLECTION** will take place on Good Friday, April 2nd. Thank you for promoting this important collection in your parishes. A copy of my letter of support for this collection was in the [March SDNB](#).

**HAPPY EASTER!** The Chancery will be closed on Friday, April 2 and Monday, April 5.

**HUMAN TRAFFICKING** inserts for your bulletin can be found below:

**APRIL - Sexual exploitation of children has flourished during the pandemic. Classes online opened the door wide to predators and their grooming tactics.** U.S. Catholic Sisters Against Human Trafficking ([sistersagainstrafficking.org](http://sistersagainstrafficking.org)), 2039 N Geyer Road, St. Louis, MO 63131.

**ABRIL - La explotación sexual de niños ha florecido durante la pandemia.** Las clases en línea abrieron la puerta de par en par a los depredadores y sus tácticas de seducción. Las Hermanas Católicas de los Estados Unidos contra la Trata de Personas es una organización 501 © (3) ([sistersagainstrafficking.org](http://sistersagainstrafficking.org)), 2039 N Geyer Road, St. Louis, MO 63131.

## ***MARK YOUR CALENDARS***

**KNIGHTS OF COLUMBUS CONVENTION** April 30 – May 2 in Topeka, Kansas.

**WOMEN RELIGIOUS APPRECIATION MASS** will be on May 11 at 11 A.M. at Sacred Heart Cathedral. Lunch will follow. All are encouraged to attend. Priests are invited to concelebrate the Mass.

**MEMORIAL MASS FOR MOTHERS** will be on May 13 at 2:00 P.M. at Our Lady of Perpetual Help in Concordia. Please see the Family Life section for more information.

**ST. ISIDORE'S DAY** will be celebrated this year on Friday, May 14, at Our Lady of Perpetual Help Church in Goodland, Kansas. See the Rural Life section for more details.

## **OFFICE OF THE BISHOP (cont.)**

**CLERGY HEALTH AND RETIREMENT BOARD** are scheduled for:

May 18, 2021                      Spiritual Life Center, Victoria

May 19, 2021                      Sacred Heart Cathedral, Salina

Invitations will be forthcoming.

## **OFFICE OF FINANCE**

**REMINDER** – The fee for the Corporate Annual Reports - \$40.00 is now due from each parish. If you have not already sent the \$40.00 to the Finance Office, please do so at your earliest convenience. A list of parishes that have not paid is below.

### **LIST OF PARISHES THAT HAVE NOT PAID THE CORPORATE ANNUAL REPORT FEES (\$40.00)**

Aurora	Glasco	Kanopolis
Belleville	Hays-C.C.C.	Minneapolis
Catharine	Hays-St. Joseph	Munden
Cawker City	Herington	New Almelo
Cuba	Hill City	Sharon Springs
Elmo	Hope	Tipton

**THE COMPENSATION FOR CLERGY PAGE** for your Diocesan Handbook has been updated with the new rate for clergy compensation, effective July 1, 2021 (Priests section, Section X, pages 61 and 62). A hard copy was mailed to you. If you have not received your copy, please let us know. You may make additional copies for any Blue Books that are in your parishes.

### **MARYMOUNT SCHOLARSHIPS AND MSGR. CLEMENT KRUSE SCHOLARSHIPS:**

There is a limited number of Marymount Scholarships available for students attending a Catholic College/University. There is a very limited number of Msgr. Clement Kruse Scholarships available for students attending any school of higher education (i.e., technical school, 4-year college/university). Please encourage any parishioners wishing to apply for either of these scholarships to go to the diocesan website to find the application. Once the application is complete (which includes a letter from their pastor stating how the student has been involved in the parish), the student will need to send the application to the Diocesan Finance Office. Please note that the application has changed from prior years and only the new application form will be accepted.

## **CLERGY CONTINUING EDUCATION**

The Priest's Retreat is scheduled for September 13<sup>th</sup>-16<sup>th</sup> at the Spiritual Life Center in Wichita. Please plan to attend, especially since we had to cancel both the Retreat last September and the Renewal Days in January. More information will be available as we get closer to the dates for the Retreat.

## **OFFICE OF YOUTH MINISTRY**

**JUNIOR CYO CAMP:** Camp is May 29-June 1, at Rock Springs Ranch, Junction City. Current 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders are invited to attend. We are limited to 161 participants. This includes the campers, counselors and adults. We can have 64 boys and 72 girls. Please send your registration forms into the office as soon as possible.

Counselors for this camp will be juniors and seniors in high school and college age students. The form to apply is in the mail. Please encourage your students to apply to be counselors.

**PRAYER AND ACTION:** We will be having this program this summer. The fee is \$75.00 per person for a week. We allow 60 persons per week. St. Joseph's Parish in Oakley will be hosting Prayer and Action the month of June. The first week June 6-11 will be College Week and June 13-18, June 20-25 and June 27- July 2, will be High School Weeks. In July, we will be at St. John's Parish in Beloit. We will have 3 weeks starting July 11-16, July 18-23 and July 25-30 for high school students. Please register your group as soon as possible. Some parishes have reserved their group already. We don't want to deny anyone from doing a week of this program.

**NCYC (National Catholic Youth Conference):** NCYC will be November 18-20, 2021. We have around 920 students and adults wanting to go to this conference. The registration fee is \$225.00 per person, and we will be able to buy tickets by May 1<sup>st</sup>. Please send in your 1<sup>st</sup> deposit by April 23, 2021 to reserve your tickets for your group. They are only allowing 10,000 to attend this year. The theme for NCYC is ABLAZE\*Encoende El Fuego. In the next few weeks, we will be putting together a packet for your Adult Youth Leader with the forms and all the information that we will get from the National Office. Thank you for your support and making NCYC possible for our youth. If you have any questions, please give Sr. Barb a call at 785-827-8746 x 49.

## **OFFICE OF RELIGIOUS EDUCATION**

**TOTUS TUUS:** We still have 3 openings available for you to sign up a TOTUS TUUS Team for your parish. We have 1 opening July 18-23 and 2 openings for July 25-30. Please contact Sr. Barb at the Chancery if you would like Totus Tuus at your parish.

## **OFFICE OF FAMILY LIFE**

**2021 DIOCESAN'S MEN'S CONFERENCE** is set for **Saturday, August 14<sup>th</sup>, at Immaculate Heart of Mary parish in Hays.** The theme is "Men of Hope" and falls on the feast day of St. Maximilian Kolbe, a great witness of hope in the darkest of times. Keynote speaker for the event is Chris Padgett, a leading expert on the life of St. Maximilian Kolbe. Please begin promoting and running announcements in your parish bulletins. Registration will be available online May 1<sup>st</sup>, and a flyer will be available soon to add as an insert in the bulletin and to be copied and distributed to men's groups such as K of C, etc.

**MARRIAGE PREP AND ENRICHMENT CALENDAR OF EVENTS** can be found on the diocesan website. Events are limited for now because of the pandemic. Please contact the Family Life office if you have questions regarding an event. Office number 785-827-8746, ext. 27.

## **OFFICE OF FAMILY LIFE (cont.)**

**FOCCUS** training is available online for Priests, Deacons and laity. Go to [foccus@foccusinc.com](mailto:foccus@foccusinc.com) to register or for more information on FOCCUS. There will also be in-person training available late Spring or early Summer in Salina. Date and time to be decided.

**MOTHER'S MASS**, celebrated by Bishop Vincke, for moms grieving the death of a child at any stage, conception to adulthood, is set for 2:00 P.M. on Thursday, May 13<sup>th</sup>, at Our Lady of Perpetual Help parish in Concordia. A reception in the parish hall will immediately follow Mass. Mothers planning to attend are asked to pre-register online so those planning the event know how many to prepare for, but please know all moms are welcome, pre-registered or not.

**MADE FOR MORE** originally scheduled for May 13<sup>th</sup>, 2020 has been rescheduled for **Thursday, Oct. 14<sup>th</sup>, 2021 in Manhattan**. Details of the event will be forthcoming later this Spring. Resources from the USCCB on all things related to Family Life can be found by going to the "Resources" link under Family Life on the Diocesan webpage.

## **OFFICE OF RESPECT LIFE**

The diocese would like to participate in the **Diocesan Rosary Congress** October 2<sup>nd</sup>-8<sup>th</sup>. Our Lady of Fatima requested of us to pray the rosary daily, to offer sacrifices for sinners and to consecrate ourselves and our families to her Immaculate Heart. The week-long Congress helps the faithful to see that we need this daily prayer in our lives. We NEED 7 parishes to participate with each parish committing to 24 hours of adoration with a Rosary being prayed each hour before the Blessed Sacrament. If your parish is interested in participating or if you would like more details before committing, please contact the Respect Life office.

**NATIONAL MARCH FOR LIFE 2022 is set for January 21<sup>st</sup>!** All parishes are encouraged to send at least one representative on the pilgrimage. Get it on your calendar NOW! Registration will be available online by early summer.

Resources from the USCCB on all things related to Respect Life can be found by going to the "Resources" link under Family/Respect Life on the Diocesan webpage.

## **OFFICE OF TRIBUNAL**

**ANNULMENT FORMS:** On the diocesan website, we now have a fillable version of the Initial Questionnaire and Petition form. It is in the Nullity Cases section which is associated with the Tribunal section of the website. On that same page, you will find a checklist, a narrative outline, and a brochure about what declarations of nullity are and how the process works.

As always, if you need to contact me (Fr. Peter) directly about something that relates to Archives or the Tribunal, feel free to email me at [frpeterquest@yahoo.com](mailto:frpeterquest@yahoo.com). My phone number in Herington is 785.258.2013.

## **OFFICE OF SAFE ENVIRONMENT**

**CHILD ABUSE PREVENTION MONTH:** During this month of April, let us continue our efforts to strengthen our family relationships and prevent child abuse before it happens. Please use the attached two documents (The Shepherd and Five Things Strong Families Have in Common) as resources for your parish, in your schools and to use in your own families.

**A KIND REMINDER-** If you have **not** turned in certification status sheets, children's data reports or parish bulletins with Safe Environment announcements, please do so as soon as possible. The end of our audit period is quickly approaching, and it is imperative that we have all the data we need from the parishes and schools in the Diocese of Salina. A special thank you to those who have already met these requirements.

## **PROPAGATION OF THE FAITH**

**MISSION COOPERATIVE APPEAL:** All assignments and contact information has been sent to all parishes in the diocese. If you have not received this information for your parish(es), please contact me at [brenda.streit@salinadiocese.org](mailto:brenda.streit@salinadiocese.org) as soon as possible. Once you have confirmed your dates with your assigned mission group, please email me this information.

## **OFFICE OF RURAL LIFE**

**THE RURAL LIFE COMMISSION MID-WINTER CONFERENCE** was held Saturday, March 13th. We are currently editing the tapes. The recordings of the presentations will soon be available for viewing on the diocesan website under Rural Life.

**ST. ISIDORE'S DAY WILL BE MAY 14TH.** Please note change. St. Isidore's Day is on May 15th. However, this year, May 15th is on a Saturday. In order to participate in the Ag events scheduled, we had to move our observance to Friday, May 14th. This also assists the priests who have Mass commitments on Saturday evenings. Now, they are able to attend all the St. Isidore's activities. We will begin at 10:00 A.M. (CST) at Our Lady of Perpetual Help Church in Goodland. Following coffee & donuts and an opening prayer, we will proceed to the Northwest Kansas Vocational College for a presentation on Precision Agriculture. Following the presentation at the NWKVC, we will drive to the AgSun operation in Brewster. Blessings of the Fields and Flocks will occur on the drive to Colby. We will conclude with 4:00 P.M. Mass with Bishop Vincke and dinner at Sacred Heart Church in Colby. For additional information, please contact Fr. Rich Daise at (785) 462-2179 or email at [frich@sacredheartcolby.com](mailto:frich@sacredheartcolby.com)

**RURAL LIFE DAY** will be August 15, in the East Central Deanery at the St. Boniface Parish in Tipton. The main feature of Rural Life Day is awarding of the Msgr. John George Weber Century Farm Awards. Families who have owned, farmed or lived on a farm in the diocese for 100 years or more are eligible to apply for the Century Farm Award. Applications for the award may be found on the diocesan website under Rural Life. While families living in the East Central Deanery are encouraged to apply for the award, any family living in the Diocese of Salina may apply for the Century Farm Award. The deadline for applications is August 1. For additional information, please contact Fr. Rich Daise at (785) 462-2179 or email at [frich@sacredheartcolby.com](mailto:frich@sacredheartcolby.com).

## **OFFICE OF RURAL LIFE (cont.)**

**RURAL LIFE SLOGAN COMPETITION:** The Rural Life Commission is conducting a slogan competition. We would like the slogan to be 4 or 5 words in length and to capture the mission and goals of the Rural Life Commission. Please ask you parishioners to send their entries to Art Befort at [crl@befort.org](mailto:crl@befort.org). More information will be available in the future.

## **OFFICE OF STEWARDSHIP AND DEVELOPMENT**



**BISHOP'S ANNUAL APPEAL:** Our appeal is doing well!! Thank you for conducting the participation weekend in each of your parishes. Participation weekend is a great opportunity to get new donors and catch the non-registered families as we invite them to join in our appeal. As of 3/23, we have \$1,206,286.40 pledged to the appeal from 2,377 donors.

Melanie will continue to send you goal reports on Tuesday afternoons. Thank you for sharing your parish progress towards goal with your parishioners.

Katie G. will continue to send out frequent communications with instructions and helpful tips. Your support and assistance are vital to the success of our appeal. Thank you in advance for your help!

**SEMINARIAN DINNER:** We are all eagerly waiting for Dcn. Brian's upcoming ordination to the priesthood! In the past, the development office hosted the Annual Seminarian Fundraising Dinner the Thursday before the priestly ordination. However, due to COVID, we had to move last year's dinner to August, which coincided with our seminarian collection weekend. The success of the collection and the dinner was tremendous! Additionally, the August date simply worked better for involved individuals. Therefore, we have decided to once again have our Seminarian Annual Fundraising Dinner in August. More details forthcoming.

## **OFFICE OF PUBLICATIONS**

**ARTICLE SUBMISSIONS:** Please share stories and photos from your parish or Catholic school to Katie at [theregister@salinadiocese.org](mailto:theregister@salinadiocese.org)

April paper	Content due: April 2
May paper	Content due: May 7

**ADVERTISEMENTS:** If you know of local businesses interested in advertising in our publications, please direct them to [theregister@salinadiocese.org](mailto:theregister@salinadiocese.org) or 785.827.8746 x19

## **CATHOLIC CHARITIES**

**THANK YOU** for your continued support of Catholic Charities! Our team is always available to assist you however we can – please do not hesitate to reach out if you have questions or ideas. Salina: 785-825-0208 | Manhattan: 785-323-0644 | Hays: 785-625-2644

**SAVE THE DATE:** The Catholic Charities Green Tie Celebration (annual fundraiser and auction) will be held IN PERSON on Saturday, July 17, 2021 at the Salina Country Club. More details coming soon! We are looking forward to a fun evening and hope you can join us!

**HOUSING PROGRAM:** Catholic Charities has received significant COVID-relief funding to house people who are homeless or at-risk of homelessness. This program is open to families across the entire Diocese and will be available until December 2021. Qualifying participants receive 3-6 months of housing assistance, financial coaching and case management. If you know of any families in the diocese who could benefit from this assistance, please direct them to call our office at 785-825-0208.

**JOB OPENING:** Catholic Charities is seeking a full-time Outreach Coordinator for the Hays office. This position will be responsible for mobile outreach services from the Hays location as we grow our services throughout the region. They will also help the agency build relationships with other organizations, volunteers and community groups in the area served by the Hays office. Learn more at [www.ccnks.org/jobs](http://www.ccnks.org/jobs).

**NEW STAFF:** Olivia Ayres has joined Catholic Charities as the new communications coordinator. As a member of the development team, Olivia oversees the website, social media, print media, video, newsletters and more! We are very excited to have her on board. Her email address is [oayres@ccnks.org](mailto:oayres@ccnks.org).

**MOBILE OUTREACH:** Catholic Charities Mobile Outreach vans will be bringing boxes of food and hygiene items, as well as diapers, laundry detergent and other basic necessities to families in Plainville, Oakley, Norton, WaKeeney, Russell, Ellsworth, Beverly, Wilson, Lincoln, Beloit, Osborne, Washington, Mankato, Concordia, Clay Center, Minneapolis, Abilene, Chapman, Junction City and Herington. The Mobile Outreach Vans travel on Wednesdays each month. The April 2021 Mobile Outreach schedule is available at [www.ccnks.org](http://www.ccnks.org).

## **OFFICE OF COMMUNICATIONS**

**WEBSITE:** Thank you to everyone who has submitted changes through the Directory Update link. If your parish has any updates or changes that need to be made on your parish page on the diocesan website, please fill out the Directory Update form in the quick links on the bottom of the website. You can also refer to the Website Update Flyer PDF and follow the steps to submit your Directory changes.

If you have any parish events you would like to have to our website [calendar](#) please send the details to [communications.office@salinadiocese.org](mailto:communications.office@salinadiocese.org).

**OFFICE OF COMMUNICATIONS (cont.)****From the Heart Podcast**

To listen to our diocesan podcast, click any of the links below.

- Anchor - <https://anchor.fm/fromtheheartcatholic>
- Spotify - <https://open.spotify.com/show/3JZVJbr9ocp9C7LJma7Mxj>
- Google Podcasts  
- <https://www.google.com/podcasts?feed=aHR0cHM6Ly9hbmNob3IuZm0vcy8zNWNhZjlxYy9wb2RjYXN0L3Jzcw=>
- Apple Podcasts - <https://podcasts.apple.com/.../from-the.../id1531522453>

**Follow us on social media!**

Instagram: [salina\\_diocese](#)

Facebook: [SalinaDiocese](#)

Twitter: [@SalinaDiocese](#)

YouTube: [Salina\\_Diocese](#) or [www.youtube.com/salinadioceseks](http://www.youtube.com/salinadioceseks)

# May 2021

Sunday		Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
								<b>1</b> K of C Convention, Topeka
<b>2</b> K of C Convention, Topeka		<b>3</b>		<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Mother's Day Graduation, St. Boniface, Tipton Graduation St. John's. Beloit		<b>10</b>		<b>11</b> Women's Religious Appreciation Mass, S. H. Cathedral, Salina, 11 am	<b>12</b>	<b>13</b> Memorial Mass For Mothers, Concordia, 2 pm	<b>14</b> St. Isidore Day, OLPH, Goodland	<b>15</b> Deacon Aspirant Formation
<b>16</b> Graduation, Sacred Heart, Salina		<b>17</b>		<b>18</b> Clergy Health & Retirement Board, Victoria	<b>19</b> Clergy Health & Retirement Board, Salina	<b>20</b>	<b>21</b>	<b>22</b> TMP Baccalaureate & Commencement, Hays
<b>23</b> Pentecost Sunday	<b>30</b> CYO Camp	<b>24</b>	CHANCERY CLOSED CYO Camp Memorial Day	<b>25</b>	<b>26</b> Totus Tuus Team Training, Wichita May 26-June 3	<b>27</b>	<b>28</b> Counselor's mtg. CYO Camp, Rock Springs Ranch	<b>29</b> CYO Camp, Rock Springs Ranch, May 29-June 1

\*\*\*\*\* All scheduled events are tentative at the time of publication. Please check for updates with your parish/chancery

# THE SHEPHERD

"I AM THE GOOD SHEPHERD, AND I KNOW MINE AND MINE KNOW ME, JUST AS THE FATHER KNOWS ME AND I KNOW THE FATHER; AND I WILL LAY DOWN MY LIFE FOR THE SHEEP"

~JOHN 10:14-15

The Catholic Church is absolutely committed to the safety of children. Together we can make a Promise to Protect, and Pledge to Heal.

April is National Child Abuse Prevention Month



National Child Abuse Prevention Month recognizes the importance of communities working together to help families thrive and prevent child abuse. During the month of April and throughout the year, schools, parishes, and communities are encouraged to increase awareness about child and family well-being and work together to implement effective strategies that support families and prevent child abuse and neglect.

Families are central to child safety, permanency, and wellbeing, and ALL families need support. For families with limited resources or those facing additional challenges, the need for assistance is even greater.

We are part of a culture that is called to protect and heal. We value the prevention of abuse and the support of those who have been abused.

Each one of us must continue to play a role in strengthening this culture within families. We must continue to be vigilant by making sure abuse is taken seriously and reported. We must be aware of inappropriate behaviors and report concerns through proper channels. We must advocate for the victims by listening and believing their story. Let us pray for all victims of abuse, for those who provide help for the abused, and for teachers and mentors who work with children. And finally, let us pray for all families who are the first to show God's love, that they can provide safe and nurturing environments for their own children.

Let us continue to help children thrive by supporting families BEFORE they reach a crisis.

**Our voices are more powerful together.  
Spread the Word About Child Abuse Prevention!**



Any allegation of the abuse of a minor, may be reported to the  
Kansas Protection Report Center  
800.922.5330  
KBI Crime Hotline  
800.572.7463  
or  
ClergyAbuse@kbi.ks.gov  
The Diocese of Salina fully participates in all criminal investigations related to abuse perpetrated by a member of the clergy or other church official.

For the safety of children and healing of those who have suffered abuse, the Diocese of Salina provides

Hotline: 866.752.8855 #1067

Website: [www.reportandprotect.com](http://www.reportandprotect.com)

Email: [reportabuse@salinadiocese.org](mailto:reportabuse@salinadiocese.org)

Reports will be responded to promptly by the Victim Assistance Coordinator.

*"Rescue me, Lord, from my foes,  
for I seek refuge in you."*

- Psalm 143:9



Safe Environment Office  
Diocese of Salina

To report an incident of sexual abuse and related misconduct by a Bishop or Religious Superior currently or in the past, the Catholic Bishop Abuse Reporting Services provides  
Hotline: 800.276.1562  
Website: [reportbishopabuse.org](http://reportbishopabuse.org)

All reports are confidential with the exception of those involving the abuse of minors which will be immediately reported by the Diocese to the proper authorities, as required by Kansas State Law and Diocesan Policy.

Let us look to our own families and communities and try to strengthen all families as we continue our efforts in protecting children and maintaining safe environments so our children can learn, pray and grow. It is our intent to strengthen children and families by advocating, educating, and supporting **ALL** families. Each of us has a stake in protecting children. By increasing family stability, enhancing child development, and raising awareness of prevention efforts, it is our hope that we truly can help stop child abuse and neglect before it ever occurs.

Healthy ways to strengthen family relationships:

- Show your love to your children.
- Set boundaries.
- Listen and empathize.
- Share your thoughts and feelings.
- Spend time together as a family.
- Pray together.

Continue reading [here](#) for more information and other ways to support and strengthen family relationships.



*Holy Family of Nazareth,  
make us more mindful of  
the sacredness of the family  
and its beauty in God's plan.  
Pray with us that our  
families will be places  
of communion and prayer, and  
authentic schools of the gospel.  
Jesus, Mary, and Joseph,  
graciously hear our prayer.*

As we continue in this year of St. Joseph, let us continue to pray and dedicate our work as Safety Coordinators through the intercession of St. Joseph.

Let us entrust this journey with families all over the world, to the Holy Family of Nazareth, in particular to St. Joseph, devoted spouse and father.

*Live as the holy family, a model in which all families of the world can find inspiration.*

YOU CAN MAKE A DIFFERENCE IN A CHILD'S LIFE.

TO LEARN MORE ABOUT THE SAFE ENVIRONMENT TRAINING PROGRAM,  
PLEASE CALL THE SAFE ENVIRONMENT OFFICE -785-827-8746 #24

**PROMISE**  
To Protect



**Pledge**  
To HEAL

Wendy Backes  
Safe Environment  
Program Coordinator  
785.827.8746 #24  
[wendy.backes@salinadiocese.org](mailto:wendy.backes@salinadiocese.org)

Maria Cheney  
Victim Assistance  
Coordinator  
866.752.8855 #1067  
[reportabuse@salinadiocese.org](mailto:reportabuse@salinadiocese.org)

Kim Hoelting  
Human Resources  
Director  
785.827.8746 #28  
[kim.hoelting@salinadiocese.org](mailto:kim.hoelting@salinadiocese.org)



CATHOLIC DIOCESE  
of SALINA

# The Five Things Strong Families Have in Common

Prosperous communities are built on strong families. Strong families have five things in common that help their children's well-being. When these "protective factors" are present, parents have the support and tactics they need to parent well, even in times of stress.

**Parent Flexibility and Inner Strength:** This is the ability to bounce back when things are not going well. It includes knowing where to find help in times of trouble. Your ability to deal with life's ups and downs also serves as a model for your children.

*Ways to Build and Maintain Flexibility and Inner Strength*

- Take care of yourself – get enough sleep, eat well, and exercise
- Manage stress by exercising regularly, relaxing to music, or using meditation or prayer
- Plan ahead and have a plan in place for stressful situations
- Ask for support from family, friends, your church, and other community sources
- If needed, look for community programs that offer services or support, such as mental health and counseling services, substance abuse treatment, domestic violence programs, and self-help support groups

**Knowledge of Child Development:** This is awareness of normal infant, childhood, and teen development.

*Parents with this information:*

- Have consistent rules and expectations
- Treat their children with respect
- Listen to their children
- Provide opportunities for children to make decisions
- Adjust their parenting style to the personality and age of each child

**Strong Emotional Attachments:** Bonding with your child and meeting their basic needs is the foundation of a positive and loving connection. When you respond to your young children, you are building healthy brain architecture on which all later development is formed. As your children get older, you are teaching them how to treat others in positive ways.

**The Ability to Meet Needs:** This is the ability to meet your family's basic needs for food, clothes, housing, and transportation. It is also knowledge of how to find services such as childcare, health care, and mental health services when you need them.

**Social Connections:** Parents need a group of supportive friends, family, and neighbors. These are the people you can call on when you need to talk things out, advice, or help meeting a basic need.

*Benefits of a social group*

- Helps ease the burden of parenting
- Models positive social relationships for children
- Gives children access to other supportive adults
- Provides support in crises
- Offers opportunities to help others

*Ways to meet new people*

- Introduce yourself to your neighbors
- Join or start a parent's group or playgroup
- Join a story time group at your local library
- Attend PTA meetings at your child's school
- Volunteer in your child's classroom or offer to chaperone field trips
- Take your children to a local park or playground

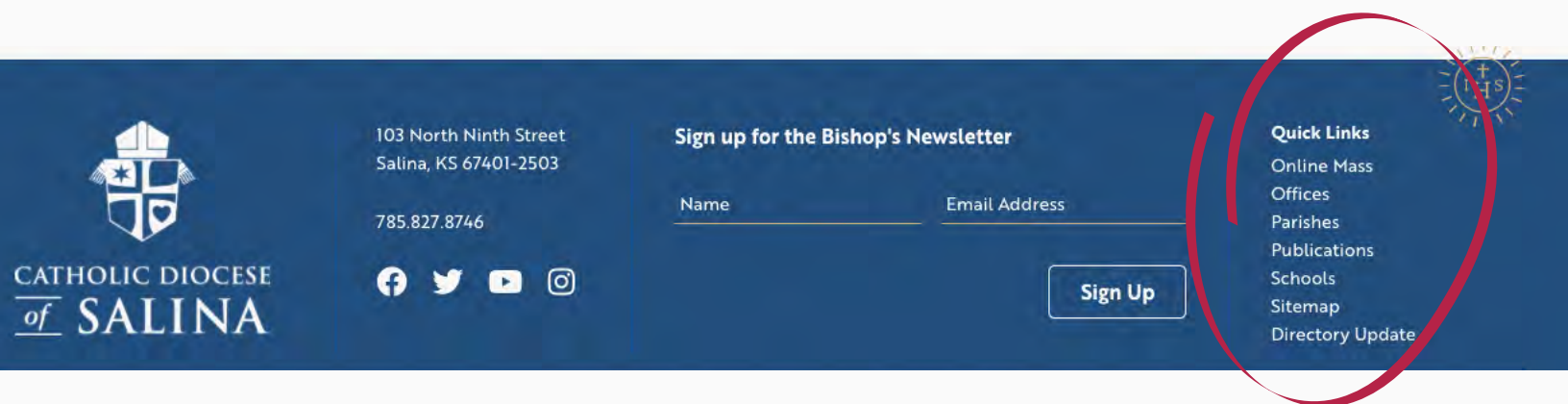
Together, we can prevent  
child abuse,  
America...Because  
childhood lasts a  
lifetime.

Adapted from Strengthening Families and  
Communities: 2010 Resource Guide.

© 2010 Child Welfare Information Gateway.

## HOW TO UPDATE MY PARISH INFORMATION

1. Go to [salinadiocese.org](http://salinadiocese.org)
2. Scroll down to the bottom of the page
3. Click "Directory Update" under Quick Links



## HOW TO FILL OUT THE DIRECTORY UPDATE FORM

1. Type your Name
2. Enter your parish name and city
3. Enter your email
4. Let us know what needs to be updated
5. Submit your change

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## WHO RECEIVES YOUR UPDATE?

Your update is automatically sent to the following offices:

- Communications - Matea Gregg & Colleen Augustine
- Chancery Receptionist - Brenda Streit
- Development - Melanie Melander
- Other - Wendy Backes

## **WHEN ANY OF THE FOLLOWING INFORMATION CHANGES FOR YOUR PARISH, PLEASE FILL OUT THE DIRECTORY UPDATE FORM**

- Email
- Phone Number
- Website
- Mass/Confession Times
- Donation Link (if applicable)
- Pastor email
- Pastor Phone Number

**FOR ANY OTHER WEBSITE  
QUESTIONS OR PROBLEMS,  
PLEASE CONTACT:**

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