



# SDNB

*Salina Diocesan News Bulletin*

Volume 521

July 2024

## **OFFICE OF THE BISHOP**

**THANK YOU** to all who celebrated my 25<sup>th</sup> Ordination Anniversary Celebration. Your thoughtfulness and support are very appreciated.

**CONFIRMATION** schedule for next year is still being finalized. If you have any questions or need to have your parish included in the schedule, please let Brenda know as soon as possible.

**CHANCERY CLOSED** on Thursday, July 4 in observance of Independence Day. Have a safe and happy 4th!!

**CATHOLIC CHARITIES ANNUAL GREEN TIE FUNDRAISER** will take place on July 13 at the Salina Country Club beginning at 6:00 P.M. Please visit <https://cnks.org/greentie> or contact Catholic Charities for more information (785.825.0208).

**NFP AWARENESS WEEK is July 21-27.** Thank you for promoting NFP in your parishes. There are many great resources available on the USCCB website ([www.usccb.org/topics/natural-familyplanning/national-nfp-awareness-week](http://www.usccb.org/topics/natural-familyplanning/national-nfp-awareness-week)). Please see the Office of Natural Family Planning for more information.

**WORLD DAY FOR GRANDPARENTS AND THE ELDERLY** will take place each year on the fourth Sunday in July, close to the feast of Ss. Joachim and Anne (July 26). This year, the special day will be celebrated on July 28. Please recognize these groups of people at your Masses.

**ISOLATED CATHOLICS** - If you know someone who is suffering from an experience in their faith life that has left them wounded, disadvantaged, and self-isolated from the community – their voices can be heard. A six-week program will run every Tuesday, August 13<sup>th</sup> through September 17<sup>th</sup> for those who are isolated from the Catholic faith. Their life experiences as a suffering Catholic, matters. The program is free of cost and spaces are limited. Registration will close once all spaces are filled or by July 26<sup>th</sup>. Acceptance will be communicated in a preliminary conversation. Please scan the QR code or contact [projectwounded@gmail.com](mailto:projectwounded@gmail.com) to find out more information about this program and how you can register!



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

**ANNUAL SEMINARIAN FUNDRAISING DINNERS** are scheduled for July 31 in Salina at the Hilton Garden Inn, August 1 at City Limits in Colby and August 2 at Rose Garden in Hays. These events will start at 5:15 P.M. Visit the Diocesan website or call the Chancery to purchase tickets. Thank you for your support.

**HUMAN TRAFFICKING** inserts for the bulletin are found below:

**JULY-** Human trafficking is a market-driven industry that is based on the rules of supply and demand. It is important to address the forces of demand which fuel them. Alliance to End Human Trafficking-Founded and Supported by US Catholic Sisters 7575 Grand River Ave.1-1009, Brighton, MI 48114.

**JULIO** - La trata de personas es una industria impulsada por el mercado que se basa en las reglas de oferta y demanda. Es importante abordar las fuerzas de la demanda que la alimentan. La alianza para poner fin a la trata de personas: fundada y apoyada por hermanas católicas de los EE. UU. 7575 Grand River Ave.1-1009, Brighton, MI 48114

**THÁNG BẢY** – Nạn buôn người là một kỹ nghệ theo thị trường thúc đẩy dựa trên các nguyên lý cung cầu. Quan trọng là phải giải quyết các lực cầu thúc đẩy chúng. Liên Kết để Chấm Dứt Nạn Buôn Người – Do các Nữ Tu Công Giáo Hoa Kỳ thành lập và nâng đỡ. 7575 Grand River Ave. 1-1009, Brighton, MI 48114.

## **MARK YOUR CALENDARS:**

**THE ANNUAL SEMINARIAN COLLECTION** is the weekend of August 11-12. Thank you for your support with this important collection.

**CLERGY HEALTH AND RETIREMENT BOARD** meeting is scheduled for August 22 at 1:30 P.M. in Salina.

## **OFFICE OF VOCATIONS**

**THE VOCATIONS BBQ** is scheduled for August 4th beginning at 3:00 P.M. at St. Nicholas of Myra Parish in Hays. Priests are encouraged to think of young men 7th grade and above from their parishes that would benefit from this event, and RSVP this information by July 19th to [sandy.losey@catholictigers.org](mailto:sandy.losey@catholictigers.org). A parent is welcome to attend along with their son. Seminarians will also be in attendance for discerners to visit with.

**THE SEMINARIAN DINNERS** are scheduled as follows:

- July 31 – Salina, Hilton Garden Inn
- August 1 – Colby, City Limits Convention Center
- August 2 - Hays, Rose Garden Banquet Hall

## **EUCHARISTIC REVIVAL**

**EUCHARISTIC CONFERENCE** hosted by FHSU Comeau Campus Center, Aug. 9-10:  
Please check out the Salina Diocese website for all the latest information on the conference.

Conference Homepage Link--<https://salinadiocese.org/office/eucharistic-conference/>

List of Speakers--<https://salinadiocese.org/office/eucharistic-conference/speakers/>

Frequently Asked Questions Link--<https://salinadiocese.org/office/eucharistic-conference/faqs/>

Mail in registration form--<https://salinadiocese.org/wp-content/uploads/2024/05/Paper-Mail-In-Form.pdf>

Online Registration Link-- <https://salinadiocese.typeform.com/salinaeucharist?typeform-source=salinadiocese.org>

### **BULLETIN INSERT:**

We are asking all parishes to insert a full-page insert into their bulletins during the first few weekends in July.

Side 1-Flyer with QR code to online registration—<https://salinadiocese.org/wp-content/uploads/2024/05/Eucharistic-Conference-QR-code.pdf>

Side 2-Mail in registration form--<https://salinadiocese.org/wp-content/uploads/2024/05/Paper-Mail-In-Form.pdf>

Thanks so much for all your help getting this out to everyone in our diocese!

## **OFFICE OF HUMAN RECOURCES**

### **EFFECTIVE July 1, EMPLOYEE HANDBOOK EDITS.**

#### **TIME AWAY FROM WORK**

1. Sick leave accumulation limit was 30 days; the accumulation limit was raised to 45.  
(Intent was to have the potential to save more paid time in the event of a FMLA type event.)
2. Vacation accrual for those with 20+ years of service is a vacation accrual of 4 weeks.  
Previously you had to wait for 24 years of service.

Please check your site-specific information to see if this is applicable to your location.

## **OFFICE OF FERTILITY CARE AND NATURAL FAMILY PLANNING**

**JULY 21-27 IS NATIONAL NFP AWARENESS WEEK:** Every July we celebrate National Natural Family Planning Awareness Week alongside the anniversary of Pope St. Paul VI's encyclical *Humanae Vitae* and the feast day of Saints Joachim and Anne, the grandparents of Jesus. These three things together offer us the opportunity to reflect on God's plan for human love, particularly in marriage and family. During the month of July, the NFP Office will be sharing quotes and explanations from *Humanae Vitae* as well as witnesses from teachers, women, and couples throughout our diocese. Follow along at: [facebook.com/salinafertilitycare](https://facebook.com/salinafertilitycare) OR [instagram.com/salinafertilitycare](https://instagram.com/salinafertilitycare)

**NFP WEEK RESOURCES:** Included in this month's SDNB are several resources for NFP Week, many of which can also be used year-round. These can be posted on parish bulletin boards and/or inserted in parish bulletins. Also included are homily notes from the USCCB for priests and deacons preaching about NFP Week.

NFP Week 2024 Poster (English and Spanish versions)  
 2024 NFP Week Bulletin Insert (English and Spanish versions)  
 Diocese of Salina FCPs flyer  
 2024 NFP Week Homily Notes

**WONDER OF EVE PROGRAM:** All FertilityCare Practitioners in our diocese are available to talk with students in our Catholic schools and parish religious education programs about God's beautiful design and gift of fertility. Our Practitioners are trained to present the *Wonder of Eve* program produced by the Archdiocese of St. Louis (flyer attached). Presentations can be tailor made to fit the age of the students from 5<sup>th</sup> to 12<sup>th</sup> grade. Our Practitioners can also talk with college students and adults about the many spiritual and physical benefits of Fertility Appreciation.

## **OFFICE OF COMMUNICATIONS**

### **COMMUNICATIONS DEADLINES:**

July Issue: July 5th (in home 7-26)  
 August: Aug.2nd (in home 8-23)  
 September: Sept. 6th (in home 9-27)

You can contact the editor, Lori Leiszler, at 785.827.8746 x114 or by email: [lori.leiszler@salinadiocese.org](mailto:lori.leiszler@salinadiocese.org) or [theregister@salinadiocese.org](mailto:theregister@salinadiocese.org)

## **OFFICE OF SAFE ENVIRONMENT**

Wendy Backes / [wendy.backes@salinadiocese.org](mailto:wendy.backes@salinadiocese.org) 785.827.8746 x124

**MANDATORY MICROSOFT TEAMS MEETINGS:** The dates for the Microsoft Team Meetings for Safety Coordinators of schools and parishes are tentatively scheduled for July and August. You will be contacted by email for further information and instructions.

## **OFFICE OF SAFE ENVIRONMENT (cont.)**

**AUDIT PERIOD:** The audit period for 2023-2024 ended June 30th. Any user in the CMGConnect database who had an expired status or had an unfinished Safe Environment Curriculum has now been archived. When you start to think about the new school year (I know the year just ended), please begin contacting all new educators, employees, and volunteers, those employees, educators, and volunteers who were archived and want to continue ministering, and those employee, educators, and volunteers who need to renew the Safe Environment protocol, as soon as possible. Training and background checks must be completed before beginning ministry.

**THE SHEPHERD:** Please continue to use this quarterly newsletter to stay current with information from the Safe Environment Office and the Diocese of Salina as you continue to provide safe environments for the children and youth in your care.

**SHOUT-OUTS:** The Safe Environment Office will resume Safety Coordinator Shout-Outs in September when school is back in session. Thank you for all you do as we continue our mission, *promise to protect, pledge to heal.*

## **CATHOLIC CHARITIES**

**ANNUAL CAMPAIGN REBRAND:** We are excited to announce that we have rebranded our annual campaign as "Igniting Hope: Annual Campaign for Our Neighbors in Need." The parish kickoff weekend will be October 26-27. Stay tuned for more information!

**OUTREACH NEWS:** We are excited to announce that we will be adding permanent stops in Atwood and Hill City to our outreach program! We can't wait to serve even more communities across northern Kansas!

**JULY OUTREACH SERVICES SCHEDULE:** Catholic Charities Outreach Services vans will be bringing boxes of food and hygiene items, as well as diapers, laundry detergent and other necessities to individuals and families in Abilene, Atwood, Belleville, Beloit, Beverly, Chapman, Clay Center, Concordia, Ellsworth, Herington, Hill City, Hoxie, Junction City, Lincoln, Mankato, Minneapolis, Norton, Oakley, Oberlin, Osborne, Phillipsburg, Plainville, Russell, Smith Center, WaKeeney, and Washington. The July Outreach Services schedule is attached. You can also view the full, up-to-date Outreach Services schedule anytime at [www.ccnks.org/outreach](http://www.ccnks.org/outreach).

### **UPCOMING EVENTS:**

**GREEN TIE CELEBRATION – July 13:** Catholic Charities' annual fundraiser, the Green Tie Celebration, will be held Saturday, July 13 from 6-10 PM at the Salina Country Club. This festive evening will include a social hour, live music, dinner, impactful testimonials, and a live auction presented by Gene Francis & Associates. Seats are limited, so reserve your spot by June 28th! To reserve seats, donate, or both, visit [www.ccnks.org/greentie](http://www.ccnks.org/greentie). Questions? Contact Jessica Allen at 785-825-0208 or [jallen@ccnks.org](mailto:jallen@ccnks.org).

## **CATHOLIC CHARITIES (cont.)**

### **WAYS TO HELP:** Help Catholic Charities Help Others with Dillon's Pickup Bags!

Did you know that the bags used for online grocery orders at Dillon's can make a big difference? Catholic Charities recycles them to create hygiene kits for those in need in our communities. Every bag counts! Please consider dropping off your Dillon's Pickup bags at any of our three office locations in Salina, Manhattan, and Hays. Your contribution will directly impact those facing hardship in northern Kansas. Let's work together with Catholic Charities to make a positive change!

**IN-KIND DONATIONS WELCOME!** Did you know that Catholic Charities gladly accepts in-kind donations? Your generosity makes a difference in the lives of those we serve. Please see the attached list of needed items. Every donation is valued and appreciated. Learn more at [www.ccnks.org/inkind](http://www.ccnks.org/inkind). Thank you for your support!

**WALMART REGISTRY FOR GOOD:** Are you looking for an easy way to help our neighbors in need? The Walmart Registry for Good offers a simple way to purchase essential food, hygiene, and baby items and ship them directly to our warehouse in Salina. Visit [www.ccnks.org/inkind](http://www.ccnks.org/inkind), where you'll find a link to our Walmart registry. Explore the food, hygiene, and baby lists by clicking the link. Once you've selected your items, proceed to checkout. These items will then be shipped directly to the Salina warehouse and distributed among our three locations in Salina, Hays, and Manhattan, benefiting our neighbors in need across northern Kansas.

**VENMO GIVING:** Supporting Catholic Charities of Northern Kansas is easier than ever with our Venmo account! With the click of a button, you can provide compassionate care to those facing financial and emotional hardship throughout our communities. To donate and change a life, simply scan the QR code below or visit our Venmo account @catholiccharitiesofnk. Thank you for helping our neighbors in need!



**venmo**

### **JOB OPENINGS:**

Licensed Therapist - Hays – Part Time

Catholic Charities is hiring a Licensed Therapist at our Hays location. We are looking for a compassionate, driven, and organized individual to provide affordable mental health care to those in need across northern Kansas. To learn more and apply, visit [www.ccnks.org/careers](http://www.ccnks.org/careers)

**TAX CREDIT SCHOLARSHIP:** Support Catholic Education in the Salina Diocese and receive a 75% State Tax Credit! The Scholarship Granting Fund for the Catholic Diocese of Salina is accepting donations and is able to offer a 75% tax credit. Please email Tyler Greenman, CEO for Catholic Foundation, at [tyler.greenman@salinadiocese.org](mailto:tyler.greenman@salinadiocese.org). This school year, over \$119,000 was awarded to schools for 96 students in the Salina Diocese.

**NOW HIRING:** Experience the JOY of teaching in a Catholic school! Browse the available positions and apply online: <https://salinadiocese.org/office/human-resources/>

**ENROLLMENT:** Schools will be gearing up for enrollment for the 2024-2025 school year. Please contact your local Catholic school if you have questions.

**SUMMER ENGAGEMENT:** Some of our schools are able to host summer programs to help keep students engaged in learning and to build healthy relationships with one another. Summer is a time for students to get out and explore, play and refresh.

## **CATHOLIC FOUNDATION FOR DIOCESE OF SALINA**

**NEW FOUNDATION WEBSITE!** We are thrilled to announce the launch of our new website for the Catholic Foundation for the Diocese of Salina! This revamped site is designed to provide easier access to information about our mission, initiatives, and how you can support the work we do for our faith community.

Here are some of the exciting features:

Seamless Navigation – find the information you need quickly and efficiently.

Updated Design – a fresh, new modern look that reflects our commitment to serving our community and donors.

Enhanced Donation Process- making a gift to support your faith is now simpler than ever – with a variety of ways to give, and online giving to support a parish, ministry, school or appeal.

Emphasis on Foundation Funds – get information on funds held at the foundation and donate directly to funds.

Events and News – stay informed about upcoming events, news, and updates from the foundation.

We invite you to visit our new website at [givecfds.org](http://givecfds.org) (and bookmark it!). You can also find it via [salinadiocese.org](http://salinadiocese.org) – under “offices”. We look forward to your feedback and hope you find the new website enriching and informative.

**BISHOP’S ANNUAL APPEAL 2024:** Thank you for all your help with the Bishop’s Annual Appeal. As of 6/24/24 we are \$1,795,141 and 74.8% of the goal. If you have any questions, please contact Heather Hartman at 785-738-7336 or [heather.hartman@salinadiocese.org](mailto:heather.hartman@salinadiocese.org)

**PARISH RESOURCES:** One idea for your Prayer Petition is below, or find others at: [bit.ly/BAresources](http://bit.ly/BAresources)

*That we are called to support the ministries of our church and the mission of our diocese through the Bishop’s Annual Appeal, that through our participation we continue to be channels of the living and loving presence of Christ, we pray to the Lord ...*

## **CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)**

**CONGRATULATIONS** to the thirteen parishes who have exceeded their goal in the Bishop's Annual Appeal!

**SEMINARIAN DINNERS:** We are hosting three Seminarian Fundraising Dinners this year. These events allow parishioners to meet our current seminarians, hear all the good news from the Vocations Office, and make a gift to directly support our seminarians!

Wednesday July 31<sup>st</sup> – Salina – Hilton Garden Inn, 3320 S 9<sup>th</sup> St.

Thursday August 1<sup>st</sup> – Colby – City Limits Convention Center, 2227 S Range Ave.

Friday August 2<sup>nd</sup> – Hays – Rose Garden Banquet Hall, 2350 E 8<sup>th</sup> St.

We will be emailing a graphic to parishes to use in bulletins.

Sample bulletin announcement-

*Show your support for the Diocese of Salina seminarians at the Annual Seminarian Fundraising Dinners – July 31<sup>st</sup> – Salina, August 1 – Colby, August 2 – Hays. The evening begins at 5:15 P.M. and includes a cocktail hour, a delicious dinner, and a program. The ticket price per person is \$60. RSVPs are due by **July 17<sup>th</sup>**. To register or to make a gift to support our seminarians, visit [bit.ly/salinasems](http://bit.ly/salinasems)*



**FREE ESTATE PLANNING Seminars – Creating Your Catholic Legacy:** The Foundation staff is currently scheduling free estate planning seminars! These are an opportunity for members of our diocese to learn more about the importance of getting your affairs in order as well as provide information on the variety of ways to create a legacy of faith.

Estate planning is for **ALL AGES** regardless of the size of their “estate”– once someone starts retirement accounts, has life insurance, a family, purchases a home – they need a plan! If your parish would like more information on hosting a free seminar, please contact Corrina Hudsonpillar at 785-639-2100 or [corrina.hudsonpillar@salinadiocese.org](mailto:corrina.hudsonpillar@salinadiocese.org)

## **OFFICE OF FAMILY LIFE**

**ENGAGED ENCOUNTER:** The Engaged Encounter Team has put together their 2024-2025 dates. We are so grateful to this awesome team and all they do for our diocese's engaged couples!

September 27-29, 2024

February 7-9, 2025

April 4-6, 2025

June 6-9, 2025



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

**EUCHARISTIC CONFERENCE** hosted by FHSU Comeau Campus Center

Please help us reach your parish's families. We have some great speakers who will discuss the value of families and the Domestic Church in relation to the Eucharist. It would be great for our families to hear this. Thanks so much for your help in getting the word out.

Conference Homepage Link--<https://salinadiocese.org/office/eucharistic-conference/>

List of Speakers--<https://salinadiocese.org/office/eucharistic-conference/speakers/>

Frequently Asked Questions Link--<https://salinadiocese.org/office/eucharistic-conference/faqs/>

Mail in registration form--<https://salinadiocese.org/wp-content/uploads/2024/05/Paper-Mail-In-Form.pdf>

Online Registration Link-- <https://salinadiocese.typeform.com/salinaeucharist?typeform-source=salinadiocese.org>

## **RELIGIOUS EDUCATION AND YOUTH MINISTRY**

**JR. CYO CAMP:** Registration has begun for Jr CYO Camp. For more information, please visit our website. <https://salinadiocese.org/office/office-of-youth-ministry/junior-cyo-camp/>

**EUCHARISTIC CONFERENCE hosted by the FHSU Comeau Campus Center:**

Please distribute the attached flyer to all your families in your religious education/CYO programs. We have incredible speakers coming for our youth and families. They will not want to miss Bishop Joseph Espailat. Please email, text, and put the PDF flyer in your bulletin!

<https://salinadiocese.org/wp-content/uploads/2024/05/Eucharistic-Conference-QR-code.pdf>

**USCCB HANDBOOK FOR CATECHESIS:** The USCCB has released its Handbook on the Catechetical Accompaniment Process (CAP). This resource was developed by the Institute on the Catechism, a work of the Subcommittee on the Catechism under the Committee of Evangelization and Catechesis at the United States Conference of Catholic Bishops (USCCB).

The CAP is a two-part document

Part 1—This section outlines the process and guidelines for approving curriculums, book series, and classroom resources.

Part 2—A handbook to help dioceses and parishes better implement the 2020 Directory of Catechesis. The Directory (2020) lays out the how-to guidelines for catechesis and presents universal norms to guide pastors and catechists in evangelization.

We will work with DREs and Catechists to implement the CAP over the next few years, but if you want to get ahead of the curve, I recommend reading both the 2020 Directory of Catechesis and the CAP.

Link to purchase the 2020 Directory of Catechesis (only in print format)--  
<https://www.ordersv.com/product/directory-for-catechesis>

Link to purchase the Handbook on the Catechetical Accompaniment Process (print format)  
<https://www.amazon.com/Handbook-Catechetical-Accompaniment-Institute-Catechism/dp/B0D6429YRH>

Link to download the Handbook on the Catechetical Accompaniment Process (PDF format)  
<https://salinadiocese.org/wp-content/uploads/2020/10/Handbook-on-the-CAP-2024.pdf>

**RELIGIOUS EDUCATION AND YOUTH MINISTRY (cont.)**

**\*NEW DRE's or YOUTH MINISTERS:** If you have not signed up for our weekly newsletter, please do so. It comes out every Monday at 6 A.M. <http://eepurl.com/hMHHnj>

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Seminarian Dinner, City Limits Convention Center, Colby, 5:15pm	<b>2</b> Seminarian Dinner, Rose Garden, Hays, 5:15pm	<b>3</b> St. Boniface Parish Picnic, Tipton, Mass at 4pm
<b>4</b> Seminarian BBQ w/Priests, 5:45pm, St. Nicholas of Myra, Hays	<b>5</b> ACTS XXIX Conference, Detroit, Aug. 5-8	<b>6</b> K of C Supreme Convention, Quebec City, Quebec, Aug. 6-8	<b>7</b>	<b>8</b>	<b>9</b> Eucharistic Conference, CCCC, Hays	<b>10</b> Eucharistic Conference, CCCC, Hays
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Solemnity of the Assumption of the Blessed Virgin Mary CHANCERY CLOSED	<b>16</b>	<b>17</b>
<b>18</b> Rural Life Day	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Clergy Health & Ret. Board, 1:30p Catholic Charities Board mtg., 6pm (in person)	<b>23</b>	<b>24</b> SDCCW Convention, Immaculate. Conception Church, Grinnell
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Lay Review Board mtg, 4pm	<b>30</b>	<b>31</b> Kanopolis Annual Mexican Fiesta, Mass at 4pm Jr. CYO Camp, 31-Sept 2



# LOVE

## BEYOND MEASURE

Natural Family Planning...  
supporting God's gifts of love and life in marriage



Connect with a Salina Diocese Practitioner today at [www.salinafertilitycare.org](http://www.salinafertilitycare.org)





# EL AMOR SIN MEDIDA

La Planificación Familiar Natural...  
apoya los dones de Dios del amor y la vida en el matrimonio



Conéctese con un profesional de la Diócesis de Salina hoy en [www.salinafertilitycare.org](http://www.salinafertilitycare.org)





# LOVE BEYOND MEASURE

Natural Family Planning...  
supporting God's gifts of love and life in marriage

## Married Love and the Gift of Life

By Rev. Robert R. Cannon, MA, JCL



Married love is a sacred gift beyond measure. As Pope Francis writes, “Love is more than a mere feeling” its fruitfulness “allows us to experience the happiness of giving” (*Amoris laetitia*, 94). The unique giving of self by the spouses reflects God’s love—love beyond measure!

In the book of Genesis, from the very beginning of creation, God designed marriage to image His love in the world—love that is permanent, faithful, total, and fruitful. God created marriage to be a covenant of shared love to unite a man and a woman for the whole of life, to become one flesh. “That is why a man leaves his father and mother and clings to his wife, and the two of them become one body” (Gen 2: 24). Between a baptized man and a baptized woman, marriage is a sacrament instituted by Christ (see *Code of Canon Law*, c.1055, §1, §2).

Marriage as envisioned by God has a richness and depth far different from the typical secular approach to marriage. The bishops of the United States

expressed this uniqueness very simply in this clear teaching about the purpose of marriage which is:

[M]ore than a civil contract; it is a lifelong covenant of love between a man and a woman. It is an intimate partnership in which husbands and wives learn to give and receive love unselfishly, and then teach their children to do so as well. (*Married Love and the Gift of Life*, p. 3).

At the heart of marriage lies the gift of human sexuality. The two-fold powers of love and life shared by spouses expresses a “nuptial” hope-filled quality. Love comes to life in the one flesh union of spouses. By its very nature and purpose, married love is meant to be a total gift of oneself. When a husband and a wife give themselves entirely to each other, their sacrificial love imitates the saving love of Christ poured out for our salvation.

One virtue often not mentioned regarding marriage is marital chastity. Chastity of mind, heart, and body supports fidelity in married love. Chastity empowers spouses to honor these gifts. It fosters a selfless, generous love, and reverence for each other. The virtue of chastity strengthens spouses to reject anything that would harm the dignity and sanctity of their marriage. It is a powerful antidote against a secular culture that undermines the sacred nature of marriage and family. An important aid to marital chastity are the methods of Natural Family Planning (NFP).

Today we are fortunate to have ethical methods of NFP which can aid a married couple in their desire to become pregnant or postpone a pregnancy. By understanding the signs of fertility and infertility a married couple can better cooperate with God's plan for their marriage. The methods of NFP help spouses to act responsibly in stewarding the gift of fertility they both share. Chastity is an essential element in NFP as spouses embrace God's design for marital love. That is because the NFP means to postpone or avoid pregnancy is periodic sexual abstinence. When the couple discerns that God is not calling them to have another child, they then do nothing to harm God's design of love and life. They simply abstain from the marital embrace during their time of fertility. Through marital chastity, husband and wife learn how to express their love through the wisdom of restraint—meaning that they will discover and live those little ways of expressing tenderness, respect, and consideration to each other. Then when they move into the infertile time of their fertility, husband and wife can be free to express their love as only they can in marriage.

If you are married or getting engaged to be married, consider learning a method of NFP. The practice of an NFP method will be a blessing in your marriage. NFP can help you and your spouse to embrace God's gifts of human sexuality, fertility, marital love, and parenthood. If a husband and a wife want to nourish their love and grow their family, NFP methods can become a practical and ethical support of their marital union.

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## Learn More

The US Bishops' NFP Program has good information for your marriage at [usccb.org/nfp](https://usccb.org/nfp).

To learn more about Catholic teaching on marriage, married love and responsible parenthood, see [usccb.org/topics/natural-family-planning/church-teaching](https://usccb.org/topics/natural-family-planning/church-teaching).

Read the US bishop's document *Married Love and the Gift of Life* at [usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/Married-Love-and-the-Gift-of-Life-English-version.pdf](https://usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/Married-Love-and-the-Gift-of-Life-English-version.pdf).

To learn more about NFP see [usccb.org/topics/natural-family-planning/what-natural-family-planning](https://usccb.org/topics/natural-family-planning/what-natural-family-planning).

Want to learn a method of NFP? Visit [usccb.org/topics/natural-family-planning/nfp-national-providers](https://usccb.org/topics/natural-family-planning/nfp-national-providers).



Fr. Cannon is a priest of the Diocese of Venice and is currently serving as the chancellor of the Archdiocese of the Military Services, USA.

Questions? Contact [nfp@usccb.org](mailto:nfp@usccb.org).

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# EL AMOR SIN MEDIDA

La Planificación Familiar Natural...  
apoya los dones de Dios del amor y la vida en el matrimonio

## El amor matrimonial y el don de la vida

Por Padre Robert R. Cannon, MA, JCL



El amor conyugal es un don sagrado sin medida. Como escribe el papa Francisco, “el amor no es sólo un sentimiento”, su fecundidad “nos permite experimentar la felicidad de dar” (*Amoris laetitia*, 94). La entrega única de sí mismos por parte de los esposos refleja el amor de Dios, ¡amor sin medida!

En el libro de Génesis, desde el principio de la creación, el designio de Dios para el matrimonio es para representar Su amor en el mundo, un amor que es permanente, fiel, total y fructífero. Dios creó el matrimonio para que fuera un pacto de amor compartido para unir a un hombre y una mujer para toda la vida, y ser una sola carne. “Por eso el hombre deja a su padre y a su madre y se une a su mujer, y los dos son un solo cuerpo” (Gn 2, 24). Entre un hombre bautizado y una mujer bautizada, el matrimonio es un sacramento instituido por Cristo (cf. *Código de Derecho Canónico*, c.1055, §1, §2).

El matrimonio, tal como lo concibió Dios, tiene una riqueza y profundidad muy diferentes del enfoque secular típico del matrimonio. Los obispos de Estados

Unidos expresaron esta singularidad de manera muy simple en esta clara enseñanza sobre el propósito del matrimonio, que dice:

Más que un contrato civil; es una alianza de toda la vida entre un hombre y una mujer. Es una unión íntima en la que los esposos y las esposas aprenden a dar y recibir generosamente, para después enseñar a sus hijos a hacer lo mismo. (*El amor matrimonial y el don de la vida*, p. 3).

En el corazón del matrimonio se encuentra el don de la sexualidad humana. Los dos poderes del amor y de la vida compartidos por los esposos expresan una cualidad “nupcial” llena de esperanza. El amor cobra vida en la unión de una sola carne de los cónyuges. Por su propia naturaleza y propósito, el amor conyugal está destinado a ser un don total de uno mismo. Cuando un esposo y una esposa se entregan enteramente el uno al otro, su amor de sacrificio imita el amor salvador de Cristo derramado por nuestra salvación.

Una virtud que a menudo no se menciona con respecto al matrimonio es la castidad conyugal. La castidad de



la mente, el corazón y el cuerpo apoya la fidelidad en el amor conyugal. La castidad da poder a los cónyuges para honrar estos dones. Fomenta el amor desinteresado y generoso y la reverencia mutua. La virtud de la castidad fortalece a los cónyuges para rechazar cualquier cosa que pueda dañar la dignidad y la santidad de su matrimonio. Es un poderoso antídoto contra una cultura secular que socava la naturaleza sagrada del matrimonio y la familia. Una ayuda importante para la castidad conyugal son los métodos de Planificación Familiar Natural (PFN).

Hoy en día tenemos la suerte de contar con métodos éticos de PFN que pueden ayudar a una pareja casada en su deseo de quedar embarazada o posponer un embarazo. Al comprender las señales de fertilidad e infertilidad, una pareja casada puede cooperar mejor con el plan de Dios para su matrimonio. Los métodos de la PFN ayudan a los cónyuges a actuar de manera responsable en la administración del don de la fertilidad que ambos comparten. La castidad es un elemento esencial en la PFN, ya que los cónyuges abrazan el designio de Dios para el amor conyugal. Esto se debe a que el medio de la PFN para posponer o evitar el embarazo es la abstinencia sexual periódica. Cuando la pareja discierne que Dios no los está llamando a tener otro hijo, entonces no hacen nada para quebrantar el designio divino para el amor y la vida. Simplemente se abstienen del abrazo conyugal durante su tiempo de fertilidad. Por medio de la castidad conyugal, el esposo y la esposa aprenden a expresar su amor en la sabiduría de la moderación, lo que significa que descubrirán y vivirán esas pequeñas formas de expresar ternura, respeto y consideración el uno al otro. Luego, cuando entran en el tiempo infértil de su fertilidad, el esposo y la esposa pueden ser libres de expresar su amor como solo ellos pueden hacerlo en el matrimonio.

Si estás casado o comprometido para casarte, considera la posibilidad de aprender un método de PFN. La práctica de un método de PFN será una bendición en su matrimonio. La PFN puede ayudarte a ti y a tu cónyuge a abrazar los dones de Dios de la sexualidad humana, la fertilidad, el amor conyugal y la paternidad. Si un esposo y una esposa quieren alimentar su amor y hacer crecer su familia, los métodos de PFN pueden convertirse en un apoyo práctico y ético de su unión matrimonial.

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## Para aprender más sobre este tema:

El Programa de PFN de los Obispos de EE. UU. tiene buena información para su matrimonio en [usccb.org/nfp](http://usccb.org/nfp).

Para obtener más información sobre la doctrina católica sobre el matrimonio, el amor conyugal y la paternidad responsable, consulte [usccb.org/topics/natural-family-planning/church-teaching](http://usccb.org/topics/natural-family-planning/church-teaching).

Lee el documento de los obispos de EE.UU. *El amor matrimonial y el don de la vida* en [usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/MARRIED-LOVE-AND-THE-GIFT-OF-LIFE-ENGLISH-version.pdf](http://usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/MARRIED-LOVE-AND-THE-GIFT-OF-LIFE-ENGLISH-version.pdf).

Para obtener más información sobre las PFN, consulta [usccb.org/topics/natural-family-planning/what-natural-family-planning](http://usccb.org/topics/natural-family-planning/what-natural-family-planning).

¿Quieres aprender un método de PFN? Visita

[usccb.org/topics/natural-family-planning/nfp-national-providers](http://usccb.org/topics/natural-family-planning/nfp-national-providers).



El P. Cannon es sacerdote de la Diócesis de VENECIA y actualmente se desempeña como canciller de la Arquidiócesis de los Servicios Militares, EE. UU..  
¿Preguntas? Comuníquense con [nfp@usccb.org](mailto:nfp@usccb.org).

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## Conéctese con un profesional de la Diócesis de Salina hoy en [www.salinafertilitycare.org](http://www.salinafertilitycare.org)

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# “LOVE BEYOND MEASURE”

## NATURAL FAMILY PLANNING

*Supporting God’s gifts of love and life in marriage.*

National Natural Family Planning Awareness Week

July 21–27, 2024

Homily Notes

*Janet McLaughlin*

The sacrament of marriage symbolizes Christ’s relationship with His Church. What is this relationship but one of generous, self-sacrificing, passion-filled, and fruitful love! When married couples live their vocation according to Church teachings, especially regarding the transmission of life, many benefits can be reaped. Indeed, married couples who use Natural Family Planning (NFP) report that the benefits include growth in: understanding and appreciation of their fertility; emotional maturity—especially in their spousal communication; holiness; and respect for God’s gifts for married love.

The following notes are meant to aid the priest or deacon in planning his homily during NFP Awareness Week. The homily is not the place where details of NFP methodology are provided. The homily should include the core of the Church’s teachings that support NFP use in marriage with possibly some basic NFP information added.

We ask that pastors have NFP resources available in the church vestibule during NFP Awareness Week. Please contact your diocesan Office of Marriage and Family Life Ministry or the USCCB’s NFP Program ([nfp@usccb.org](mailto:nfp@usccb.org)) for assistance. It would also be helpful to ask NFP teachers or promoters to staff information tables after Mass. Again, contact your diocesan marriage ministry or faith formation staff for assistance.

For free resources, including short articles and two-page bulletin inserts for your parish, see [usccb.org/topics/natural-family-planning/national-nfp-awareness-week](https://www.usccb.org/topics/natural-family-planning/national-nfp-awareness-week). See also <https://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/new-nfp-resources> for a complete list of USCCB NFP resources. If you have a parish e-mail list, consider inserting NFP information with a link to the USCCB NFP page (<https://www.usccb.org/nfp>) and your diocese’s website (<https://www.usccb.org/topics/natural-family-planning/directory-diocesan-marriage-family-life-directors-and-nfp>). And be sure to include the NFP Week bulletin insert for your Sunday bulletin (see <https://www.usccb.org/topics/natural-family-planning/nfp-bulletin-inserts>).

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NOTE: Natural Family Planning (NFP) is the umbrella title for those methods of family planning that are based on fertility education. NFP methods can be used to either attempt or postpone conception. For avoiding conception, the use of NFP requires the married couple's integration of periodic sexual abstinence into their lives. No devices or drugs are used to harm God's design for married love. NFP methods call for husband and wife to learn, understand, and apply the information in their conjugal life. NFP methods are the only methods of family planning that support the married couple's relationship and the child who may come from them. NFP methods respect God's design for married love. Read more at <https://www.usccb.org/topics/natural-family-planning/what-natural-family-planning>.

## NFP WEEK—HOMILY NOTES

### Love Beyond Measure

Natural Family Planning ...  
*supporting God's gifts of love and life in marriage*

Sunday, July 21, 2024

SIXTEENTH SUNDAY IN ORDINARY TIME (Year B)

*God Teaches through the Church out of Love*

Lectionary:107

Reading 1: Jer 23:1–6

Responsorial Psalm: Ps 23:1–3,3–4, 5, 6

Reading 2: Eph 2:13–18

Gospel: Mk 6:30–34

If you have ever been to a large sporting event or have watched one on TV, you have probably seen someone holding up a sign that reads, “John 3:16.” This Gospel passage tells us that “God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.” St. John emphasizes God’s love in 1 John 4:16, “We have come to know and to believe in the love God has for us. God is love, and whoever remains in love remains in God and God in him.” God is love, and he loves each of one of us.

Today’s readings show us some of the ways God’s love for us is expressed. In the first reading, we are assured of God’s attentiveness to us and our needs. He comforts us in our fear and trembling and gives us security. This message is reinforced in the Responsorial Psalm. The Lord is our shepherd; he watches over us, guides us, and provides us. We can trust that he will never leave us. In the Letter to the Ephesians, St. Paul assures us that in the Lord we find peace—for he is our peace; through him, “we have access in one Spirit to the Father.” Finally, in the Gospel, we are told that seeing “the vast crowd,” Jesus’ “heart was moved for pity... and he began to teach them many things.” In his love, He saw the needs of their hearts and was moved to care for them by teaching them.

In today’s world, this last expression of love, that of Jesus’ teaching, is one that is often overlooked or even dismissed. We live in a culture that emphasizes self-reliance and self-determination. We are encouraged to make up our minds for ourselves. As a consequence, many people forget to turn to the Church and trust her wisdom. However, Jesus continues to look on the needs of the world with pity, seeing our need for a shepherd, and in love, he continues to teach through his body on earth, the Church. Yes, as Catholics, we believe that it is Jesus himself teaching through the Church, and we believe that he teaches out of love for us.

Jesus said, “I am the way and the truth and the life” (John 4:6) and that he came that we might have abundant life (John 10:10). The *Catechism* tells us the in God’s perfect love, he created us to participate in his own divine life and happiness (cf. *Catechism of the Catholic Church*, 1). In his revelation of himself, he has provided the “answer to the questions that man asks himself about the meaning and purpose of his life” (CCC 68). It is in following him that we find true happiness.

Today is the first day of this year’s celebration of National Natural Family Planning (NFP) Awareness Week, the week in which we celebrate the anniversary of St. Paul VI’s encyclical *Humane vitae*. The theme for this year’s reflection is *Love Beyond Measure* and provides the opportunity to reflect on the Church’s teaching regarding marriage and responsible parenthood—especially how to live married love authentically.

Venerable Fulton Sheen said, “There are not over a hundred people in the United States who hate the Catholic Church. There are millions, however, who hate what they wrongly believe to be the Catholic Church.” Today, we could say that there are millions of people who think they know the Church’s teaching on married love and responsible parenthood and disagree with it. Many set the teaching aside as unrealistic or as a burden, yet the majority have done so without having had an open mind and really studying the whys or the how’s of the teaching and what is required to practice it or the high effectiveness of modern methods of NFP.<sup>1</sup>

God’s plan for married love and responsible parenthood is based on the Lord’s love for us and his desire for us to live abundantly. Part of living abundantly is growing in the holiness to which each of us is called. It is “precisely because the love of husband and wife is a unique participation in the mystery of life and of the love of God Himself” that the Church “has received the special mission of guarding and protecting the lofty dignity of marriage and the most serious responsibility of the transmission of human life” (*Familiaris consortio*, 29). It is because marriage, sexuality, and fertility are so good that the Church strives to protect our understanding of them and provides guidance on how to live in a way that respects and honors their God-given meaning. Living one’s marriage relationship according to God’s plan is a means to growth in both holiness and joy.

Marriage images the relationship between Christ and the Church (see Eph 5:21–32). In *Amoris laetitia*, Pope Francis writes,

Christian marriage, as a reflection of the union between Christ and his Church, is fully realized in the union between a man and a woman who give themselves to each other in a free, faithful and exclusive love, who belong to each other until death and are open to the transmission of life and are consecrated by the sacrament. (*Amoris laetitia*, 292)

In fact, the family is called the “domestic church” (see CCC, 2204; *Familiaris consortio*, 21; and *Lumen gentium* 11) and “...in a world often alien and even hostile

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1. For information on NFP effectiveness see <https://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/effectiveness>.

to faith, believing families are of primary importance as centers of living, radiant faith” (CCC, 1656).

Married couples are called to “progress towards an ever-richer union with each other on all levels—of the body ... character ... heart ... intelligence and will, of the soul” (*Familiaris consortio*, 19). NFP is a means by which a couple lives “the complete and limitless reciprocal love” to which they are called; as St. Pope John Paul II, taught when we speak of NFP we are not speaking of just respect for the fertility cycle. According to him, “In a much more complete way, it entails upholding the truth of the person’s profound unity of spirit, psyche and body” (John Paul II, Message to the participants in the International Convention on “Natural Regulation of Fertility and Culture of Life,” January 28, 2004, [https://www.vatican.va/content/john-paul-ii/en/speeches/2004/january/documents/hf\\_jp-ii\\_spe\\_20040130\\_conv-fertility.html](https://www.vatican.va/content/john-paul-ii/en/speeches/2004/january/documents/hf_jp-ii_spe_20040130_conv-fertility.html)). NFP evidences a profound respect and love beyond measure for one’s spouse in his or her totality, body and spirit, desiring not just good, but the best, for him or her.

As God loves the Church beyond measure, as he loves each of us beyond measure, we are all called to love beyond measure. And this is true in a particular way in marriage.

In God’s providence, different NFP methods exist, so that couples can find the one best suited to their particular situation. Obtaining qualified instruction and follow-up in a particular method allows a couple to use NFP regardless of where the woman is in her reproductive life cycle. The self-discipline involved “far from being a hinderance to love one another” is a source of spiritual blessings and “fosters in husband and wife thoughtfulness and loving consideration for one another. It helps them to repeal inordinate self-love, which is the opposite of charity. It arouses in them a consciousness of their responsibilities” (*Humanae vitae*, 21). In other words, NFP helps a couple grow and love beyond measure as well as effectively planning their family.

Take time this week to let the Lord teach you. Explore what he says through the *Catechism of the Catholic Church* or in the U.S. bishops document *Married Love and the Gift of Life* (see <https://www.usccb.org/resources/Married%20Love%20Final%20Text%20Nov06%20for%20Website%20-%20Copy.pdf>). Trust the Lord and let him shepherd you, guiding you in his truth to the peace and joy that only he can give.

*Please add the intention below in the Sunday Prayers of the Faithful:*

**That husbands and wives will open their hearts to a deeper understanding of God’s plan for marriage and embrace Natural Family Planning as a means to grow in their love for one another, we pray to the Lord ...**

*For additional intercessory prayers see <https://www.usccb.org/resources/Generic-NFP-Week-Petitions.pdf>.*

## DAILY READINGS, July 22–27

### THE SIXTEENTH WEEK IN ORDINARY TIME

#### Monday, July 22, 2024 / Love in Action

Feast of Saint Mary Magdalene

Lectionary: 603

Reading 1: SGS 3:1–4B or 2 Cor 5:14–17

Responsorial Psalm: Ps 63:2, 3–4, 5–6, 8–9

Gospel: Jn 20:1–2, 11–18

Today is the Feast of St. Mary Magdalene and through her example, we are called to reflect on our love for God. In the Gospel, we see Mary’s deep love for Christ. She can’t wait to go to the tomb to care for his body, going to the tomb while it is still dark. She is crushed when Jesus’ body isn’t there. You can hear her anguish when she responds to the angels, “They have taken my Lord, and I don’t know where they laid him” and in her pleading with the one whom she thinks is the gardener, “Sir, if you carried him away, tell me where you laid him, and I will take him.”

Mary demonstrates the passionate love for Christ that we are each called to: love beyond measure. This love is not just an emotional feeling; it involves action. In Mary’s case, we see her desire to care for the Lord’s body. This same kind of love is illustrated in both of the options for the first reading. One option is from the Song of Songs and shows the deep desire of the bride to find the one she loves, and her love moves her to search him out. The other option is from Second Corinthians and speaks of the impact the love of Christ has in our lives as disciples: it impels us to live for him. In the response of the Responsorial Psalm, love for the Lord is expressed through very physical experience of thirst.

In these readings we see that our bodies, our physical being and experiences, matter. The *Catechism* teaches that “the believer’s body and soul already participate in the dignity of belonging to Christ. This dignity entails the demand that he should treat with respect his own body, but also the body of every other person...” (CCC, 1004). St. Paul asks, “Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body” (1 Cor 6:19–20).

We are body and soul, and in the love of a married couple, “Sexuality is ordered to the conjugal love of man and woman. In marriage the physical intimacy of the spouses becomes a sign and pledge of spiritual communion” (CCC, 2360). This physical intimacy, which is meant to unite the couple in deep intimacy, is also the means through which new life comes about. It is only when “each of these essential qualities, the unitive and the procreative, is preserved, the use of marriage fully retains its sense of true mutual love” (see *Humanae vitae*, 12).

In a recent research presentation about couples who use NFP, Mike Manhart, PhD, discussed results that demonstrate higher “levels of spiritual intimacy in their marriage, even when controlling for regular Mass attendance, and in turn these higher



levels of spiritual intimacy positively predicted higher levels of relationship satisfaction.” Manhart said that “NFP can be viewed as a theology in practice and understood as a dyadic level spirituality for couples in the church” (see [www.youtube.com/watch?v=IdZsWMw4vBg&list=FLcqG1fMoGFsWY1YawLUwTQw](http://www.youtube.com/watch?v=IdZsWMw4vBg&list=FLcqG1fMoGFsWY1YawLUwTQw)).

We are called to love beyond measure. For married couples, this love “involves a totality, in which all the elements of the person enter—appeal of the body and instinct, power of feeling and affectivity, aspiration of the spirit and of will. It aims at a deeply personal unity, the unity that, beyond union in one flesh, leads to forming one heart and soul; it demands indissolubility and faithfulness in definitive mutual giving; and it is open to fertility” (*Familiaris consortio*, 13). NFP provides the means to plan one’s family while respecting the fullness of what married love entails.

Loving the Lord means embracing his will for our lives, not just in our ideas or prayers but in our actions as well. Jesus said, “If you love me, you will keep my commandments” (Jn 14:15). NFP is a means for a couple not only to enhance their own intimacy and unity but also to grow in their love for Christ.

*Please add the intention below in the Sunday Prayers of the Faithful:*

**That all people will grow in their love of Christ and desire to follow him without limits, and that Natural Family Planning will come to be seen as means to grow in holiness within marriage, we pray to the Lord ...**

*For additional intercessory prayers see <https://www.usccb.org/resources/Generic-NFP-Week-Petitions.pdf>.*

## Tuesday, July 23, 2024/God's Will in Everything

Lectionary: 396

Reading 1: Mi 7:14–15, 18–20

Responsorial Psalm: Ps 85:2–4, 5–6, 7–8

Gospel: Mt 12:46–50

In today's Gospel, Jesus says "Whoever does the will of my heavenly Father is my brother, and sister, and mother." This is similar to the passage where a woman called out, "'Blessed is the womb that bore you, and the breasts at which you nursed!' But he said, 'Blessed rather are those who hear the word of God and keep it'" (Luke 11:27–28). What we see here is greater than the love between mother and child—it is the love of God. Essential to loving God is the desire to do his will.

And what is God's will? We might think of prayer and following his commandments. We might think of active charity—living the corporal and spiritual acts of mercy. Another essential element of living God's will, one that can be overlooked, is that of fulfilling the duties of our state in life well. Everything in our life should reflect our relationship with the Lord. St. Pope John Paul II said, "The concept of holiness should not be thought of as something extraordinary, as something outside the bounds of normal everyday life. For God calls his people to lead holy lives within the ordinary circumstances in which they find themselves: at home, in the parish, in the workplace, at school, on the playing field" (John Paul II, To Bishops of the Episcopal Conference of Scotland on their ad Limina visit, March 4, 2003, [https://www.vatican.va/content/john-paul-ii/en/speeches/2003/march/documents/hf\\_jp-ii\\_spe\\_20030304\\_bishops-scotland.html](https://www.vatican.va/content/john-paul-ii/en/speeches/2003/march/documents/hf_jp-ii_spe_20030304_bishops-scotland.html)).

The decision about family planning is an element of everyday life where married couples have a tangible opportunity to trust the Lord and his teaching and choose to say yes to Him. Natural Family Planning is a means for a couple to grow in their love for one another and to grow in holiness. St. Pope John Paul II said that through NFP and the periodic abstinence required to avoid pregnancy a couple is led to "deepen their knowledge of each other and achieve a harmony of body, mind, and spirit which strengthens and encourages them on their journey together through life. It is marked by a constant dialogue and enriched by the tenderness and affection which constitute the heart of human sexuality" (John Paul II, Address to Participants of the Conference on "The Natural Regulation of Fertility: The Authentic Alternative" December 11, 1992, [https://www.vatican.va/content/john-paul-ii/en/speeches/1992/december/documents/hf\\_jp-ii\\_spe\\_19921211\\_fertilita.html](https://www.vatican.va/content/john-paul-ii/en/speeches/1992/december/documents/hf_jp-ii_spe_19921211_fertilita.html)).

Though many are fearful that the periodic sexual abstinence inherent to NFP will have a negative impact on marriage, research reinforces the Church's teaching that NFP is marriage building. In a recent research presentation, Mike Manhart, PhD, shared that analysis of the public National Survey of Family Growth demonstrates that people who have ever used NFP are significantly less likely to divorce than those who have used either contraception or sterilization (see [youtube.com/watch?v=IdZsWMw4vBg&list=FLcqG1fMoGFsWY1YawLUwTQw](https://www.youtube.com/watch?v=IdZsWMw4vBg&list=FLcqG1fMoGFsWY1YawLUwTQw)).

God gives us the grace to live that to which we are called. At times, there may be challenges in using NFP, but we know that our Lord said, “Whoever wishes to come after me must deny himself, take up his cross, and follow me”(Matthew 16:24).

As we strive for holiness, we experience temptation and sometimes we fall. “There is much in society that lures people away—sometimes intentionally—from the difficult yet profoundly satisfying quest for holiness” (John Paul II, Address to Participants of the Conference on “The Natural Regulation of Fertility”). The prophet Micah and the Responsorial Psalm remind us that when we fall, God is ever merciful and loving, he removes our guilt and pardons our sins, delighting in clemency. Whatever our sin, we simply need to repent and come to the sacrament of reconciliation with a contrite heart to experience the Lord’s forgiveness.

*Please add the intention below in the Sunday Prayers of the Faithful:*

**That husbands and wives see the gifts of fertility and sexuality as means to grow in holiness and live with them according to God’s plan for married love.**

*For additional intercessory prayers see <https://www.usccb.org/resources/Generic-NFP-Week-Petitions.pdf>.*

## Wednesday, July 24, 2024/God Has a Plan

Lectionary: 397

Reading 1: Jer 1:1, 4–10

Responsorial Psalm: Ps 71:1–2, 3–4a, 5–6ab, 15 and 17

Gospel: Mt 13:1–9

God had a plan for Jeremiah, and God has a plan for each one of us. Knowing what that plan is requires that we undertake an “an ever-clearer discovery” of our vocation and an “ever-greater willingness to live it so as to fulfill one’s mission” (*Christifideles laici*, 58). St. Pope John Paul II explains, “It is not a question of simply knowing what God wants from each of us in the various situations of life. The individual must do what God wants, as we are reminded in the words that Mary, the Mother of Jesus, addressed to the servants at Cana: ‘Do whatever he tells you’ (Jn 2:5)” (*Christifideles laici*, 58). The Gospel makes it clear that the soil of our hearts must be prepared to receive the seed of Christ’s call and bear fruit for his Kingdom. We prepare our hearts by following Mary’s direction and doing whatever he tells us.

One area where married couples need to be particularly attentive in preparing the soil of their marriage, is in their openness to life: “Sacred Scripture and the Church’s traditional practice see in large families a sign of God’s blessing and the parents’ generosity” (*CCC*, 2373). In the Order of Celebrating Matrimony, children are called the “ultimate crown” and “supreme gift” of marriage. This is in stark contrast to a commonly expressed perception of children somehow being an optional part of marriage or worse, seen as a burden.

When the Church calls married couples to exercise responsible parenthood the teaching does not mean “unlimited procreation.” The Church is not lacking in awareness of what is involved in rearing children. Rather the Church is calling for

[T]he empowerment of couples to use their inviolable liberty wisely and responsibly, taking into account social and demographic realities as well as their own situation and legitimate desires, in the light of objective moral criteria. (John Paul II, Letter to the Secretary General of the International Conference on Population and Development, March 18, 1994, [https://www.vatican.va/content/john-paul-ii/en/letters/1994/documents/hf\\_jp-ii\\_let\\_19940318\\_cairo-population-sadik.html](https://www.vatican.va/content/john-paul-ii/en/letters/1994/documents/hf_jp-ii_let_19940318_cairo-population-sadik.html))

In other words, responsible parenthood calls the couple to make a conscientious discernment regarding childbearing and that any means used to avoid pregnancy respect “objective moral criteria.” In other words, family planning is achieved through natural means.

One of the beautiful aspects of NFP is that if a couple discerns that God is calling them to try to achieve a pregnancy, they don't just abandon a method of contraception and hope for the best. Rather the same information that helped them avoid a pregnancy is now utilized to maximize their likelihood of achieving a pregnancy and there is a sense of awe and wonder as they come together physically. The love that brought them together in marriage overflows into love beyond measure into new life.

Admittedly, life is not always easy. There are many demands on the time and finances of couples. However, as the Lord encouraged Jeremiah to trust him, the Responsorial Psalm says to trust in God, and to be open to his plan for our lives, including the possibility of another child in married life. The readings challenge us to see the Lord as our security and to shape our lives according to his will: "Do whatever he tells you." Live with love beyond measure.

*Please add the intention below in the Sunday Prayers of the Faithful:*

**That husbands and wives grow in their appreciation of the gift of fertility and are ever more open to life.**

*For additional intercessory prayers see <https://www.usccb.org/resources/Generic-NFP-Week-Petitions.pdf>.*

## Thursday, July 25, 2024/Discipleship in Marriage

Feast of Saint James, Apostle. Anniversary of *Humanae vitae*

Lectionary: 605

Reading 1: 2 Cor 4:7–15

Responsorial Psalm: Ps 126:1bc–2ab, 2cd–3, 4–5, 6

Gospel: Mt 20:20–28

Today we celebrate the Feast of St. James, Apostle, and in the Gospel, we hear about his mother seeking a position of honor for him. In response, Jesus makes his criteria for his followers clear: “whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave.” St. James learned the cost of discipleship and service in his life with Jesus. He eventually became a martyr.

Today we also celebrate the anniversary of the encyclical *Humanae vitae*, issued by St. Paul VI in 1968. This encyclical is often referred to as the “birth control encyclical” but it is much more. While it does address the question of whether contraception or sterilization are ever morally permissible, this document is really a reflection on married love, and it includes a call to mission for married couples:

In humble obedience then to her voice, let Christian husbands and wives be mindful of their vocation to the Christian life ... the Lord has entrusted to them the task of making visible to men and women the holiness and joy of the law which united inseparably their love for one another and the cooperation they give to God's love. (*Humanae vitae*, 25)

Living married love authentically means loving beyond measure. The couple has the mission of living the spiritual reality that we hold the treasure of Christ's life within the earthen vessels of our bodies by keeping the love-giving (unitive) and life-giving (procreative) aspects of married love together. “But to experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life but rather the minister of the design established by the Creator” (*Humanae vitae*, 13). When we live according to God's plan, we are able to take this good news to others and help them live a deeper, richer love as well.

The experience of trials is part and parcel of the life of a disciple and a normal part of married and family life, and Christ is present in those trials: “Christ dwells with them, gives them the strength to take up their crosses and so follow him, to rise again after they have fallen, to forgive one another, to bear one another's burdens ‘to be subject to one another out of reverence for Christ,’ and to love one another with supernatural, tender, and fruitful love” (*CCC*, 1642).

St. Paul VI acknowledged that “It is to be anticipated that perhaps not everyone will easily accept this particular teaching. There is too much clamorous outcry against the voice of the Church... But it comes as no surprise to the Church that she, no less than her divine Founder, is destined to be a ‘sign of contradiction’” (*Humanae vitae*, 18). Despite knowing that there would be resistance, the Holy Father

considered it the duty of the Church to proclaim, “humbly but firmly the entire moral law, both natural and evangelical” and so contribute “to the creation of a truly human civilization“ (*Humanae vitae*, 25). Pope Francis states,

The Church’s teaching is meant to “help couples to experience in a complete, harmonious, and conscious way their communion as husband and wife, together with their responsibility for procreating life. We need to return to the message of the encyclical *Humanae vitae* of Blessed Pope Paul VI, which highlights the need to respect the dignity of the person in morally assessing methods of regulating birth.” (*Amoris laetitia*, 82 quoting *Relatio Synodi*, 2014, 58)

*Please add the intention below in the Sunday Prayers of the Faithful:*

**That husbands and wives trust God’s design for married love according to the consistent teaching of the Church.**

*For additional intercessory prayers see <https://www.usccb.org/resources/Generic-NFP-Week-Petitions.pdf>.*

## Friday, July 26, 2024/Grandparents have a Role

Memorial of Saints Joachim and Anne, Parents of the Blessed Virgin Mary

Lectionary: 399

Reading 1: Jer 3:14–17

Responsorial Psalm: Jer 31:10, 11–12ABCD, 13

Gospel: Mt 13:18–23

Today we celebrate the memorial of Saints Joachim and Anne, the parents of the Blessed Virgin Mary and Jesus' grandparents.

Pope Francis tells us,

The incarnation of the Word in a human family, in Nazareth, by its very newness changed the history of the world. We need to enter into the mystery of Jesus' birth, into that "yes" given by Mary to the message of the angel, when the Word was conceived in her womb, as well as the "yes" of Joseph, who gave a name to Jesus and watched over Mary. (*Amoris laetitia*, 65)

In reflecting on the "yes" of Mary and the "yes" of Joseph, we can appreciate the love of their parents who prepared them to respond to God's call wholeheartedly and in doing so become the parents of our Lord Jesus. Through the parenting they received, Mary and Joseph were prepared to be the ones who taught Jesus all that he needed to know as human. He grew in "wisdom and stature" (Lk 2:52) and "would even have to inquire for himself about what one in the human condition can only learn from experience" (CCC, 472).

In both today's first reading and the Responsorial Psalm, we hear about God's desire to gather his people, to guide and guard them. Isn't that what grandparents often do? They gather the family together, providing love and guidance as well as guarding it in prayer. As Pope Francis wrote, "Very often it is grandparents who ensure that the most important values are passed down to their grandchildren, and 'many people can testify that they owe their initiation into the Christian life to their grandparents.'" (*Amoris laetitia*, 192)

Even as they very often support their adult children in the demands of caring for their children and are a resource for their grandchildren, grandparents continue to be a resource to their own children. Though these children have grown up and are now adults and are parents themselves, they still need to be encouraged, particularly in regard to the living their Catholic faith fully. Unfortunately, it is not uncommon to hear of married adult children who are encouraged by their parents to limit their family size—and to do something permanent so that they don't have to think about childbearing.

In his *Letter to Families (Gratissimam sane)*, St. Pope John Paul II recognizes the demands that a couple may experience in parenting, but he encourages them to see the child as a gift:



It is true that for the parents the birth of a child means more work, new financial burdens, and further inconveniences, all of which can lead to the temptation not to want another birth. In some social and cultural contexts this temptation can become very strong. Does this mean that a child is not a gift? That it comes into the world only to take and not to give? These are some of the disturbing questions which men and women today find hard to escape. A child comes to take up room, when it seems that there is less and less room in the world. But is it really true that a child brings nothing to the family and society? Is not every child a “particle” of that common good without which human communities break down and risk extinction? Could this ever really be denied? The child becomes a gift to its brothers, sisters, parents, and entire family. Its life becomes a gift for the very people who were givers of life. (*Gratissimam sane*, 11)

The Church does recognize the demands on families and that at times couples “find themselves in circumstances where at least temporarily the size of their families should not be increased” (*Gaudium et spes*, 51). In fact, *Humanae vitae* teaches that

With regard to physical, economic, psychological and social conditions, responsible parenthood is exercised by those who prudently and generously decide to have more children, and by those who, for serious reasons and with due respect to moral precepts, decide not to have additional children for either a certain or an indefinite period of time. (*Humanae vitae*, 10)

If a couple discerns the need to avoid a pregnancy, it is important that the couple recognize that “The two dimensions of conjugal union, the unitive and the procreative, cannot be artificially separated without damaging the deepest truth of the conjugal act itself.” Thus, the couple turns to NFP as the moral means to avoid pregnancy while enriching and strengthening their marriage.

It is here that the couple’s parents can provide a bulwark of faith in the face of cultural opposition to the Church’s teaching. Help your children receive the seed of God’s truth in the good soil of hearts prepared to say “yes” as both Mary and Joseph did. Help them clear away any rocks or thorns that are hindering that yes. Grandparents, know that your witness matters! Know that your prayers for your family matter.

*Please add the intention below in the Sunday Prayers of the Faithful:*

**“May grandparents return to being a living presence in the family, in the Church and in society” and “may grandparents continue to be witnesses of unity, of values founded on fidelity and of a unique love that gives rise to faith and the joy of living,”** we pray to the Lord...

(NB: The quote is taken from Benedict XVI, To participants in the Plenary Assembly of the Pontifical Council for the Family on the theme Grandparents: Their Witness and Presence in the Family, April 5, 2008, [https://www.vatican.va/content/benedict-xvi/en/speeches/2008/april/documents/hf\\_ben-xvi\\_spe\\_20080405\\_pc-family.html](https://www.vatican.va/content/benedict-xvi/en/speeches/2008/april/documents/hf_ben-xvi_spe_20080405_pc-family.html)).

*For additional intercessory prayers see <https://www.usccb.org/resources/Generic-NFP-Week-Petitions.pdf>.*

## Saturday, July 27, 2024/The Weeds of Contraception

Lectionary: 400

Reading 1: Jer 7:1–11

Responsorial Psalm: Ps 84:3, 4, 5–6a and 8a, 11

Gospel: Mk 6:30–34

Jeremiah had a challenging job! He had to call the people of Israel to repentance and not just on a few points. He asks them to thoroughly reform their ways and deeds, and we all know that it is hard to change people's minds so that they change their behaviors. What could give these people the strength to reform? Love of the Lord, seeing the beauty of the life to which God was calling them, was their motivation, as we see as in the Psalmists expression of yearning for God and the beauty of living with Him.

The Church holds a prophetic role for our times. It calls us all to look to the Lord's plan for marriage and family life. Some say that it is the Church that should change its teaching on birth control, that the prohibition on contraception and sterilization are unrealistic and outdated. St. Pope John Paul II disagreed. He affirmed:

[T]he “signs of the times” which we see today are providing new reasons for forcefully reaffirming that teaching (responsible parenthood). Saint Paul, himself so attentive to the pastoral demands of his day, clearly and firmly indicated the need to be “urgent in season and out of season” (cf. 2 Tim 4:2), and not to be daunted by the fact that “sound teaching is no longer endured” (cf. 2 Tim 4:3)... the Church will not only not abandon “sound doctrine,” but will proclaim it with renewed vigour, seeking in today's “signs of the times” the incentive and insights which can lead to a deeper understanding of her teaching. (*Gratissimam sane*, 12)

In today's world, it can be difficult to appreciate and embrace God's plan, yet a brief reflection on St. Paul VI's predictions of the impact of widespread contraception should give us pause. He anticipated increased marital infidelity and a general lowering of moral standards, particularly among the young. He also anticipated that husbands would objectify their wives and that governments would enact coercive birth control programs (see *Humanae vitae*, 17).

This is like the situation in today's Gospel when some asked, “Master, did you not sow good seed in your field? Where have the weeds come from?” When couples marry, they have hopes and dreams for their marriage and families. There is a desire for love, respect, and unity. What isn't always understood is that the decisions made regarding family planning are choices about whether to plant weed or to plant wheat. Contraceptive use plants weeds in the marital relationship, while NFP plants wheat. Our world has difficulty acknowledging that something that seems to have the same purpose can have different impacts on the marriage. It has difficulty imaging that there is objective truth. Nevertheless, contraception and NFP are fundamentally

different, involving “irreconcilable concepts of the human person and of human sexuality” (*Familiaris consortio*, 29). And this fundamental difference impacts husband and wife—both individually and as a couple.

While today’s gospel tells us that the weeds cannot be pulled up without uprooting the wheat, contraception can be discontinued. Couples can imitate Israel—repenting and reforming their lives to correspond to God’s truth as proclaimed by the prophetic witness of the Church just as Israel responded to the prophet Jeremiah. Change can be challenging, but good things often require effort, especially at the outset. With a good course of instruction and follow-up in one of the methods of NFP, couples are often surprised at how much sense NFP makes and how it really does enrich their marriage.

*Please add the intention below in the Sunday Prayers of the Faithful:*

**That husbands and wives be comforted and healed by the by Holy Spirit and that they seek greater unity through greater understanding of and surrender to God’s plan for their marriage, let us pray to the Lord ...**

*For additional intercessory prayers see <https://www.usccb.org/resources/Generic-NFP-Week-Petitions.pdf>.*

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©2024, Janet McLaughlin. Mrs. McLaughlin has a Masters in Pastoral Studies with a concentration in Marriage and the Family. A wife, mother, and grandmother as well as a former teacher trainer of SymptoPro, a method of Natural Family Planning, she lives in the Diocese of Baker in Oregon. These NFP Week homily notes are used here with her permission. You have permission to use these homily notes for preaching during NFP Awareness Week, July 21–27, 2024. Questions? Contact [nfp@usccb.org](mailto:nfp@usccb.org)



# The Wonder of Eve

understand the power and strength created within the female body

The Wonder of Eve is a fresh and engaging presentation, helping young women understand how naturally amazing their bodies are and the impact their choices can have on their future health and fertility.

*"Why didn't I know this years ago?"*

We often hear this from our Natural Family Planning clients. **Even as a young woman, they wish they had known this about their bodies!**

## The Wonder of Eve covers:

- the marvelous design and function of the female body and reproductive system/menstrual cycles
- a brief introduction to tracking cycles—a unique approach to women’s healthcare, no matter the stage in life
- ways to take good care of yourself now, to benefit you in the future.

### Presentation specifics:

- geared towards high school girls
- aligned with Catholic teaching and values
- 60-minute presentation including Q&A

Diocese of Salina FertilityCare Practitioners are available for school and parish presentations.

Presentations for younger girls are also available.

 **Wonder of Eve Trailer Videos!** [bit.ly/WonderofEveTrailer](https://bit.ly/WonderofEveTrailer)

**Book Now  
for Your  
School!**

Contact Lindy Meyer, CFCP, CFCE  
[fertilitycare@salinadiocese.org](mailto:fertilitycare@salinadiocese.org)



Diocese of Salina  
Natural Family Planning Office



# THE SHEPHERD

## **Safety Coordinator Recognition Award 2024**

I would like to take this opportunity to share with you this year's recipient of the Safety Coordinator Recognition Award. This award is given out each year in the month of April (Child Abuse Prevention Month) to a site Safety Coordinator who demonstrates full competence of the Safe Environment Program for the Diocese of Salina and is fully committed to the protection of children.

I am happy to announce this year's winner...

**Laura Schwarz**



The role of the Safety Coordinator is no small task. It is of great importance and each one serves as an extension of the Safe Environment Office at the Diocese as well as at the USCCB. Laura is very deserving of this award and is an invaluable member of the Safety Coordinator team at the Chancery and to the staff, parents, and students at Sacred Heart Parish and School in Colby. Please join me in congratulating  
Laura Schwarz

## CMGConnect

Safety Coordinators, please log in weekly to your CMGConnect platform to ensure that all clergy, educators, employees, and volunteers (who minister with minors), have completed all safe environment requirements. Please make any necessary updates, including archiving those users who no longer minister in our diocese.

"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

All parishes and schools are reminded to place this announcement in their parish bulletins and/or school newsletters/websites quarterly, then provide the Safe Environment Office a copy for diocesan files. If you need to change the format, please contact the SE office.



### SAFE ENVIRONMENT GUIDELINES

#### Education & Screening

All clergy, religious, seminarians/persons in formation, employees, educators, as well as volunteers who minister with minors are required to complete a background check and safe environment training. For more information about safe environment compliance requirements, please contact your parish/school safety coordinator or visit [www.salinadiocese.org](http://www.salinadiocese.org)

#### Reporting & Victim Assistance

Report allegations of the abuse of a minor to the Department of Children and Families  
800.922.5330  
KBI Crime Hotline/800.572.7463

If you suspect abuse of a minor by church or school personnel, in addition to contacting civil authorities, use one of the confidential diocesan reporting resources below:

Phone: 866.752.8855  
Website: [reportandprotect.com](http://reportandprotect.com)  
Email: [reportabuse@salinadiocese.org](mailto:reportabuse@salinadiocese.org)  
Reports will be responded to promptly by the Victim Assistance Coordinator

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 Service provides a confidential  
Hotline: 800.276.1562  
Website: [reportbishopabuse.org](http://reportbishopabuse.org)

The Diocese of Salina complies with Kansas laws regarding reporting suspected abuse to civil authorities and cooperates with civil authorities as they investigate reports of suspected abuse by all persons, including, but not limited to church personnel.

Any questions in regards to education, reporting, or victim assistance can be directed to the Safe Environment Office/ Diocese of Salina  
785.827. 8746



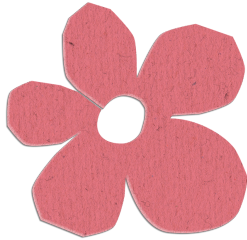


## 2024 Safety Coordinator Shout – Outs



During the month of MAY, we recognized and honored Loretta Studer. Loretta is the Safety Coordinator of Sacred Heart Parish - Atwood and Assumption of the Blessed Virgin Mary - Herndon. Loretta began her career at Sacred Heart in September 1997, as part-time secretary. She is now serving as Full-time Office Manager and Director of Religious Education for both Sacred Heart, Atwood and St. Mary's, Herndon parishes. Loretta ensures her parishes are always in compliance, and her attention to detail, and punctuality are what stand out most as Safety Coordinator. Those attributes are most important as we continue to train and educate people in our parishes, schools and community; with our mission, promise to protect, pledge to heal. We greatly appreciate Loretta and all she does in Atwood and Herndon.

‘Be Strong and steadfast; Have no fear or dread of them, for it is the Lord, Your God, who marches with you; He will never fail you or forsake you.’ Deuteronomy 31:6.



Previous Shout-Outs:

- March 2024 Shelly Wahlmeier - Norton, New Almelo
- February 2024 - Amy Hudson - TMP, Hays
- January 2024 Amanda Martin - Goodland



### Salina Diocese hits top 10

The Diocese of Salina scores 6th in the top-scoring dioceses of the Voice of the Faithful’s 2023 report called “Measuring and Ranking Diocesan Safe Environment Programs, as reported ONLINE in Diocesan Polices and Practices. Voice of the Faithful has published the second independent, online review of all U.S. Roman Catholic dioceses’ level of compliance with child protection and safe environment guidelines. The initial review, conducted in 2022, found that U.S. dioceses together averaged 67 out of a possible 100 points when measured against the accepted standards. With a score of 91.5% the Salina Diocese ranks in the top tier, amongst 168 other dioceses. Ongoing Protection Efforts: The obligation for all Christians to protect children flows from the ministry and example of Jesus Christ. VOTF’s Child Protection efforts focus primarily on education and on monitoring parish/diocesan child-safety programs to ensure consistent, ongoing vigilance. “Congratulations to all our parish and school Safety Coordinators and to Wendy Backes, Diocesan Safe Environment Coordinator, for their on-going efforts and for achieving this level of excellence” Kim Hoelting, HR Director

*"to serve is beautiful, but only if it is done with joy, a whole heart and a free mind."*



Wendy Backes  
Safe Environment  
Program Coordinator  
785.827.8746  
wendy.backes@salinadiocese.org

Believe in  
the possibility of  
help and healing.  
There is hope  
reportabuse@salinadiocese.org  
866.752.8855 ext. 1067  
reportandprotect.com

Kim Hoelting  
Human Resources  
Director  
785.342.0819  
kim.hoelting@salinadiocese.org

# Catholic Charities Outreach Services

## July 2024 Schedule

*Families who qualify can receive a large box of food, hygiene items, diapers and wipes, and other supplies and services as needed. All are welcome!*

Tuesday

7/2

**Osborne** - St. Aloysius Catholic Church 10:30am - 11:30am

Wednesday

7/3

**Junction City** - JC Naz Church 9:00am - 10:00am

**Phillipsburg** - St. Philip & James 10:00am-11:00am

**Smith Center** - St Mary's Catholic Church 10:30am - 11:30am

**Norton** - St Francis of Assisi Catholic Church 12:00pm - 1:00pm

**Herington** - St John Catholic Church 1:00pm - 2:00pm

**Hill City** - Immaculate Heart of Mary 2:00pm - 3:00 pm

Wednesday

7/10

**Washington** - St. Augustine Parish 9:30am - 10:30am

**WaKeeney** - Christ the King Church 10:00am - 11:00am

**Ellsworth** - St. Bernard Catholic Church 11:30am-12:30pm

**Mankato** - St. Theresa Catholic Church 12:00pm - 1:00pm

**Oakley** - Gateway Fellowship 12:30pm - 1:30pm

**Lincoln** - Lincoln County Health Department 1:30pm - 2:30pm

Wednesday

7/17

**Abilene** - St. Andrew Parish 9:30am - 10:30am

**Beloit** - St. John the Baptist Church 10:00am - 11:00am

**Atwood** - Sacred Heart Catholic Church 10:30am - 11:30 am

**Oberlin** - Gateway Civic Center 12:30pm - 1:30pm

**Clay Center** - St. Peter & Paul Parish 1:00pm - 2:00pm

**Concordia** - Our Lady of Perpetual Help 1:30pm - 2:30pm

**Hoxie** - St. Frances Catholic Church 2:30pm - 3:30pm

Wednesday

7/24

**Chapman** - St. Michael Catholic Church 9:00am - 10:00am

**Russell** - St. Mary Queen of Angels Church 9:00am - 10:00am

**Minneapolis** - 200 Block of N. Sheridan St. 10:30am-11:30am

**Beverly** - City Office of Beverly 12:30pm - 1:30pm

**Belleville** - St. Edward Parish 1:00pm - 2:00pm

**Plainville** - Sacred Heart Catholic Church 1:00pm - 2:00pm







# DONATE YOUR PICKUP BAGS!

Got extra Dillon's Pickup bags lying around? Catholic Charities would love to take them off your hands! We use these bags to create hygiene kits for those in need in Northern Kansas.

**Drop off bags at the office nearest you!**

**Salina: 1500 S. 9th St.**

**Manhattan: 212 S. 4th St.**

**Hays: 122 E. 12th St.**



Catholic  
Charities  
OF NORTHERN KANSAS

# SHOPPING LIST



## PANTRY ITEMS

- |  |  |
|--|--|
| <input type="checkbox"/> Cereal            | <input type="checkbox"/> Instant Oatmeal     |
| <input type="checkbox"/> Pancake Mix       | <input type="checkbox"/> Granola Bars        |
| <input type="checkbox"/> Peanut Butter     | <input type="checkbox"/> Jelly               |
| <input type="checkbox"/> Instant Potatoes  | <input type="checkbox"/> Tuna Helper         |
| <input type="checkbox"/> Macaroni + Cheese | <input type="checkbox"/> Spaghetti noodles   |
| <input type="checkbox"/> Spaghetti Sauce   | <input type="checkbox"/> Ramen Noodles       |
| <input type="checkbox"/> Canned Soup       | <input type="checkbox"/> Canned Vegetables   |
| <input type="checkbox"/> Jello Packets     | <input type="checkbox"/> Pudding Packets     |
| <input type="checkbox"/> Canned Fruit      | <input type="checkbox"/> Canned Tuna         |
| <input type="checkbox"/> Saltine Crackers  | <input type="checkbox"/> Jiffy Cornbread Mix |

## HOUSEHOLD ITEMS

- |   |   |
|---|---|
| <input type="checkbox"/> Full-Sized Shampoo | <input type="checkbox"/> Full-Sized Body Wash |
| <input type="checkbox"/> Bar Soap           | <input type="checkbox"/> Twin-Blade Razors    |
| <input type="checkbox"/> Deodorant          | <input type="checkbox"/> Full-Sized Lotion    |
| <input type="checkbox"/> Toothpaste         | <input type="checkbox"/> Tampons/Pads         |
| <input type="checkbox"/> Toilet Paper       | <input type="checkbox"/> Kleenex Boxes        |
| <input type="checkbox"/> Laundry Detergent  | <input type="checkbox"/> Multi-Purpose Wipes  |
| <input type="checkbox"/> Liquid Dish Soap   | <input type="checkbox"/> Diapers (Size 4-6)   |
| <input type="checkbox"/> Baby Wipes         | <input type="checkbox"/> Diaper Rash Cream    |

**Thank you for providing HOPE to our neighbors in need!**