



# SDNB

*Salina Diocesan News Bulletin*

Volume 523

September 2025

## **OFFICE OF THE BISHOP**

**CONFIRMATION SCHEDULE FOR 2024/2025** has been finalized and is attached. If you have any questions, change requests or you do not see your parish on the list, please contact Brenda at the Chancery.

**THANK YOU** to all who participated in the many events held in August! The seminarian dinners in Manhattan and Hays, the Eucharistic Conference in Hays and the many parish festivals and activities around the diocese!

**LABOR DAY** is Monday, September 1. The Chancery will be closed.

**DIVINE MERCY RADIO APPRECIATION BANQUETS** will be held on September 13 at 6:00 p.m. at the Rose Garden Banquet Hall in Hays; and September 14 at 6:00 p.m. at The Hilton Garden Inn in Salina. This year's guest speaker is Deacon Harold Burke-Silvers. Thank you for your support of Catholic Radio.

**CATECHETICAL SUNDAY** is September 21, under the theme of "Always be ready to give an explanation...for a reason for your hope" (1 Pet 3:15)." This theme encourages us to be prepared to share the basis of our faith, the Lord, and the hope He provides. In the same manner Saint Peter encouraged the believers of his time, the scripture reminds us, the sharing should be done with gentleness and respect. For more information, please see the [USCCB website](#).

**ANNUAL PRIESTS CONVOCATION** will be held in Wichita at the Spiritual Life Center September 8-11. Please pray for the priests as we gather during this time.

**ANNUAL DEACONS RETREAT** will be held in Wichita at the Spiritual Life Center September 26-28. Please pray for the permanent deacons as they gather during this time.

## **OFFICE OF VOCATIONS**

### **WOMEN'S DISCERNMENT OPPORTUNITIES**

October 10-11 – Kansas Nun Run (Age 18 and up)  
October 17-19 - Come and See Weekend (18 and older)  
December 12-14 - Fiat Discernment Retreat (Ages 18-30)

## **OFFICE OF VOCATIONS (cont.)**

### **MEN'S DISCERNMENT OPPORTUNITIES**

October 18 - St. Joseph Seminary Visit in Wichita (high school age men)  
 November 6-8 - St. John Vianney Seminary Visit in Denver, CO (Age 18 and up)  
 November 20-22 - Kenrick Seminary Visit in St. Louis, MO (Age 18 and up)  
 December 26-28 - Quo Vadis Discernment Retreat

**RUNNIN' REVS** - December 29th at 6:00 p.m. in Salina

**KYLE PFEIFER'S DEACON ORDINATION** will be April 11, 2026.

**DEACON LUKE FRIESS PRIEST ORDINATION** will be June 6, 2026.

**VOCATIONS OFFICE** contact information:

Fr. Andy Hammeke 785-656-3747  
 Fr. Brian McCaffrey 785-236-0462

## **OFFICE OF RESPECT LIFE**

**RESPECT LIFE MONTH** - October is National Respect Life month. Consider doing a life chain in your parish to pray for the unborn.

**ROSARY CONGRESS** - The Salina Diocese is pleased to host the annual Eucharistic Congress again this October 4-10. We would like to have at least 7 parishes host a 24-hour Eucharistic Adoration for the intention of the unborn. Please contact the diocese if you are interested in hosting.

**MEMORIAL MASS FOR PARENTS OF DECEASED CHILDREN** - The Memorial Mass for the Parents of Deceased Children has been moved to October in observance of Respect Life month. The Mass is scheduled for Sunday, October 19th at 2:30 p.m. at Sacred Heart Cathedral in Salina. This Mass is open to all families who have lost a child. This Mass will count towards your Sunday obligation. There will be a reception following the Mass. Please join us.

**NATIONAL MARCH FOR LIFE** - Mark your calendars for the 2026 pilgrimage to Washington D.C. for the National March for Life. The March will be held on Friday, January 23rd. Please contact the Respect Life office for more information.

**KANSAS MARCH FOR LIFE** - The Kansas March for Life will be held at the Topeka Performing Arts Center on Wednesday, January 28th, 2026. Please consider joining us!

**RESPECT LIFE RETREAT** - Juniors and Seniors at our Catholic Schools in the Salina Diocese will be traveling to Salina on October 15<sup>th</sup> for the annual Respect Life Retreat. Please pray for these students and our speakers.

## **OFFICE OF SAFE ENVIRONMENT**

**GREETINGS FROM LIZ AGUAYO, SAFE ENVIRONMENT PROGRAM COORDINATOR** - Thank you for your patience as we learn how to best support your location. A sincere thank you to Wendy for her 10 years of dedicated service to this very important ministry.

**CMG CONNECT** - With the start of a new academic year, please continue to monitor the database. A weekly check is recommended to maintain the accuracy of our data.

**CARES FOR KIDS MONTHLY NEWSLETTER** - a copy of *Teaching Children to Develop Healthy Boundaries* is provided towards the back of this SDNB. Perhaps, choose 3-4 concepts to focus on sometime this month. Thank you for everything you do, day in and day out, to ensure our parish/school communities are safe environments for minors. If you would like this in Spanish, drop me an email at [liz.aguayo@salinadiocese.org](mailto:liz.aguayo@salinadiocese.org)

**PROTECTION OF MINORS AND YOUNG PEOPLE** - the updated Document should be fully adopted in all locations no later than Sept. 1. Please ensure you have this new Document, there are two very important changes, a) an updated Adult Code of Conduct, page 3, and b) the age to chaperone, drive, or be a trained adult volunteer is now 21.

**FORMS DUE** by 10-1-25, Ministry Inventory, Safety Coordinator Checklist, data base printout/verification page. Please submit all forms together.

## **CATHOLIC CHARITIES**

**PARISH INFORMATION** - The details below are intended to assist your parish and staff. For any questions or additional support, please reach out to Megan Augustine at [maugustine@ccnks.org](mailto:maugustine@ccnks.org) or 785-833-9380.

- **Igniting Hope: Annual Campaign for Our Neighbors in Need**  
We are gearing up for our *Igniting Hope: Annual Campaign for Our Neighbors in Need* kickoff weekend scheduled for October 25 & 26, 2025. More information will be sent to each parish in the diocese next month. As we look ahead, we want to ensure that this year's upcoming campaign is even more impactful and seamless for everyone involved. To help us achieve this, please provide your feedback on the campaign kickoff and the parish packs. Your insights are invaluable in helping us better meet the needs of families and communities in the Salina Diocese. We thank you for your continued support and we look forward to hearing your thoughts! Survey link: <https://ccnks.org/igniting-hope-feedback>
- **Parish & Community Engagement** - It has been a pleasure connecting with parishioners in our service area over the last couple of months! We appreciate your time, interest, and willingness to learn more about our work. We couldn't do this without your support, and we're excited to have you on mission with us!

If your parish or group is interested in inviting Catholic Charities staff to share about our programs and services, we would love to meet you! Contact Megan Augustine at [maugustine@ccnks.org](mailto:maugustine@ccnks.org) or 785-833-9380. You can also fill out the online form at [www.ccnks.org/parishes](http://www.ccnks.org/parishes), and Megan will follow up with you.

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

**BULLETIN & GENERAL INFORMATION** - Feel free to use the information below in your weekly bulletin. We appreciate your help in letting parishioners know about the resources Catholic Charities offers. For any questions about this information, please contact Jeree Hughbanks, Communications Manager, at [jhughbanks@ccnks.org](mailto:jhughbanks@ccnks.org) or 785-833-9378.

- **Adopt-a-Family 2025** - The annual Catholic Charities of Northern Kansas Christmas Assistance Program, Adopt-a-Family, is just around the corner. Families in need of Christmas assistance will be matched with a sponsor by our Catholic Charities staff. If you are interested in sponsoring a family or know of a family who may need assistance, please reach out to Grace Bulleigh, Operations Coordinator, at [gbulleigh@ccnks.org](mailto:gbulleigh@ccnks.org) or by phone at 785-825-0208, to be added to the list. Sponsorship letters will be mailed in early October.
- **Hope Emotional Support ChatBot** - Catholic Charities of Northern Kansas is excited to introduce a brand-new resource for mental health support — the Hope Emotional Support ChatBot!

Hope is here to help! Hope is a FREE chat service offering encouragement and practical strategies to manage everyday stress and anxiety — all through easy-to-use chatbot technology. Hope is a faith-based emotional and mental health support service, anonymous, private, and available 24/7/365. Used by more than 13 million people worldwide, Hope offers proven, personalized help — whenever and wherever you need it. The Hope Emotional Support Flyer is attached.

- **Give Fest 2025** - Catholic Charities of Northern Kansas is excited to participate in the Heartland Community Foundation's Give Fest 2025, a 24-hour giving event on October 10 that supports local nonprofits in Ellis, Rooks, and Trego counties. The all-day giving event is back with a \$150,000 match pool! All contributions made between midnight and 11:59 p.m. will help boost our mission and support those in need across northern Kansas. Visit [www.HeartlandGiveFest.org](http://www.HeartlandGiveFest.org) for more details and join us in making a big impact on this special day!
- **Happy Bottoms Diaper Drive** - During the month of October, participating schools across the diocese will collect boxes of diapers for Catholic Charities' Happy Bottoms Diaper Drive, which helps babies and families in need throughout northern Kansas. On November 7, 2025, all donated diapers will be delivered to our Catholic Charities offices in Salina, Hays, and Manhattan, where they will be distributed to families across the 31 counties we serve.  
Geoff Andrews from the Catholic Schools office will be sharing more details with the schools soon. We look forward to seeing the generosity of students, families, and communities shine once again through this effort!

If your parish or group would like to host a diaper drive, we'd love to partner with you. Please call our office at 785-825-0208 or visit [www.ccnks.org/parishes](http://www.ccnks.org/parishes) to fill out the form, and we'll be in touch.

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

- **Save the Date – 2025 Adoption Mass** - Catholic Charities of Northern Kansas invites you to the 2025 Adoption Mass on November 7th at 5:00 p.m., celebrated at Sacred Heart Cathedral in Salina. Following the Mass, we will have a soup supper reception in the Hall of Bishops. This special event is open to all who have been touched by adoption in their lives. November is National Adoption Month, and we gather to honor and celebrate the beautiful journey of building families through adoption. Mark your calendars and join us for this meaningful occasion!
- **September 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, Colby, Concordia, Ellsworth, Herington, Hill City, Hoxie, Junction City, Lincoln, Mankato, Minneapolis, Norton, Oakley, Oberlin, Osborne, Phillipsburg, Plainville, Russell, Smith Center, Solomon, WaKeeney, and Washington. The September 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).

## **JOB OPPORTUNITY IN SALINA:**

- **Director of Development** - Charities of Northern Kansas is hiring a Director of Development to lead major gift fundraising and donor engagement across our 31-county service area. This full-time position is based in Salina and focuses on building strong relationships with donors through thoughtful, mission-driven fundraising. The ideal candidate will be passionate about the work of Catholic Charities, skilled in strategic relationship-building, and committed to advancing our mission to serve those in need. To view the full job description and apply, please visit: [www.ccnks.org/careers](http://www.ccnks.org/careers) or contact Megan Robl at [mrobl@ccnks.org](mailto:mrobl@ccnks.org).

## **OFFICE OF FAMILY LIFE**

**TOGETHER IN HOLINESS (SAVE THE DATE)** - We are excited to welcome the **Together in Holiness** initiative from the St. John Paul II Foundation to our diocese! This inspiring marriage enrichment program offers couples a meaningful opportunity to grow together in holiness and to embrace their vocation to family life. Rooted in the beauty of the Catholic vision for marriage, *Together in Holiness* is more than a single event—it is a movement that supports couples in living out their faith, empowers parents as the primary evangelizers of their children, and helps build vibrant communities of faith-filled families across our parishes.

At the heart of this initiative is the one-day **Together in Holiness Conference**, a grace-filled experience designed with busy families in mind. Featuring dynamic Catholic speakers, time for prayer and reflection, the sacraments, and even on-site childcare, the conference offers couples a rare and valuable opportunity to step away from the demands of daily life, encounter Christ together, and be renewed in their sacred vocation. We are confident that this day of formation and fellowship will bear lasting fruit in the lives of couples and the life of our diocese.

More details to come, but save the date - Saturday, April 18<sup>th</sup>, IHM Parish (Hays)

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

**THE ANNUAL ANNIVERSARY MASSES** - We will be recognizing couples that are celebrating their 1<sup>st</sup> anniversary or any anniversary ending with a 5 or 0, with a Mass celebrated by Bishop Vincke on Sunday, October 12th (3 p.m.) in Salina at St. Mary Queen of the Universe Parish and on Sunday, October 26<sup>th</sup> (3 p.m.) in Hays at St. Nicholas of Myra Parish. Registration and event details will be available on our website.

**ENGAGED ENCOUNTER** - These are the upcoming EE weekends.

Sept 12-14, 2025

Feb. 6-8, 2026

Apr 24-26, 2026

June 12-14, 2026

## **OFFICE OF YOUTH MINISTRY AND RELIGIOUS EDUCATION**

**NCYC 2025** - Final payment (\$200) is due September 1<sup>st</sup>. Check out the website for more information.

**HOLY FIRE** - We have set a date and location for this event. It will be November 1<sup>st</sup> at FHSU. This is for all 6th-8th-grade students (2025-2026 school year).

**SACREDTABLE** - Thanks so much to all who attended. If you are still interested in the resources, please let us know and we will get you signed up.

**CATECHETICAL SUNDAY - September 21, 2025---**(Click the links below for each resource)

[English Poster](#)

[Spanish Poster](#)

[English Certificate](#)

[Spanish Certificate](#)

[English Prayer Card](#)

[Spanish Prayer Card](#)

## **OFFICE OF COMMUNICATIONS**

**COMMUNICATIONS DEADLINES** - The deadline to submit content for the October paper is October 3rd (in homes October 24). The November deadline for content is October 31st (in homes on November 21). You can contact the editor, Lori Leiszler, at 785-262-9136 or by email: [lori.leiszler@salinadiocese.org](mailto:lori.leiszler@salinadiocese.org) or [theregister@salinadiocese.org](mailto:theregister@salinadiocese.org)

## **OFFICE OF EDUCATION**

**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 Heather Hartman, C.E.O. for the Catholic Foundation [heather.hartman@salinadiocese.org](mailto:heather.hartman@salinadiocese.org). For the 25-26 school year, approximately \$90,000 will be awarded to schools for 120 qualifying students in the Salina Diocese. These funds go directly to help with the cost of education for the qualifying student.

**MENTAL HEALTH INTERVENTION TEAM** – This year, all of our Catholic Schools will have a partner in mental health with the local Community Mental Health Provider. High Plains in the West, Central Kansas in Salina/Dickinson Counties, and Pawnee in the North. The mental health providers will team up with our schools to provide case management, therapy, and resources. This grant program is part of the KDADS (Kansas Department of Aging and Disability Services) and each school will receive funds to help reimburse a portion of salaries.

**PILGRIMAGE 2027** – Students, parents, teachers, and clergy just returned from a pilgrimage to Italy, where they visited beautiful churches, prayed together daily, and attended the papal audience. The Office of Education will be organizing another pilgrimage in June 2027 to Milan, Florence, Assisi and Rome. More details will be available in the coming months.

**THREE BALD GUYS** – Tune into the latest episode of Three Bald Guys podcast to listen to Fr. Jarett Konrade, Geoff Andrews – Superintendent of Schools, and Bill Meagher – Director of Religious Education & Youth Ministry.

**SCHOOL IMPROVEMENT PROCESS** – Our Catholic schools hold dual-accreditation with both the State of Kansas (KESA) and Cognia. As part of the school improvement process, we will have a few surveys for stakeholders this year. Our first survey will be the Family Survey in October. There will also be surveys throughout the year for students and teachers.

**RESPECT LIFE RETREAT** – On October 15, juniors and seniors from the Catholic high schools in our diocese will come together in Salina to learn more about the dignity of every individual. After a morning of speakers and group discussions, we will come together at Sacred Heart Cathedral for Mass, lunch and to pray a Rosary.

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

**SEMINARIAN COLLECTION** - Please process donations as usual and submit the parish check to the Chancery. Keep a record of donor names, parish, and amounts, and send an Excel file to Torrie ([torrie.gregg@salinadiocese.org](mailto:torrie.gregg@salinadiocese.org)) or include it with the check. Sample bulletin text and QR code for online gifts are provided below: [bit.ly/semsofsalina](https://bit.ly/semsofsalina).

***Support Our Seminarians-*** The Diocese of Salina is currently blessed with **sixteen men** in seminary, preparing to serve as your future priests. Your gift helps cover the cost of their **tuition, summer ministry assignments, books, room and board**—as well as efforts to encourage and recruit future seminarians. The average annual cost to educate one seminarian is over \$50,000. Every gift—no matter the size—makes a meaningful difference!

To give online, visit [bit.ly/semsofsalina](http://bit.ly/semsofsalina) or feel free to include your donation through your parish offertory.



***New this year:*** A diocesan-wide mailing went out in August to invite prayerful and financial support. Questions? Contact- [development@salinadiocese.org](mailto:development@salinadiocese.org) or 785-827-8746

**#iGIVECATHOLIC 2025** - Registration for #iGiveCatholic 2025 opens September 1! Please wait until then to register — early sign-ups may require extra setup as we finish transitioning to a new platform: MightyCause. The new system will be more user-friendly and offer improved tools for donor engagement.

Here are some important dates for #iGiveCatholic 2025:

- Registration opens: Sept. 1
- Registration closes: Nov. 1
- Advanced Giving: Nov. 17
- Giving Tuesday: Dec. 2
- Offline entry deadline: Dec. 9

If you have any questions or missed the “Getting Ready” webinar on August 27 and want access to the recording, contact Torrie Gregg at [torrie.gregg@salinadiocese.org](mailto:torrie.gregg@salinadiocese.org)

**BISHOP’S ANNUAL APPEAL 2025** - 18 parishes have reached goal so far—thank you! As a reminder, the appeal runs all year to allow parishioners more flexibility in giving.

Ways to promote:

- Use bulletin and prayer resources: [bit.ly/ParishBAA](http://bit.ly/ParishBAA)
- Update your parish poster
- Share brief announcements or stories
- Remind parishioners every gift matters

Forward any Appeal checks received in parish offertory to:  
Catholic Foundation, P.O. Box 1696, Salina, KS 67402-1696.

Online giving link and QR code: [appeal.givecfds.org](http://appeal.givecfds.org)



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

**PLANNED GIVING** - Every month is a good time to reflect on legacy giving. Did you know?

- 90% of planned gifts are made through wills
- Yet parishes receive only 9% of those gifts
- Over 60% of Americans don't have a will

Resources for your parish:

- Parish tools: [givecfds.org/parish-resources](http://givecfds.org/parish-resources)
- Free online will tool: [mycatholicwill.com/givecfds](http://mycatholicwill.com/givecfds)
- More info: [cfdsllegacy.org](http://cfdsllegacy.org)

The Foundation also offers free parish-hosted estate planning seminars. To schedule or request resources, contact Corrina Hudsonpillar ([corrina.hudsonpillar@salinadiocese.org](mailto:corrina.hudsonpillar@salinadiocese.org) or 785-639-2100).

## **MISCELLANEOUS**

**JASON EVERT** - Our Lady of Perpetual Help in Concordia invites you to join them for an event on Wednesday, October 25<sup>th</sup>, "Purified and Gender, and the Theology of your Body", featuring Jason Evert. Please see the attached flyer for more information.

# October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Crossroads Retreat, Hays, Oct. 3-5  S.H. Homecoming, Salina, 6:30pm	4 Men's Journey Retreat, St. Mary's, Salina, Oct 4-5
5  Diocesan Rosary Congress, Oct. 4-10	6	7	8	9	10	11
12 Anniversary Mass, St. Mary's, 3pm St. Edward's Fall Festival, Belleville,	13	14	15 Respect Life Retreat for Jr./Sr's, Salina	16	17	18
19 Memorial Mass for Deceased Children, Cathedral, Salina, 2:30pm	20	21	22	23	24 Manhattan Catholic Schools Auction, S.T.M. Utopia Rm., Manhattan, 6pm	25
26 Confirmation, St. Aloysius, Osborne, 10am Anniversary Mass, St. Nicholas, Hays, 3pm	27	28 Foundation Board Mtg. 4pm	29	30	31 Halloween	

**Catholic Diocese of Salina**  
**2025-2026 Confirmation Schedule**  
**2025**

<b>Sacred Heart</b>	<b>Oberlin &amp; Leoville, Sept. 13th, Saturday</b>	<b>6:00pm</b>
<b>St. Frances</b>	<b>Hoxie, September 14th, Sunday</b>	<b>10:00am</b>
<b>St. Aloysius</b>	<b>Osborne, October 26<sup>th</sup>, Sunday</b>	<b>10:00am</b>

**2026**

<b>S.T.M.</b>	<b>Manhattan, February 15<sup>th</sup>, Sunday</b>	<b>5:00pm</b>
<b>Seven Dolors</b>	<b>Manhattan, February 21<sup>st</sup>, Saturday</b>	<b>4:30pm</b>
<b>Sacred Heart</b>	<b>Oberlin/Selden, March 7<sup>th</sup>, Saturday</b>	<b>6:00pm</b>
<b>Sacred Heart</b>	<b>Colby, March 8<sup>th</sup>, Sunday</b>	<b>10:00am</b>
<b>St. Joseph/St. Paul</b>	<b>Oakley/Angelus, March 8<sup>th</sup>, Sunday</b>	<b>2:00pm</b>
<b>St. Elizabeth's</b>	<b>Salina, March 28<sup>th</sup>, Saturday</b>	<b>10:00am</b>
<b>St. Agnes</b>	<b>Grainfield, April 12<sup>th</sup>, Sunday</b>	<b>8:00am</b>
<b>Sacred Heart</b>	<b>Park, April 12<sup>th</sup>, Sunday</b>	<b>11:00am</b>
<b>St. Fidelis</b>	<b>Victoria, April 15<sup>th</sup>, Wednesday</b>	<b>6:00pm</b>
<b>O.L.P.H</b>	<b>Concordia, April 19<sup>th</sup>, Sunday</b>	<b>10:00am</b>
<b>S.H. Cathedral</b>	<b>Salina, April 19<sup>th</sup>, Sunday</b>	<b>3:00pm</b>
<b>St. Xavier</b>	<b>Junction City, April 22nd, Wednesday</b>	<b>5:30pm</b>
<b>St. Mary's</b>	<b>Russell, April 26<sup>th</sup>, Sunday</b>	<b>10:00am</b>
<b>St. Bernard</b>	<b>Ellsworth, April 26<sup>th</sup>, Sunday</b>	<b>2:00pm</b>
<b>St. Joseph</b>	<b>Hays, April 29<sup>th</sup>, Wednesday</b>	<b>7:00pm</b>
<b>St. Patrick</b>	<b>Lincoln, May 3<sup>rd</sup>, Sunday</b>	<b>11:00am</b>
<b>St. John</b>	<b>Beloit, May 3<sup>rd</sup>, Sunday</b>	<b>4:00pm</b>
<b>St. Nicholas</b>	<b>Hays, May 6<sup>th</sup>, Wednesday</b>	<b>6:00pm</b>
<b>Immac. Conc.</b>	<b>Minneapolis, May 9<sup>th</sup>, Saturday</b>	<b>6:00pm</b>
<b>Ss. Peter/Paul</b>	<b>Clay Center, May 16th, Saturday</b>	<b>5:30pm</b>
<b>St. Mary</b>	<b>Ellis, May 17<sup>th</sup>, Sunday</b>	<b>9:00am</b>
<b>Ss. Phillip &amp; James</b>	<b>Phillipsburg, May 23<sup>rd</sup>, Saturday</b>	<b>5:00pm</b>
<b>St. Mary</b>	<b>Salina, May 30<sup>th</sup>, Saturday</b>	<b>7:00pm</b>
<b>St. John</b>	<b>Hanover, May 31<sup>st</sup>, Sunday</b>	<b>10:30am</b>
<b>IHM</b>	<b>Hays, June 17<sup>th</sup>, Wednesday</b>	<b>7:00pm</b>
<b>St. John</b>	<b>Logan, June 28<sup>th</sup>, Sunday</b>	<b>10:30am</b>

# **Catholic Mutual...CARES for Kids**

## **Teaching Children to Develop Healthy Boundaries**

Helping children understand and set healthy boundaries is one of the most important skills they can learn. Boundaries are the personal limits we set with others to keep ourselves safe—physically, emotionally, and mentally. Learning how to create and honor boundaries is a crucial aspect of growing up and developing healthy relationships with adults and peers. When children know how to set and respect boundaries, they feel more confident, secure, and respected. It also sets the stage for strong, respectful relationships throughout their lives.

### **What Are Boundaries?**

Healthy boundaries help create space where people feel valued, safe, and respected. They help us say what we're okay with—and what we're not. When we teach kids about boundaries early, they learn how to listen to their instincts and speak up when something doesn't feel right. This also protects them and helps them respect other people's limits. There are three main types of boundaries:

- **Physical boundaries:** These include your body and personal space. For example, not wanting to be hugged or touched.
- **Emotional boundaries:** These protect your feelings and personal experiences. For example, feeling hurt if someone is overly controlling or possessive.
- **Behavioral boundaries:** These include what's appropriate to see or hear. For instance, a child should never be exposed to adult content like pornography.

When kids understand these categories, they're better prepared to recognize unsafe situations and know how to respond.

### **How Kids Can Set Boundaries**

#### *Setting Boundaries with Adults*

It can feel uncomfortable to speak up to an adult, but kids should know they have the right to set boundaries with *anyone*. Here's how they can do it:

- **Trust your feelings:** If something doesn't feel right, listen to that feeling. The body can give clues when a situation is unsafe or makes you unhappy. That "uh-oh" feeling is your body's way of warning you.

- **Speak clearly and firmly:** Use respectful but strong words like “I don’t feel comfortable with that” or “Please don’t do that.”
- **Tell a trusted adult:** If an adult ignores your boundaries, tell a parent, teacher, counselor, or another trusted adult. You’re not being mean—you’re protecting yourself.
- **Protect your space:** It’s okay to prefer high-fives over hugs. Let others know how you feel.

Remember, adults should never ask you to keep secrets about something that makes you uncomfortable. If they do, it’s important to speak up.

### *Setting Boundaries with Other Children*

Boundaries between kids are just as important. They help friendships stay fun, safe, and respectful. Here’s how children can set boundaries with peers:

- **Use your voice:** If a friend is teasing or pressuring you, it’s okay to say, “I don’t like that” or “Please stop.”
- **Respect what others say:** If someone says “no” or seems uncomfortable, that boundary should be honored.
- **Apologize if needed:** Everyone makes mistakes. If you cross someone’s boundary, a kind apology goes a long way.

### **Practicing Healthy Boundaries**

Learning to set boundaries is a skill, and skills improve with practice. Role-playing with a trusted adult helps kids get comfortable using their voice and listening to their feelings. Here are some ways to practice:

- **Saying “no”:** It’s okay to say no when something feels wrong. Practice saying it out loud.
- **Using clear, kind language:** Help your child learn how to express themselves firmly but politely.
- **Understanding their rights:** Every child deserves to feel safe, respected, and heard.

Even with practice, some people might ignore your boundaries. If this happens, it’s not your fault, and you should tell a trusted adult.

### **Why This Matters**

When children learn to set boundaries, they’re less likely to be taken advantage of. They’re better prepared to handle tough situations, speak up when something’s not right, and build strong, respectful relationships. Teaching boundaries isn’t a one-

time conversation, it's ongoing. Talk with your child often, listen to their concerns, and help them practice. That way, they'll grow up knowing they can trust themselves and count on you.

Healthy boundaries empower kids. They build confidence, protect well-being, and teach kindness. And most importantly, they remind every child: Your feelings matter, and it's always okay to ask for help.

### **References**

- Jacobson, R. (2025, May 6). *Teaching Kids About Boundaries*. Child Mind Institute.  
<https://childmind.org/article/teaching-kids-boundaries-empathy/>
- Safer, Smarter Families. (2023, August 9). <https://safer-smarter-families.org/>

Feeling anxious or sad?

# Hope can help!



Hope is a **FREE** chat service providing encouragement and strategies on how to manage everyday stress and anxiety using Chatbot technology.

- Hope is anonymous, private, and available 24/7/365
- Proven, faith-based, emotional, and mental support service
- Hope offers proven technology to offer custom mental health help when and where you need it. She is used by over 13 million users worldwide.

## TO CONNECT WITH HOPE:

Text "Hi" to Hope at 1-785-645-3355 or visit [facebook.com/HopeCCUSA](https://facebook.com/HopeCCUSA)  
Use Start Code: KANSAS

**If you are experiencing suicidal thoughts, please  
call, text, or chat the Suicide & Crisis Lifeline at 988.**



Catholic Charities of Northern Kansas is grateful for the generous support of Catholic Charities USA in bringing Hope to our communities.

[www.ccnks.org](http://www.ccnks.org)





# 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: 1011 Centennial Blvd.**



# Fill the **FREEZERS**

We have freezers in all three Catholic Charities offices—but they're *empty*!

**We need your help to fill them!**

By *donating meat*, you can provide nutritious protein to families in need across northern Kansas.



## HOW TO DONATE MEAT:

1

### CALL AHEAD

Call ahead to ensure we have freezer space.

2

### WHAT WE ACCEPT

We accept **beef, pork, poultry, or venison** (*must be USDA or state-inspected*).

3

### PROPER PACKAGING

Meat must be **properly packaged and labeled** for food safety.

4

### DROP-OFF LOCATIONS

Bring donations to our **Salina, Manhattan, or Hays** offices.

## HELP FEED HUNGRY FAMILIES



**Provide nutritious meals** to families receiving our food boxes who can't afford meat, making balanced meals difficult.



**Ease financial struggles** for those forced to choose between essentials like rent and protein-rich food.



**Support local families** across northern Kansas by ensuring they have access to quality meat.

**HAVE QUESTIONS OR NEED MORE INFORMATION?  
CONTACT MEGAN AUGUSTINE AT:**



785-825-0208



[maugustine@ccnks.org](mailto:maugustine@ccnks.org)

# Catholic Charities Outreach Services

## September 2025 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

9/2

**Osborne** - St. Aloysius Catholic Church

10:30am - 11:30am

Wednesday

9/3

**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 - 3:00pm

**Solomon** - Immaculate Conception Church

3:00pm - 4:00pm

Wednesday

9/10

**Washington** - St. Augustine Parish

9:30am - 10:30am

**Colby** - Knights of Columbus

10:00am - 11:00am

**Ellsworth** - St. Bernard Catholic Church

11:30am - 12:30pm

**Mankato** - St. Theresa Catholic Church

12:00pm - 1:00pm

**Oakley** - St. Joseph Catholic Church

12:00pm - 1:00pm

**Lincoln** - Lincoln County Health Department

1:30pm - 2:30pm

**WaKeeney** - Christ the King Church

2:30pm - 3:30pm

Wednesday

9/17

**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

9/24

**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.

9:30am - 10:15am

**Beverly** - City Office of Beverly

10:45am - 11:15am

**Belleville** - St. Edward Parish

1:00pm - 2:00pm

**Plainville** - Sacred Heart Catholic Church

1:00pm - 2:00pm



*Any cancellations due to inclement weather will be announced by 4 p.m. the day before the scheduled outreach.*

*Scan this QR Code with your smartphone camera to view the full outreach schedule!*



# 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!**

DOUBLE FEATURE WITH JASON EVERT



**PURIFIED**

**AND**

**GENDER**

AND THE THEOLOGY OF YOUR BODY

Let's come together to discover the beauty of God's plan for human love. A life-changing event for teens & adults (ages 13+).



**EVENT INCLUDES:**

Eucharistic Adoration

Sacrament of Reconciliation

Free resources for every attendee!

**Tickets \$25**

**October 15, 2025 | 6:00 PM -9:15 PM**

**Our Lady of Perpetual Help**

307 East 5th

Concordia, KS 66901

Tickets: [chastity.com/purified](https://chastity.com/purified)

Info: [eventcoach@chastity.com](mailto:eventcoach@chastity.com)

Doors open at 5:30pm

**Early Bird Pricing \$22**

**Ends September 15, 2025**

Scan for tickets & info

