



SDNB

Salina Diocesan News Bulletin

Volume 526

December 2025

OFFICE OF THE BISHOP

THANK YOU for your promotion of the various appeals that took place this past November. I appreciate your support for these important collections.

THE SOLEMNITY OF THE IMMACULATE CONCEPTION is Monday, December 8. The Chancery will be closed to observe this Holy Day of Obligation.

RETIRED RELIGIOUS COLLECTION is December 13 & 14th.

MERRY CHRISTMAS to all! The Chancery will be closed Thursday, December 25 and Friday, December 26 in observance of the holidays.

SEMINARIAN FAMILY MASS & LUNCHEON is scheduled for Monday, December 29 at St. Fidelis, Victoria at 11:00 a.m. There will not be a Runnin' Revs basketball game with this event this year. Please pray for our Seminarians and continue supporting them as they continue their studies to become great priests for the Salina Diocese.

SOLEMNITY OF MARY, MOTHER OF GOD is on Thursday, January 1. The Chancery will be closed.

OFFICE OF TECH SUPPORT/FACILITIES

SCAM ALERT - Parish Directory Phishing Attempt We've been made aware of a phishing attempt targeting churches. The scam involves an email that appears to come from a trusted parishioner — often someone in a leadership role, like a Finance Council member — requesting a PDF of your parish directory. If you receive a suspicious message, do not respond or send any information. Delete the email.

OFFICE OF TECH SUPPORT/FACILITIES (cont.)

- Always verify unexpected requests for sensitive information like directories or financial data.
- Do not reply directly. Instead, contact the person through a known, independent method like their phone number or official email).
- Hover over the sender's email address to confirm it matches the one you have on file — scammers often spoof names but use unfamiliar addresses.

Why Scammers Want Parish Directory Data:

Targeted Phishing (Spear Phishing): With names, emails, and relationships, scammers can craft highly convincing emails pretending to be:

- The pastor or church staff
- A fellow parishioner
- A ministry leader asking for donations or favors

Social Engineering: They can use the directory to:

- Pose as someone in need (“Hi Mary, it’s John from choir — can you help me with a gift card?”)
- Trick people into revealing more personal or financial information
- Build trust by referencing real names and roles

Credential Stuffing or Account Takeover: If email addresses are reused across services, scammers may try to guess or phish passwords to access:

- Church management systems
- Personal email accounts
- Online giving platforms

Phone Scams: With phone numbers, they can:

- Call pretending to be from the church or diocese
- Ask for donations, credit card info, or personal details
- Use caller ID spoofing to appear legitimate

Mail Fraud or Identity Theft: Physical addresses can be used to:

- Send fake donation requests by mail
- Attempt identity theft or credit fraud with enough additional data

Bottom Line: Even basic contact info can be weaponized when it’s tied to a trusted community like a parish. That’s why it’s so important to treat directories as sensitive data and verify any requests to share them — even if they seem to come from someone you know.

OFFICE OF RESPECT LIFE

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!

NATIONAL MARCH FOR LIFE - The National March for Life will be held on Friday, January 22nd in Washington DC. Please pray for the pilgrims from our diocese attending!

OFFICE OF NATURAL FAMILY PLANNING/FERTILITY CARE CENTER

DIOCESAN NATURAL FAMILY PLANNING PROVIDERS - The Diocesan NFP Office is pleased to announce that our office now has instruction in both the Creighton Model Fertility*Care* System and the Marquette Method available both in person and virtually throughout the diocese. Visit our Natural Family Planning page on the diocesan website or see the attached flyer for more information.

FERTILITY APPRECIATION SCHOOL AND PARISH PRESENTATIONS - Age-appropriate presentations for young women grades 5-12 are available for schools and parishes through our NFP Office. These can be done in the classroom/parish setting or as a mother-daughter event. We also have a co-ed presentation on Natural Family Planning for high school juniors and seniors. See the attached flyer or contact Lindy Meyer for more information: 785.614.0831 or lindy.meyer@salinadiocese.org.

INFERTILITY SUPPORT GROUP - Infertility is a vulnerable and challenging journey to navigate. The NFP Office is now offering a virtual support group that will meet monthly January-June 2026. See the attached flyer for more information or to register for the group. You may also contact Lindy Meyer for more information: 785.614.0831 or lindy.meyer@salinadiocese.org.

OFFICE OF SAFE ENVIRONMENT

IMPORTANT CELEBRATIONS IN THE LIFE OF THE CHURCH: ADVENT, THE SOLEMNITY OF THE BLESSED VIRGIN MARY, AND OUR LADY OF GUADALUPE -

As we enter this sacred time of year, the Church invites us to slow down, reflect, and prepare our hearts for Christ's birth at Christmas. Three beautiful celebrations stand at the center of this season: Advent, the Solemnity of the Blessed Virgin Mary, Mother of God, and the Feast of Our Lady of Guadalupe. Each offers us a unique opportunity to deepen our faith and draw closer to God and one another.

HOLY FIRE - Thank you to every volunteer, host, speaker, and attendee who helped make the Holy Fire event an incredible success! As our first event dedicated to middle school students, it was truly inspiring to see such energy, faith, and joy.

NCYC - Welcome home 715 students and their 160 dedicated volunteers and chaperones, all traveling back from Indianapolis on 7 chartered buses safely!!

2025 ON SITE AUDITS - On-site audits were recently completed in the central region of the Diocese. To the parishes of Collyer, WaKeeney, Plainville/Stockton, and Hill City—many, many thanks to Safety Coordinators Carolyn Long, Jennifer Staab, Laura Walt, Alyssa Moeder, and Principal Sara VonFeldt. Their dedication, along with the support of their parish and school team members, volunteers, and parents, is truly appreciated. All church personnel have made a solemn commitment to protect children, young people, and vulnerable adults, and this important work remains an ongoing journey.

OFFICE OF SAFE ENVIRONMENT (cont.)

CMG & Fastrax-Select.com Invoices - Administrative Support

CMG - Please review upcoming renewals and check for any changes in volunteers, new hires, or educators.

WINTER SPORTS REMINDER - Please stay alert for any newly hired coaches and ensure that all required compliance steps are completed.

FASTRAX STATEMENTS SCHOOLS/PARISHES - Please ensure that all invoices have been paid and that the checks have cleared. Contact me if you need a copy of any misplaced invoice at liz.aguayo@salinadioce.org

Thank you to everyone who has already submitted reports and Q2 Bulletin Inserts. Please remember to submit the Children's Training Data Report before January 1, 2026.

OFFICE OF COMMUNICATIONS

COMMUNICATIONS DEADLINES - The deadline to submit content for the January paper is January 2nd (in homes January 23rd). The February content deadline is February 6th, in homes February 27th.

You can contact the editor, Lori Leiszler, at 785-262-9136 or by email: lori.leiszler@salinadiocese.org or theregister@salinadiocese.org

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 or 785-833-9380.

IGNITING HOPE: Annual Campaign for Our Neighbors in Need - The Catholic Charities Development Team would like to extend our deepest gratitude to all the parishes that played a vital role in promoting our 2025 Igniting Hope Annual Campaign. Your enthusiastic support has been key to the campaign's successful start, and we are truly blessed to have you as partners in this mission of hope and service.

CATHOLIC CHARITIES (cont.)

PARISH PRESENTATIONS - As the New Year approaches, our Catholic Charities team is gearing up and excited to begin scheduling Parish Presentations! If your parish or parish group would be interested in having Catholic Charities come share about our programs and services, we would be honored to visit with you. If interested, contact Megan Augustine at maugustine@ccnks.org or 785-833-9380 or go to <https://ccnks.org/community-engagement> and fill out the interest form.

UPCOMING OFFICE AND THRIFT STORE CLOSURE DATES - As the holiday season approaches, we want to keep you informed of our upcoming closures for offices in Manhattan, Salina, Hays, and Thrift Stores in Salina and Hays:

- *November 26: Salina & Hays Thrift Stores closed*
- *November 27 & 28: Thanksgiving Break – All offices and thrift stores closed*
- *December 23: All offices and thrift store closed for staff meeting*
- *December 24 – January 2: Christmas Break – All offices and thrift stores closed*

Additionally, please note that our social media pages and website will be updated with any closures due to inclement weather.

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 or 785-833-9378.

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.

HAPPY BOTTOMS DIAPER DRIVE - A big shoutout to all of the Catholic Schools in the Salina Diocese who participated in this year's Happy Bottoms Diaper Drive! We are so grateful for the kindness of our students, families, and school communities and for the mountains of diapers that have been donated towards our Pregnancy Support and Diaper programs. Your generosity will make a tremendous impact on mothers and babies throughout our 31-county diocese. This annual collaboration is such a gift—and we couldn't do it without you. Thank you! 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 to fill out the form, and we'll be in touch.

CATHOLIC CHARITIES (cont.)

DECEMBER OUTREACH SERVICES SCHEDULE - *Please note that due to the December holiday schedule, the 4th Wednesday schedule has been moved to the 3rd Tuesday and Thursday. Please review the schedule carefully.*

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, Enterprise, Herington, Hill City, Hoxie, Junction City, Lincoln, Mankato, Minneapolis, Norton, Oakley, Oberlin, Osborne, Phillipsburg, Plainville, Russell, Smith Center, Solomon, WaKeeney, and Washington. The December Outreach Services schedule is attached. You can also view the full, up-to-date Outreach Services schedule anytime at www.ccnks.org/outreach.

FILL THE FREEZERS - Thanks to generous supporters, Catholic Charities of Northern Kansas has freezers in all three of our offices! We're asking for your help to Fill the Freezers and feed hungry families in our communities. Many of the families we serve struggle to afford meat, making it difficult to prepare balanced meals. By donating processed beef, pork, poultry, or venison, you can help provide nutritious protein to those in need across northern Kansas. Meat donations must be USDA or state-inspected, properly packaged, and labeled. Please call ahead to ensure we have freezer space. Donations can be dropped off at our offices in Salina, Manhattan, or Hays. For questions or to schedule a drop-off, contact Megan Augustine at 785-825-0208. Thank you for helping us feed our neighbors in need!

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 items needed. Every donation is valued and appreciated. Learn more at www.ccnks.org/inkind. Thank you for your support!

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA

YEAR-END GIFTS - As you prepare your December bulletins, now is the perfect time to promote year-end giving. Nearly one-third of all charitable giving occurs in the final quarter of the year. Encourage your parishioners to consider supporting their parish, Catholic school, the Bishop's Annual Appeal, or another ministry close to their hearts. If you need any assistance, please contact Heather Hartman at 785-738-7336 or heather.hartman@salinadiocese.org Sample bulletin text:

As we approach the end of the year, now is a wonderful time to support the ministries that shape our Catholic community. A gift to your parish, your Catholic school, the Bishop's Annual Appeal, or our seminarians makes a lasting difference. Your generosity helps our Church continue its mission today and for years to come. To learn more or make a gift, visit givecfds.org. Thank you for sharing your blessings!

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

PARISHIONER LIST REVIEW - Please watch for an email containing your parish's updated parishioner list. We ask that you review the spreadsheet and return any updates to julia.diaz@salinadiocese.org as soon as possible. If you need additional time, please let us know. When reviewing, please compare our list with your parish records. Make edits directly in the spreadsheet, note changes in the designated column, and highlight any names that should be corrected or removed. Please do not delete entries—simply indicate the reason for removal (e.g., moved, changed parishes, deceased).

Thank you for continuing to send parishioner emails and updates as you receive them. Email addresses are especially important so parishioners can receive Bishop Vincke's monthly e-news. We appreciate your help in keeping our records accurate!

COLLEGE SCHOLARSHIPS - Great news for students in the Diocese of Salina! There are three scholarship opportunities available for the 2026-2027 school year. The application process is online and opened on Nov. 1, 2025. Students are encouraged to apply by March 1st, 2026 at givecfds.org/scholarships.

- Monsignor Clement A. Kruse Scholarship - Applicant must be an active registered member of a Catholic parish in the Diocese of Salina. These scholarships are approximately \$500.
- Marymount Memorial Educational Trust Scholarship - Applicant must be attending an accredited Catholic College as a full-time student and an active registered member of a Catholic parish in the Diocese of Salina. These scholarships vary but range from \$1,000-\$3,000.
- Susie Deges Scholarship - This scholarship is specifically for high school seniors in the diocese who are active in their local CYO (Catholic Youth Organization). This scholarship is \$1,000.

#iGIVECATHOLIC 2025 – We are excited to participate in this year's #iGiveCatholic on Tuesday, December 2nd! Visit salina.igivecatholic.org to support your parish, Catholic school or ministry. This annual day of giving is a wonderful opportunity to rally our communities in support of the vital work being done throughout our diocese.

BISHOP'S ANNUAL APPEAL – 2025 DEANERY PARTICIPATION - As we near the close of the 2025 Bishop's Annual Appeal, here's a quick look at the percentage of parishioners who participated in each of our four deaneries (regional groupings of parishes):

West Deanery: 25.38% of parishioners
 West Central Deanery: 21.65% of parishioners
 East Central Deanery: 21.27% of parishioners
 East Deanery: 16.32% of parishioners

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

Thank you to all who have given this year! Each person who participates helps support ministries that reach across all 31 counties and helps care for the clergy who serve our communities. As we look ahead, we hope to continue growing parishioner participation across the entire diocese. When more households join in, it strengthens every corner of our diocesan family.

BISHOP'S ANNUAL APPEAL 2026 - We're already gearing up for the 2026 Bishop's Annual Appeal. Be on the lookout for more details coming soon, and be sure to mark these important dates on your calendar:

Kick-off weekend - February 7-8

Participation weekend- February 21-22

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 18th, IHM Parish (Hays)

ENGAGED ENCOUNTER - These are the upcoming EE weekends.

Feb. 6-8, 2026

Apr 24-26, 2026

June 12-14, 2026

OFFICE OF YOUTH MINISTRY AND RELIGIOUS EDUCATION

YOUTH MINISTER RETREAT - We warmly invite all Diocesan youth ministers to a one-day retreat. We will have a retreat director guide our time together as we renew, reconnect, and rest in the Lord through Adoration and Mass, with Confession available. Lunch and dinner are provided. No work, no business - just an opportunity for you who serve our young people all year long to have a retreat and rest in the Lord. Save the date--Saturday, March 21, 2026, in Salina.

SOPHIA'S INSTITUTE—PUTTING ON THE ARMOR OF GOD: Confirmation, Diocese of Salina, Spring 2026 - Explore the effects and fruits of the Sacrament of Confirmation how you can lead your students to proclaim the Gospel like the Apostles. You'll also learn how to help your students see the true meaning of this Sacrament.

This Workshop blends scholar presentations with interactive pedagogical sessions, giving you a chance to explore content with a respected scholar, as well as explore and simulate practical teaching strategies with ready-to-use classroom materials. Share best practices and enjoy catered breakfast and lunch with your fellow teachers and catechists from the Diocese of Salina.

March 28, 2026, 8:30 a.m. - 2:30 p.m.

Click this link to see more--<https://sophiateachers.org/event/putting-on-the-armor-of-god-confirmation-diocese-of-salina-spring-2026/>

OFFICE OF EDUCATION

CATHOLIC SCHOOLS & CATHOLIC CHARITIES PARTNERSHIP – Students and staff our Catholic schools donated over thousands of diapers to Catholic Charities of Northern Kansas. Schools brought their collected diapers to the annual Teachers' Institute on Friday, November 7, where they were greeted by students from St. Mary's Grade School and Sacred Heart Jr/Sr High School, as well as staff from Catholic Charities. The individuals worked together to deliver the diapers to Catholic Charities. This is the fourth year our schools have participated in this service project.

TEACHERS' INSITUTE – All Catholic school teachers met in Salina on November 7 for a day of spiritual development. Teachers heard from our own Fr. Gale Hammerschmidt and Wichita's Fr. Drew Hoffman. Teachers came together for Mass with Bishop Vincke.

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-November. There will also be surveys throughout the year for students and teachers. I am looking forward to sharing the results.

OFFICE OF EDUCATION (cont.)

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, Chief Executive Officer for the Catholic Foundation heather.hartman@salinadiocese.org. For the 25-26 school year, approximately \$90,000 was 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.

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day CHANCERY CLOSED	2 SEEK26 FOCCUS, Denver, CO Jan 1-5	3
4	5 Region IX Retreat, San Diego, CA Jan. 5-12	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King, Jr. Day CHANCERY	20	21 March for Life, Washington, D.C. Jan. 21-25	22	23	24
25 St. Mary's School Carnival, Ellis, 10:00am Holy Family School Chili Feed, Hays, 11:00am	26 CATHOLIC SCHOOLS WEEK, Jan. 25-31	27 Red Mass, Mater Dei Catholic Parish, Topeka Foundation Board Mtg. 4pm	28 Ignite Rally, Topeka, 9am MFL Mass, 10:30am Topeka	29	30	31

Diocese of Salina

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Fertility Appreciation School & Parish Presentations

with the Diocese of Salina Natural
Family Planning Office &
FertilityCare Center



CATHOLIC DIOCESE
of SALINA

Each one-hour program is presented by a specially trained FertilityCare Practitioner from the Salina Diocese.

Parent information letters and packets are provided for each presentation. Parents are welcome to attend any of the sessions.

Mother-Daughter events are also available for each age level.

Wonderfully Made

Designed for 4th-6th grade girls and provides a basic and gentle introduction to the female reproductive system and understanding the changes in the body for this age group.

Hormone Wonder

Created for 11-12th grade girls and provides a deeper dive into the hormones of the menstrual cycle and how they impact our general health. Fosters an understanding of fertility for life-long use.

Wonder of Eve

Available for 7th-10th grade girls and provides an overview of the menstrual cycle hormones and reproductive system. It also explores what's normal and not normal in a cycle.

In God's Image

Special program for 11-12th co-ed classes and provides an overview of male and female reproductive health and how our differences are part of God's design. Includes a brief introduction to the use of NFP in marriage.



Infertility Support Group

FROM THE DIOCESE OF SALINA
NATURAL FAMILY PLANNING OFFICE:

We are happy to introduce this **Virtual Support Group** to our diocese. Infertility is a vulnerable and challenging journey to navigate, and we are pleased to open a platform for women and couples to connect with others who share this experience.

- First Wednesday of each month
- January 2026 to June 2026, 6:00 p.m.
- Sessions will be led by a Certified FertilityCare Educator and Licensed Mental Health Counselor
- Free of cost

QUESTIONS? EMAIL

lindy.meyer@salinadiocese.org

If you would like to donate to this ministry and help us to continue providing it for free to those in need, you can find more info at:

salinafertilitycare.org/infertility



SCAN TO REGISTER

Catholic Charities Outreach Services

December 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

12/2

Osborne - St. Aloysius Catholic Church

10:30am - 11:30am

Wednesday

12/3

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

Wednesday

12/10

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

Tuesday

12/16

Chapman - St. Michael Catholic Church

9:00am - 10:00am

Enterprise - City Hall

10:30am - 11:00am

Belleville - St. Edward Parish

1:00pm - 2:00pm

Wednesday

12/17

Abilene - St. Andrew Parish

9:00am - 10:00am

Beloit - St. John the Baptist Church

10:00am - 11:00am

Atwood - Sacred Heart Catholic Church

10:30am - 11:30am

Solomon - Immaculate Conception Church

10:30am - 11:30am

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

Thursday

12/18

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

Plainville - Sacred Heart Catholic Church

1:00pm - 2:00pm



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.

If you are experiencing suicidal thoughts, please call, text, or chat the Suicide & Crisis Lifeline at 988, to speak to a real person.

TO CONNECT WITH HOPE:

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



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

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

SHOPPING LIST



PANTRY ITEMS

- | | |
|--|--|
| ☐ Cereal | ☐ Instant Oatmeal |
| ☐ Pancake Mix | ☐ Granola Bars |
| ☐ Peanut Butter | ☐ Jelly |
| ☐ Instant Potatoes | ☐ Tuna Helper |
| ☐ Macaroni + Cheese | ☐ Spaghetti noodles |
| ☐ Spaghetti Sauce | ☐ Ramen Noodles |
| ☐ Canned Soup | ☐ Canned Vegetables |
| ☐ Jello Packets | ☐ Pudding Packets |
| ☐ Canned Fruit | ☐ Canned Tuna |
| ☐ Saltine Crackers | ☐ Jiffy Cornbread Mix |

HOUSEHOLD ITEMS

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

Thank you for providing HOPE to our neighbors in need!