



SDNB

Salina Diocesan News Bulletin

Volume 542

April 2026

OFFICE OF THE BISHOP

CONFIRMATION dates with Bishop Vincke for 2026-2027 are now being set. We will use the same online Confirmation Request form as last year, available [HERE](#). Please have all date requests submitted by May 31st.

With the transition to the Restored Order of the Sacraments, some parishes will be scheduling Confirmation Masses on their own. That is perfectly acceptable. We only ask that you let us know when they are scheduled. Bishop will attend if his schedule allows.

Please email that information to brenda.streit@salinadiocese.org.

GOOD FRIDAY, April 3rd, the Chancery will be closed.

HAPPY EASTER! The Chancery will be closed on Monday, April 6th.

TRANSITIONAL DEACON ORDINATION MASS for Kyle Pfeifer will be held at 10:00 a.m., Saturday, April 11th at Sacred Heart Cathedral in Salina.

Please join us in supporting Kyle as he furthers his journey to becoming a Priest.

PRIESTLY ORDINATION for Dcn. Luke Friess and Dcn. Benjamin King will be on Friday, June 12th at 2:00 p.m. at Sacred Heart Cathedral. .

MARK YOUR CALENDARS:

K. OF C. STATE CONVENTION, May 1-4, at the Hyatt Regency, Wichita. Clergy Appreciation Mass and dinner will be Friday, May 1st at 5:00 p.m. with Mass in the Eagle Ballroom, followed by the meal in the Redbud BC.

SEMINARIAN DINNERS will be on Wednesday, July 29th in Salina and Thursday, July 30th in Colby. More information to come out soon.

EUCCHARISTIC CONFERENCE: Please put July 31st and August 1st on your calendar and plan on joining us for our Eucharistic Conference in Hays on the FHSU Campus. Much more information will come out shortly, but we would love to have all of you join us.

OFFICE OF THE CHANCELLOR

GOOD FRIDAY COLLECTION: A Pontifical collection benefitting Christians in the Holy Land is taken up every year on Good Friday, this year on April 3rd. Promotional materials including, talking points, bulletin announcement, pulpit announcement, and printable posters, and can be found online at <https://myfranciscan.org/pgfc-2026/>. Talking points and announcements are the link titled “COLLECTION MATERIALS”.

OFFICE OF THE DEACONS

DEACON INFORMATION MEETINGS - For those men who are discerning a call to the permanent diaconate there will be information presentations conducted at the following locations, dates, times, in the Diocese of Salina. The presentations will last approximately one hour and will provide information as to the diaconate overall, the formation/academic process, and the application process. Applications are due June 1, 2026, and no applications will be accepted after this date.

Hays – Immaculate Heart of Mary Parish – April 25, 2026, 10 a.m., Parish Hall

OFFICE OF VOCATIONS

DEACON ORDINATION - Kyle Pfeifer's Deacon Ordination will be **April 11, at 10:00 a.m.**, Sacred Heart Cathedral, Salina.

NOTE CHANGE: Priestly Ordination for Deacon Luke Friess and Deacon Benjamin King will be **Friday, June 12, at 2:00 p.m.** at Sacred Heart Cathedral, Salina.

VOCATIONS OFFICE contact information:

Fr. Andy Hammeke 785-656-3747

Fr. Brian McCaffrey 785-236-0462

OFFICE OF COMMUNICATIONS

COMMUNICATIONS DEADLINES - The deadline to submit content for the May paper is May 1st (in homes May 22nd). The content deadline for June is 5th (in homes June 26th).

You can contact the editor, Lori Garcia, at 785-262-9136 or by email:

lori.garcia@salinadiocese.org or theregister@salinadiocese.org

OFFICE OF SAFE ENVIRONMENT

DURING CHILD ABUSE PREVENTION MONTH - The Catholic Diocese of Salina is committed to protecting the dignity and safety of all children and vulnerable persons. Through Safe Environment training, background checks, and ongoing vigilance, we work to create communities where children are protected, respected, and loved.

Protecting God's children is a shared responsibility.

To report concerns or learn more about Safe Environment policies, please contact the Diocese of Salina Safe Environment Office at 785-827-8746 #124 Email: liz.aguayo@salinadiocese.org or our Victim Assistance Coordinator at 866-752-8855 and online at reportabuse@salinadiocese.org

Heavenly Father,

You created every child in Your image and entrusted them to our care with love.

Pour out Your protection upon all minors and guard them from harm, abuse, and neglect.

Strengthen families, guide educators and caregivers, and give courage to all who work to safeguard the dignity of every child.

Lord Jesus, you welcomed the little ones and said, "Let the children come to Me."

Fill our hearts with Your compassion so that our communities may always be places of safety, healing, and trust.

Through the intercession of Saint Maria Goretti, model of purity and forgiveness, and Saint Michael the Archangel, defender against evil,

watch over all children and protect them in body, mind, and spirit.

May Your Holy Spirit guide us to act with wisdom, vigilance, and love, so that every child may grow in faith, hope, and joy.

We ask this through Christ our Lord.

Amen.

BLUE SUNDAY (*the last Sunday in April*) we are united with the world in praying for the victim survivors of child abuse. Pray they will be rescued. Pray they are placed with caring people. Pray their minds and bodies can heal. Pray they find hope. Pray for those who rescue them. Pray for the witnesses to find courage. Pray for the community to be educated and find ways to support the efforts that will put an end to violence. Pope Francis has called upon all people to reflect on synodality. We are being asked to journey together, to listen and learn from each other, to discern together what is the will of the Holy Spirit. During this Child Abuse Prevention Month, let us listen carefully to the words of the wounded. Let us walk together on this journey of healing and building trust. The Holy Spirit will light the way through the darkness of evil. But we must take the time to listen, to heed the guidance as we draw the map of our journey to wholeness.

CARES FOR KIDS MONTHLY NEWSLETTER - A copy of *Staying Connected Online Without Losing Balance* is included toward the end of this SDNB.

Thank you for your continued efforts to help ensure our parish and school communities remain safe environments for minors.

If you would like a Spanish version, please email liz.aguayo@salinadiocese.org.

OFFICE OF SAFE ENVIRONMENT (cont.)

QUARTERLY BULLETIN INSERT REMINDER - It's time for school newsletters and parish bulletins to include the **Quarterly Bulletin Insert Q4, April-June 2026**. Please ensure it is published in your upcoming Bulletins. Thank you for your continued support in keeping this important information visible in our communities. Please forward a copy to liz.aguayo@salinadiocese.org.

CHILDREN'S TRAINING DATA REPORTS - About 14 locations are still missing these reports, Please submit your children's training data reports if you haven't done so already. If you need a copy of the form, feel free to email me.

SPRING ACTIVITIES -As we begin spring sports, school plays, programs, and field trips, please ensure that all new hires and new volunteers; especially drivers and chaperones have completed the required certification process before participating.

OFFICE OF FAMILY LIFE

TOGETHER IN HOLINESS - REGISTRATION IS NOW OPEN! Join us at the first annual Together in Holiness marriage enrichment conference in the Diocese of Salina on Saturday, April 18, 2026, from 9:45 a.m. - 5:00 p.m. at Immaculate Heart of Mary Catholic Church in Hays.

Whether you are newly-married or celebrating a milestone anniversary this year, Together in Holiness is the perfect pause from the busyness of everyday life so you can rediscover the beauty of the sacrament of marriage.

For more information and all the details on this conference, click this link <https://forlifeandfamily.org/events/th26-slks/>

Together in Holiness is a marriage enrichment initiative that inspires couples to grow together in holiness and empowers and equips parents to form their children in the Catholic faith.

Together in Holiness is unique in that it offers a place of encounter, where God's plan for marriage and family is proclaimed and a desire for holiness is enkindled in the hearts of married couples.

OFFICE OF YOUTH MINISTRY-RELIGIOUS EDUCATION

PRAYER AND ACTION 2026 - Registration has begun for this summer's Prayer and Action Program. Please see the website for registration forms and information.

Video to show what goes on at Prayer and Action - <https://youtu.be/G6xDURUuLTs>

Registration information - <https://salinadiocese.org/office/youth-ministry/prayer-and-action/>

JR. CYO CAMP 2026 - Camp will be held Saturday, September 5th- Monday, September 7th, and registration begins May 1st.

Registration Information - <https://salinadiocese.org/office/youth-ministry/junior-cyo-camp/>

OFFICE OF EDUCATION

CATHOLIC FAMILY SURVEY - Families across the Diocese of Salina recently participated in our Catholic Identity Parent & Community Survey as part of our ongoing accreditation work with Cognia, and the results provide strong affirmation of the mission of our Catholic schools. Across 14 schools, parents overwhelmingly recognized that our schools are places where faith is lived and experienced daily—99% noted visible signs of our Catholic identity, 97% affirmed that our schools are communities of prayer, 92% shared that teachers and leaders model Catholic values, and 90% agreed that students are being formed in Gospel values and service. These results reflect the shared commitment of our schools, parishes, and families to form young people who know Christ, seek truth, and serve others, while also encouraging us to continue strengthening the partnership between home, school, and parish in living out this important mission.

ITALY PILGRIMAGE - JUNE 1-10, 2027 - Superintendent Geoff Andrews is once again leading a student pilgrimage to Italy. Visit <https://salinadiocese.org/office/catholic-schools/pilgrimage-to-italy-2027/> to learn more!

STATE TESTING - This spring, students are participating in the Kansas State Assessments. This helps us with our school improvement process as well as gives great data on each student and the growth he/she is making.

STATE CHAMPS - **Congrats** to the Sacred Heart High School Girls Basketball Team and the Beloit St. John's/Tipton Catholic High School Boys Basketball Team on their State Championships in March! What an awesome accomplishment!

75% TAX CREDIT SCHOLARSHIP – Kansas Tax Credit Scholarship - The Scholarship Granting Fund for the Catholic Diocese of Salina offers donors an opportunity to support Catholic education while receiving a 75% Kansas State income tax credit through the *Kansas Tax Credit for Low Income Students Scholarship Program*.

Important statewide update: For the first time since this program began, the State of Kansas has reached the annual \$10 million cap on available tax credits. This cap applies to all participating Scholarship Granting Organizations (SGOs) serving private, accredited schools across Kansas. Once the cap is reached, no additional tax-credit-eligible contributions can be accepted for that calendar year.

What this means for donors: Tax credits are issued on a first-come, first-served basis and reset each year on January 1. Because the statewide cap was reached this year, donors who wish to take advantage of the tax credit in the future are encouraged not to wait until October, November, or December, but instead to plan their gift early in the calendar year.

Impact locally: For the 2025–2026 school year, approximately \$90,000 was awarded through the Scholarship Granting Fund to Catholic schools in the Salina Diocese, assisting 120 qualifying students. These scholarship funds go directly to families to help offset the cost of a Catholic education.

Eligible donors may include individual income taxpayers, corporate income taxpayers, privilege taxpayers, and insurance premium taxpayers, subject to state guidelines. Donors are encouraged to consult their tax advisor to determine whether this opportunity is appropriate for their tax situation.

To learn more or to plan an early gift for 2026, please contact:
Heather Hartman, Chief Executive Officer, Catholic Foundation
at heather.hartman@salinadiocese.org

Your generosity helps ensure Catholic education remains accessible to families across our parishes and communities.

How the Kansas SGO Tax Credit Works – Example

Bob has an upcoming 2026 Kansas State income tax obligation of \$7,500.

To fulfill this obligation, Bob can either:

Write a check to the **Kansas Department of Revenue** in the amount of **\$7,500**, or

Write a check to the **Scholarship Granting Fund for the Catholic Diocese of Salina** in the amount of **\$10,000** and receive a **Kansas Tax Credit Certificate** for **75% of the donation (\$7,500)**, which fulfills **100% of Bob's Kansas State income tax obligation**.

As a result, Bob directs his state tax dollars to support Catholic school students and families rather than sending those dollars entirely to the state.

****ANY individual income taxpayer, corporate income taxpayer, privilege taxpayer or insurance premium taxpayer are eligible for the tax credit****

Please consult your tax advisor to see if this is right for you.

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA

BISHOP'S ANNUAL APPEAL 2026: The 2026 Bishop's Annual Appeal kicked off February 7–8, and the next appeal letter will arrive in homes during Holy Week.

Thanks to your efforts, the Appeal is off to a strong start having raised \$1.3 million from over 2,100 donors.

Deanery Participation Update: The deanery challenge is already shaping up to be a close race! Every donor makes a difference as we work to grow participation in each parish. Thank you for the many ways you continue to invite your parishioners to take part in the mission of the Church.

*** Participation reflects the percentage of families within each deanery who have made a gift to the Bishop's Annual Appeal. ***

- **West: 14.71%** of families have participated
- **West Central: 14.52%** of families have participated
- **East Central: 13.06%** of families have participated
- **East: 9.94%** of families have participated

Parish Progress:

- 2 parishes have reached 100% of their goal:
St. Michael (Collyer)
St. Martin of Tours Mission (Seguin)
- 15 parishes are at 70% of goal or higher

Ongoing Efforts for Successful Appeal

Share progress toward your parish goal

Include the Appeal in Prayers of the Faithful, bulletins, social media, and emails

Parish Resources – bit.ly/ParishBAA

QR Code and Link for Bulletins, etc.- appeal.givecfds.org



SEMINARIAN DINNERS – Save the Dates! Mark your calendars for the 2026 Seminarian Fundraising Dinners. Be watching for formal invitations and RSVP information in the upcoming months.

- Wednesday July 29th -- Salina
- Thursday July 30th – Colby

SCHOLARSHIPS: The application period for the Monsignor Clement A. Kruse Scholarship, Marymount Memorial Educational Trust Scholarship, and Susie Deges Scholarship closed on March 1. Stay tuned for the announcement of recipients in an upcoming issue of *The Register*. Thank you for helping to spread the word about these scholarship opportunities!

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@cnks.org or 785-833-9380.

BABY BOTTLE CAMPAIGN - Thank you to every parish that has supported moms and babies through this year's Baby Bottle Campaigns! Because of you, families receive things like diapers, wipes, car seats, blankets, and baby clothes. But more than that, they receive love, dignity, and a reminder that they're not alone.

Current and upcoming Baby Bottle Campaigns:

- St. John the Baptist, Hanover: February 28 – April 5
- St. Isidore's Catholic Student Center, Manhattan: March 7 – April 12
- St. Thomas More Parish, Manhattan: May 1 – May 31
- Hays Area Parishes and Seven Dolors in Manhattan: All are scheduled for Mother's Day through Father's Day (May 9 – June 21).

Interested in Hosting a Campaign? If your parish hasn't hosted a campaign before, now's a great time to start planning for 2025. You can choose a timeframe that fits your community—October during Respect Life Month is a perfect option to celebrate the gift of life. To get started, reach out to Megan Augustine at maugustine@cnks.org or 785-833-9380.

CATHOLIC CHARITIES (cont.)

PARISH PRESENTATIONS - Our Catholic Charities team is excited to schedule Parish Presentations! If your parish or parish group would be interested in welcoming Catholic Charities staff to 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.

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.

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

GROW GREEN – MANHATTAN - Wednesday, April 22, will be a great day for the Manhattan, Kansas, community when the Annual Grow Green Match Day takes place! On this day, donations made through the Greater Manhattan Community Foundation to participating nonprofit endowed funds will be matched up to 50% for a greater impact. Be sure to support Catholic Charities on April 22 to provide compassionate care to all those in need across northern Kansas! To learn more and donate online, visit www.growgreenmanhattan.com.

GIVE TO GROW – BELOIT - We are excited to be participating in the Give to Grow Match Day in Beloit on Wednesday, April 22. On this day, donations made through the Solomon Valley Community Foundation to participating nonprofit endowed funds will receive up to a 100% match from the Community Foundation's match pool. Be sure to support Catholic Charities on April 22 to provide compassionate care to all those in need across northern Kansas! To learn more and donate online, visit www.givetogrowmc.com.

FUND THE FUTURE – BELLEVILLE - The Republic County Community Foundation's Fund the Future Day of Giving takes place on Wednesday, April 29 in Belleville. Catholic Charities of Northern Kansas is proud to be participating in this special day. Donations made to participating nonprofit endowed funds through the Republic County Community Foundation on this day will be matched up to 50%. Whether you support Catholic Charities online or in person on April 29, you help ensure our mission reaches neighbors in need across northern Kansas. To learn more and donate, visit www.fundthefuturerc.com.

MATCH MADNESS - SALINA - A heartfelt thank you to all who generously donated to Catholic Charities during Greater Salina Community Foundation's Match Madness! Your contributions exceeded \$36,000, which will directly support families in need, and with a 50% match, you are making a significant impact. Your kindness and support truly make a difference. Thank you!

CATHOLIC CHARITIES (cont.)

DONATE DAY – DICKINSON COUNTY - A heartfelt thank you to all who generously donated to Catholic Charities during the Community Foundation of Dickinson County's Donate Day! Your contributions will directly support families in need, and with a dollar-for-dollar match, you are doubling the impact. Your kindness and support truly make a difference. Thank you!

GREEN TIE CELEBRATION - Catholic Charities' Annual Fundraiser, the Green Tie Celebration, will take place Saturday, July 18, at the Salina Country Club. This special evening will feature a delicious dinner, time for fellowship, and an auction filled with exciting opportunities — all in support of bringing hope and compassionate service to our neighbors in need across northern Kansas. To learn how you can be part of this unforgettable night and support this year's Green Tie Celebration, contact Megan Augustine at 785-833-9380 or maugustine@ccnks.org. Mark your calendar — we can't wait to see you there!

JOB OPPORTUNITIES IN MANHATTAN:

Now Hiring: Emergency Assistance Coordinator (Manhattan) - Catholic Charities of Northern Kansas is seeking a compassionate and detail-oriented individual to serve as a full-time Emergency Assistance Coordinator in our Manhattan office. This position plays a vital role in welcoming clients, coordinating emergency financial assistance (rent, utilities, prescriptions), and providing essential resources such as food, hygiene supplies, and diapers. The coordinator also connects individuals and families to additional support services in the community. Qualified candidates will have experience in direct service or a nonprofit setting, strong communication skills, attention to detail, and the ability to work in a fast-paced, people-centered environment. Bilingual (Spanish) is helpful but not required. Compensation ranges from \$14–\$21/hour based on experience. Benefits include health insurance, paid time off, and a retirement plan. To learn more and apply, please visit: <https://ccnks.org/careers>. Applications will be reviewed until the position is filled.

Now Hiring: Outreach Coordinator (Manhattan) - Catholic Charities of Northern Kansas is seeking a compassionate and detail-oriented individual to serve as a full-time Outreach Coordinator based in our Manhattan office. This position plays a vital role in serving individuals and families across rural communities through outreach visits, providing essential resources such as food, hygiene supplies, and diapers, as well as offering case management, referrals, and limited financial assistance. The coordinator also helps build relationships with community partners, support volunteers, and manage outreach logistics. Qualified candidates will have experience in direct service or a nonprofit setting, strong communication skills, and the ability to work both independently and as part of a team. Bilingual (Spanish) is helpful but not required. Compensation ranges from \$14–\$23/hour based on experience. Benefits include health insurance, paid time off, and a retirement plan. To learn more and apply, please visit: <https://ccnks.org/careers>. Our current staff member will remain in the role through July 31, but we are open to hiring sooner to allow time for training. If you're ready to make a difference in the lives of your neighbors, we'd love to hear from you!

MISCELLANEOUS

The annual Women's Conference in Manhattan is April 18 at St. Thomas More Church. Sarah Hart will be the speaker. Please contact the parish for more information.

MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 K of C State Convention, Wichita, May 1-4	2 Victoria D of I 100 th Anniv. Mass, 5pm Victoria	
3 Confirmation, St. Patrick's, Lincoln, 11am Confirmation, St. John's, Beloit, 4pm	4	5	6 Confirmation, St. Nicholas, Hays, 6pm Catholic Rural Life Novena, May 5-14	7	8 Becoming Light Together, Hilton Garden Inn, Hays, 4pm	9 Confirmation, Immaculate Conception, Minneapolis, 6pm	
10 Mother's Day Graduations: Tipton Catholic, 10am St. Johns, Beloit, 10am SHHS, Salina, 3pm, Cathedral	11	12	13	14	15 Rural Life Day Celebration, St. Boniface, Tipton, 10:00am	16 Graduation, St. Francis Xavier, J.C., 2pm Confirmation, SS Peter & Pau. C.C., 5:30pm	
17 Confirmation, St. Mary, Ellis, 9am TMP/M Baccalaureate, 1pm, TMP/M Graduation, 3pm, Hays	18 Graduation, St. John's, Hanover, 8 th Grade, 5pm	19	20 Confirmation, St. John Nepomucene, Beardsley, 6pm	21 College of Consultants, 2:30pm Catholic Charities	22	23 Confirmation, SS Philip & James, Phillipsburg, 5pm	
24 150 th Anniv. Mass, St. Anthony Parish, Schoenchen, 9am	Confirmation, Hanover, 10:30am 100 th Year Celebration, St. Edwards, Belleville, 3pm 31	25 Memorial Day CHANCERY CLOSED	26	27	28 Priest Council, 2:30pm	29	30 Confirmation, St. Mary's, Salina, 7pm

Catholic Mutual CARES for Kids

Staying Connected Online Without Losing Balance

For teens, life online is normal—schoolwork, friendships, entertainment, and hobbies all blend seamlessly with digital spaces. The internet offers incredible benefits: fast information, creative outlets, and a global community. However, for parents and teachers, it can be challenging to determine when healthy digital engagement begins to turn into overuse. Online platforms are designed to be engaging, and without realizing it, teens may spend hours scrolling, watching, or playing. Understanding this digital world from both perspectives helps families support healthier habits without judgment or fear.

When Screen Time Takes Over

Teens may not always recognize when internet use becomes overwhelming. It often begins subtly—checking notifications constantly, losing track of time online, or feeling anxious when disconnected. From an adult’s perspective, these behaviors can look like defiance or disinterest, but they’re often responses to technology built to capture attention. Over time, excessive internet use can affect sleep, mood, and school performance. The most effective support comes not from restricting access but from having open conversations about how online activities impact mental and emotional well-being.

Gaming: Healthy Fun or Hidden Dependency?

Video games offer teamwork, strategy, creativity, and a place to relax. Many teens use gaming to bond with friends or decompress after a long day. But gaming can become problematic when it replaces responsibilities, disrupts sleep, or becomes the main source of motivation. Teens may feel pressure to maintain streaks, ranks, or online status—something parents and teachers don’t always see. Instead of criticizing gaming altogether, adults can help by setting routines, understanding what makes gaming meaningful to the teen, and helping them balance play with real-life needs.

Social Media: Connection, Pressure, and the Power of Comparison

Social media lets teens share their lives, stay connected, and express themselves creatively. Parents and teachers may see only the surface, but teens often face constant pressure to keep up with curated images of “perfect” lives. This can affect self-esteem and mental health. Teens may feel stressed about likes, comments, or appearance, even when they intellectually understand that most posts are edited. Adults can help by encouraging conversations about what feels good online, what feels stressful, and how to tell the difference.

Building Healthy Digital Habits Together

Creating balanced online habits is something teens, parents, and teachers can work on as a team. Teens can start by noticing what triggers their screen time and how they feel after long sessions. Parents and teachers can support this by setting consistent routines, encouraging offline activities, and modeling healthy tech habits themselves. Strategies like turning off unnecessary notifications, taking breaks during homework, or having phone-free meals make



a big difference. Instead of focusing on strict rules, families and schools can build an environment that promotes balance and mindful use. Below are practical, supportive ways adults can help teens build balanced digital lives:

- *Create a Judgement-Free Space:* The goal is to understand, not criticize. Teens feel supported when adults show genuine interest rather than suspicion.
- *Model Behavior:* Teens notice when adults are glued to their devices. Showing restraint—like putting your phone away during meals—sets a powerful example.
- *Set Boundaries:* Work with your teen to create guidelines, such as no phones in bedrooms at night or screen-free family times. Teens respond better when boundaries feel fair and agreed upon.
- *Encourage Offline Activities:* Support hobbies that don't involve screens—sports, art, music, volunteering, reading, or spending time with friends in person. Variety naturally reduces overuse.
- *Prioritize Routine & Sleep:* Help teens create consistent schedules that include homework time, breaks, and a bedtime routine that doesn't involve screens. Good sleep reduces overuse and boosts emotional resilience.
- *Watch for Behavioral Changes:* Mood swings, slipping grades, isolation, or irritability can signal digital overload. These signs are more meaningful than counting hours.

If digital habits become overwhelming, it doesn't mean a teen is irresponsible or "addicted for life." It means they need support—just like they would for stress, school struggles, or emotional challenges. Open communication is the most powerful tool. Teens should feel safe talking about their online experiences, and adults should respond with empathy rather than criticism. Teachers can offer guidance and structure, parents can provide understanding, and teens can share honestly about what helps them. Together, families and educators can help young people enjoy the digital world without letting it take over their real one.

References

- American Academy of Pediatrics. (2026, January 6). How to build healthy digital habits: 5 tips for families. HealthyChildren.org. <https://www.healthychildren.org/English/family-life/Media/Pages/how-to-build-healthy-digital-habits-tips-for-families.aspx>
- Child Mind Institute. (n.d.). Screen time & technology. Child Mind Institute. Retrieved January 13, 2026, from <https://childmind.org/topics/screen-time-technology/>

Catholic Charities Outreach Services

April 2026 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!

Wednesday

4/1

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

Tuesday

4/7

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

4/8

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
Beverly - City Office of Beverly	3:00pm - 4:00pm

Wednesday

4/15

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
Minneapolis - 200 Block of N. Sheridan St.	3:30pm - 4:30pm

Wednesday

4/22

Chapman - St. Michael Catholic Church	9:00am - 10:00am
Russell - St. Mary Queen of Angels Church	9:00am - 10:00am
Enterprise - City Hall	10:30am - 11:00am
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!



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



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

- | | |
|--|--|
| <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!



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.



Catholic
Charities
OF NORTHERN KANSAS