



SDNB

Salina Diocesan News Bulletin

Volume 544

June 2026

OFFICE OF THE BISHOP

CONGRATULATIONS to all May graduates. May God be with you in your future endeavors.

THANK YOU for all who participated in the Rural Life Commission's St. Isidore Day activities at St. Boniface, Tipton.

PRIESTLY ORDINATION for Dcn. Luke Friess and Dcn. Benjamin King is Friday, June 12th at 2:00pm at Sacred Heart Cathedral in Salina.

OUR LADY OF PERPETUAL HELP feast day is on June 27. She is the patroness of our diocese.

PETER'S PENCE COLLECTION is June 28th.

OFFICE OF LITURGY

If any parish is interested in chanting the Entrance and Communion antiphons at Sunday Mass, Ignatius Press offers an annual Pew Missal with very simple tones composed by the same monk who composed the ones the priests use at retreat and continuing education Liturgy of the Hours. An information flyer is attached in this issue of SDNB.

OFFICE OF COMMUNICATIONS

COMMUNICATIONS DEADLINES - The deadline to submit content for the July paper is July 2nd (in homes July 24). The content deadline for August is August 7th (in homes Aug. 28th). You can contact the editor, Lori Garcia, at 785-262-9136 or by email: lori.garcia@salinadiocese.org or theregister@salinadiocese.org

OFFICE OF EDUCATION

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!

OFFICE OF EDUCATION (cont.)

TAX CREDITS - A Great Way to Support Catholic Education

The Salina Diocese has partnered with ACE Scholarships for the tax credit programs, and soon, donors will be able to direct their funds to a Catholic school in the Salina Diocese and receive a 75% Kansas State Tax Credit and a 100% Federal Tax Credit (up to \$100). More info will be available in the coming months.

AFTER HIGH SCHOOL - Seniors have graduated across Salina Diocese. In our Catholic Schools, seniors are headed to the following areas.

4 Year College: 68.8%

2 Year College: 10%

Workforce: 2.5%

Military: 5%

Trade School 11.3%

Undecided 2.5%

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

OFFICE OF FAMILY LIFE

FAMILY CONSECRATION TO THE SACRED HEART OF JESUS AND

ENTRUSTMENT TO THE IMMACULATE HEART OF MARY - June is dedicated in a special way to the Sacred Heart of Jesus—making it a fitting time to entrust your home and family to His love and to seek the guidance and intercession of the Immaculate Heart of Mary.

A home consecration is a beautiful and powerful act of devotion in which a family intentionally places their life under the lordship of Christ. Often, this includes the enthronement of an image of the Sacred Heart of Jesus in the home, a visible reminder that Christ is truly the center of family life—present in daily joys, struggles, and relationships.

Through this act, the family invites Jesus to reign in their hearts and commits to living a life of prayer, repentance, and trust in His mercy. In a similar spirit, we entrust ourselves to the Immaculate Heart of Mary, asking for her intercession and maternal guidance as we grow in fidelity to her Son.

The Church has long encouraged this devotion, recognizing the family—founded in Holy Matrimony—as a domestic church, called to reflect Christ’s love in the home.

It is important to remember that these devotions are meant to support, not replace, the liturgical life of the Church, especially our faithful participation in Sunday Mass. When lived well, they deepen our relationship with Christ and strengthen our commitment to live as His disciples.

This year, this invitation carries special significance as the bishops of the United States will consecrate our nation to the Sacred Heart of Jesus on June 12, 2026. Families are encouraged to unite their own consecration with this national act of prayer.

OFFICE OF FAMILY LIFE (cont.)

If you have ever wondered what a home consecration is, how to do it, or what prayers are involved, we invite you to learn more this month.

Be sure to check out:

- The May issue of Faith Magazine
- The May Register
- The Diocese of Salina website <https://salinadiocese.org/office/family-consecration-to-the-sacred-heart-of-jesus/>

These resources provide a deeper understanding of consecration and entrustment, step-by-step guidance for your family, and the prayers used to dedicate your home to Christ.

Take this opportunity to renew your faith and make your home a place where Christ is honored, Mary is welcomed, and the love of God is lived each day.

2026-2027 ENGAGED ENCOUNTER WEEKENDS

October 2-4, 2026

March 12-14, 2027

June 4-6, 2027

2026 EUCHARISTIC CONFERENCE - This year's conference will be hosted by the FHSU Comeau Campus Center. You can check out the website for the schedule, speaker information, and other details. Please join us on July 31st and August 1st.

<https://salinadiocese.org/office/eucharistic-conference-2/>

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA

BISHOP'S ANNUAL APPEAL 2026 - The third/final appeal letter is arriving in homes now. This letter will go to those individuals who gave to the Bishop's Annual Appeal in the past but have not yet given this year. If you have any questions, need additional materials, etc. please contact the development team – development@salinadiocese.org.

Received an Appeal Check in Your Offertory?

If you receive a Bishop's Annual Appeal check in your offertory, please forward these as soon as possible to the foundation at PO Box 1696, Salina KS 67402. Timely forwarding helps us ensure donors are thanked quickly for their generosity. Thank you for your assistance!

Help Us Make This Year's Appeal a Success!

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

Even just a brief mention in the bulletin or a few words at Mass can be helpful. You're helping bring essential ministries to life across our diocese, including your parish.

Update the parishioners on your progress towards the goal – this information is found on your parish dashboard. Need help accessing this? Contact Torrie at torrie.gregg@salinadiocese.org Include in the Prayers of the Faithful, bulletins, social media, emails, etc.

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. Formal invitations and RSVP information will be sent out in mid-June and included in the June issue of *The Register*.

Wednesday July 29th – Salina – Hilton Garden Inn
Thursday July 30th – Colby – City Limits

Tickets are \$60 and may be purchased by July 13 at bit.ly/semsofsalina.

SCHOLARSHIPS - We are excited to announce the recipients of this year's Monsignor Clement A. Kruse Scholarship, Marymount Memorial Educational Trust Scholarship, and Susie Deges Scholarship in May's issue of *The Register*. \$23,800 was awarded to local students this year through these scholarships. Thank you for helping to spread the word about these opportunities!

OFFICE OF SAFE ENVIRONMENT

SAFETY COORDINATORS – Please continue monitoring your CMGConnect database throughout the summer months, especially if your parish or school is hosting youth summer programs. Be sure to archive users who are no longer ministering and follow up with users who need to complete updates. Staying current during the summer will help make fall paperwork much more manageable.

Please also ensure that all drivers transporting minors during summer programs are following diocesan guidelines.

OFFICE OF SAFE ENVIRONMENT (cont.)

CARES FOR KIDS' MONTHLY NEWSLETTER - Attached please find the newsletter "More Than Bruises: The Many Faces of Child Abuse"

Please use this newsletter as an additional resource as you continue to provide safe environments in your parish and school communities. If you would like these newsletters in Spanish, please contact the Safe Environment Office at 785- 827-8746 #124.

COMPLIANCE – Please ensure that your parish or school has submitted all required documentation to the Office of Safe Environment before the audit period concludes on June 30. Although we will not participate in a live audit this year, we are still required to submit compliance data, and your full participation remains a vital part of this process.

Thank you for your continued commitment to protecting the children and youth of our diocese.

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.

Baby Bottle Campaign: Thank you to every parish and Catholic school that has supported moms and babies through this year's Baby Bottle Campaigns! Because of you, families receive items 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 Baby Bottle Campaigns:

St. Thomas More Parish, Manhattan: May 1 – May 31

Hays Area Parishes: Mother's Day through Father's Day (May 9 – June 21)

Seven Dolors in Manhattan: 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 one for the fall. You can choose a timeframe that fits your community—October during Respect Life Month is a perfect option to celebrate the gift of life.

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 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.

CATHOLIC CHARITIES (cont.)

June 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 June Outreach Services schedule is attached. You can also view the full, up-to-date Outreach Services schedule anytime at www.ccnks.org/outreach.

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 social hour, 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 more, purchase tickets, or donate, visit www.ccnks.org/greentie. Mark your calendar — we can't wait to see you there!

EXCITING NEWS - Catholic Charities Opening a Location in Concordia.

Catholic Charities of Northern Kansas is honored to continue the legacy of service established by the Sisters of St. Joseph through Neighbor to Neighbor in Concordia. Neighbor to Neighbor will conclude operations at the end of June, and following a transition period, the building will reopen as Catholic Charities of Northern Kansas, expanding services and strengthening support for individuals and families in Cloud County and surrounding communities. For additional details and to read the full press release, visit <https://ccnks.org/news/concordia>.

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/>

HOLY FIRE 2026 – Save the Date! Holy Fire will be on November 7th, in Hays. This is an event for our 6th-8th grade students. There will be many more details coming soon, but I wanted to get the date out to you.

2026 CYO CONVENTION – Save the Date! CYO Convention will be on November 14th - 15th, in Salina. More details are coming soon.

2026 EUCHARISTIC CONFERENCE - This year's conference will be hosted by the FHSU Comeau Campus Center. You can check out the website for the schedule, speaker information, and other details. Please join us on July 31st and August 1st. <https://salinadiocese.org/office/eucharistic-conference-2/>

MISCELLANEOUS

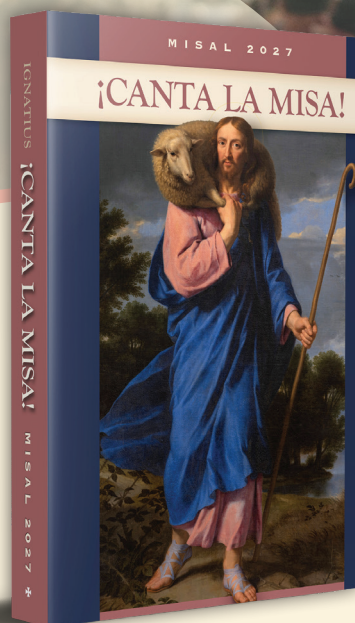
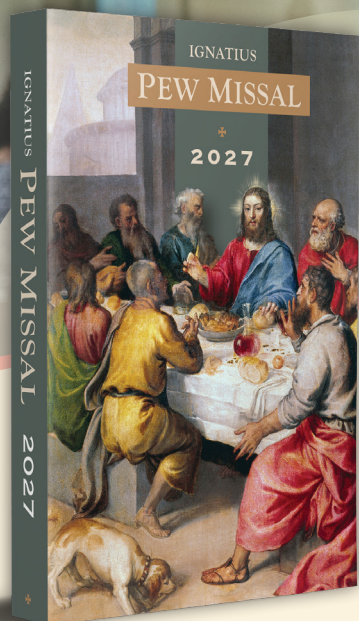
The e-mail address for the following have changed. Please update your records:

1. Immaculate Conception of the Blessed Virgin Mary Parish in Solomon has changed. Please use iccsolomon@gmail.com
2. Karla Neihouse, Secretary of St. Mary's Parish, Downs has changed. Please use keneihouse@gmail.com

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Chancery Closed	4 Independence Day
5	6	7	8	9	10	11
12	13	14 Senior Priests Luncheon, Victoria, 11am	15 Senior Priest Luncheon, Hall of Bishops, Salina, 11am	16	17	18 Catholic Charities Green Tie Event, Salina CC, 5pm
19 150th Volga Celebration Mass, Catherine, 9am	20	21	22	23 Priest Council, 2:30pm	24	25 Czech Festival Mass, Wilson, 4pm Plainville School Auction, 4:30pm
26 World Day of Grandparents and the Elderly	27	28 Principals meeting, Hall of Bishop's, Salina, 9am, Mass at 12:10pm	29 Seminarian Dinner, Hilton Garden Inn, Salina, 5:15pm	30 Seminarian Dinner, City Limits, Colby, 5:15pm	31 Eucharistic Conference, FHSU Campus, Hays	

The Ignatius Pew Missal and *Canta la Misa*



The Ignatius Pew Missal (and its Spanish counterpart, *Canta la Misa*) is an annual subscription-based worship aid intended for Roman Catholic parishes. Its purpose is simple: to provide worshipers with a liturgical resource that is consistent with the directives of the Church and accessible to the average parishioner, especially in regards to music. This is done in two ways: by using simple plain-song melodies for the Entrance and Communion antiphons, so that a cantor, choir, and even a congregation can easily sing them, and by selecting hymns and songs which, combined, provide a repertoire of sacred songs that is fitting for the Holy Sacrifice of the Mass, yet accessible for the average parish.

Responding to the Second Vatican Council's Constitution on Sacred Liturgy *Sacrosanctum*

Concilium, the purpose of the Ignatius Pew Missal and *Canta la Misa* is to promote full, active and conscious participation in the Holy Mass through Sacred music. This is done in several ways. First, by setting the Entrance and Communion antiphons and Responsorial Psalms to beautiful and simple chant tunes so that a choir, cantor, or congregation may be able to sing them. Second, by including hymns and songs that are fitting for the Holy Mass yet accessible to the average parish. Third, by including the Sunday readings so that the faithful may follow along with the spoken Word. The beautiful typesetting and cover design completes this book as a perfect addition for a parish striving to promote reverence in the Sacred Liturgy and active participation in its Sacred Mysteries.

A Missalette that is consistent with the directives of the Second Vatican Council's *Constitution on the Sacred Liturgy*.

- ◆ **Annual missalette**—no need to switch it out four times a year!
- ◆ **To encourage singing the parts proper to the Mass**, the *Pew Missal* and *Canta la Misa* contains Entrance and Communion antiphons for Sundays of the entire liturgical year set to simple chant melodies. These antiphons are simple enough for a cantor, choir, and even the entire congregation to sing!
- ◆ **Over 200 classic hymns** and songs, including a variety of seasonal hymns for Advent, Lent, Easter, Christmas, and solemnities; a selection that is theologically sound, yet practical for the average parish.
- ◆ **Full Lectionary readings for Sundays and holy days** (as well as weekdays in the *Pew Missal*)
- ◆ **Mass settings in Spanish and in Latin**, music for the sprinkling rite, and other service music.
- ◆ **And much more!**

Frequently Asked Questions

What makes the *Ignatius Pew Missal* different from other missalettes?

The *Ignatius Pew Missal* is different from other missalettes in many ways, but especially in one: it contains the Entrance and Communion antiphons for Sundays and major feasts of the liturgical year set to simple chant melodies. The intention is that a choir, cantor, or even the congregation will be able to sing these chants at Mass.

In addition, the *Ignatius Pew Missal* contains a beautiful collection of hymns and Mass settings that is consistent with the liturgical directives of the Second Vatican Council. This selection is both practical for the average parishioner as well as fitting for the Holy Mass.

Why does the Church promote chant?

There are so many reasons why the chant of the Church is especially suited for the Sacred Liturgy. For one, this music is completely different, stylistically, from the kind of music we typically listen to—it is music that we set aside for the

Mass. Because of this, the chant serves to remind us that when we are at Mass, we're entering into a different time and place—we are, in a very real sense, experiencing a foretaste of Heaven. Another reason for using chant is because it is deeply rooted in the history of our faith. The sacred cantillation patterns (that is, the melodic formulas for chanting the Word of God) come to us from our Hebrew ancestors in the faith. At the Last Supper, Our Lord, Himself, chanted the psalms according to these sacred patterns. Over the centuries Christians have chanted the Psalms and other sacred texts in Aramaic, Greek, Latin, and various other languages. The *Ignatius Pew Missal*, continues this rich tradition for the new English translation of the *Roman Missal* (2011).

Do you have any hymns and songs in the *Ignatius Pew Missal*?

Yes. We have over 200 hymns, chants, and songs in the *Ignatius Pew Missal*, ranging from the classics (*All Creatures of our God*

and *King, Faith of our Fathers*) to more contemporary pieces (Taize, Suzanne Toolan, and more).

How might I obtain a sample copy of the *Ignatius Pew Missal*?

Please e-mail us at:

sales@pewmissal.com

What are these complimentary accompaniment books you mentioned?

The first time a parish orders 50 or more missals, you get a complimentary “starter set” of accompaniment books: one Ordinaries & Hymns in the 3-ring binder and one Propers in the 3-ring binder (in other words, a set for the organist), and one perfect—OR spiral-bound Propers (in other words, a cantor book). Any additional copies needed can, of course, be purchased. The Spanish equivalents (Ordinarios, Himnos, y Cantos and Propios, respectively) are only available spiral-bound, but first-time parish customers for *Canta la Misa* do get a complimentary set of these, as well.

Bulk discounts

Ignatius Pew Missal 2027 (PM27P)

Quantity	Price
1-4	\$14.95
5-24	\$9.95
25-49	\$7.25
50+	\$5.49

Canta la Misa 2027 (PM27SP)

Quantity	Price
1-4	\$13.95
5-24	\$9.75
25-49	\$6.85
50+	\$4.19

Catholic Mutual CARES for Kids

More Than Bruises: The Many Faces of Child Abuse

Child abuse occurs across all socioeconomic, cultural, and religious backgrounds. It is not limited to “other communities” or “certain families.” It is a widespread public health and child-protection concern that affects children of every background. For teachers and parish officials—adults who are legally and morally entrusted with children’s well-being—recognizing the signs of abuse and understanding how frequently it occurs is critical for prevention and early intervention. At least 1 in 7 children in the United States experienced abuse or neglect in the past year, and this figure is considered an underestimate due to underreporting.

Types of Abuse

Understanding the different types of abuse helps adults avoid assumptions and respond with compassion and responsibility.

- *Physical*: Physical abuse is the intentional use of force that causes—or has the potential to cause—physical injury to a child. In the United States, physical abuse accounts for approximately 10–18% of substantiated child maltreatment cases, depending on reporting methods and year. These children often regularly experience physical punishment by their caregivers, who consider the punishment as discipline. Physical abuse is more likely to be detected by professionals outside the home. However, injuries may be hidden or explained away, and some children do not recognize abusive discipline as abuse.
- *Emotional (Psychological)*: Emotional abuse involves behaviors that damage a child’s emotional development or sense of self-worth, such as humiliation, rejection, threats, or constant criticism. Emotional abuse is one of the most common, yet least reported, forms of maltreatment. In U.S. child welfare data, psychological maltreatment accounts for about 4–15% of substantiated cases, though experts agree this significantly underrepresents true prevalence. Emotional abuse leaves no physical marks but is strongly linked to anxiety, depression, academic struggles, and long-term mental health difficulties. Children in faith or school settings may internalize blame rather than disclose harm.
- *Sexual*: Sexual abuse includes any sexual activity imposed on a child, including exploitation, exposure, or coercion, whether in person or online. The CDC estimates that 1 in 4 girls and 1 in 13 boys in the United States experience sexual abuse during childhood. Most children who experience sexual abuse do not disclose immediately, and many never disclose at all. Abuse is most often



committed by someone the child knows and trusts—making vigilance in trusted institutions essential.

- *Neglect*: Neglect is the failure to meet a child’s basic physical, emotional, medical, or educational needs. Neglect is the most common form of child maltreatment in the United States. National child welfare data indicate that approximately 70–78% of substantiated cases involve neglect, either alone or in combination with other abuse types. Neglect is often chronic rather than episodic and may be misinterpreted as poverty or poor parenting. Teachers and parish officials may be among the first to notice patterns such as hunger, exhaustion, or chronic absenteeism.
- *Exploitation/Online*: Exploitation includes using children for labor, financial gain, or sexual purposes. Online abuse includes grooming, coercion, and exploitation through digital platforms. Globally, UNICEF reports that tens of millions of children have experienced sexual violence, including online exploitation, with rapid growth in digital-facilitated abuse. In the U.S., child welfare agencies increasingly report online exploitation as a contributing factor in abuse cases, though many incidents never reach authorities. Abuse can occur entirely outside physical spaces, making awareness and education essential even when children appear safe in supervised environments.

Understanding how common each form of abuse reinforces a critical truth: child abuse is not rare. Teachers and parish officials are uniquely positioned to notice concerns early, respond appropriately, and report responsibly according to Arch/Diocesan policy. Awareness, training, and action together create environments where children are safer, believed, and protected.

References

- Child Protection Gateway Network. (n.d.). *Facts and statistics*. <https://cpgn.org/facts-and-statistics/>
- National Children’s Alliance. (n.d.). *National statistics on child abuse*.
<https://www.nationalchildrensalliance.org/media-room/national-statistics-on-child-abuse/>
- American Society for the Positive Care of Children. (n.d.). *Child maltreatment statistics*.
<https://americanspcc.org/child-maltreatment-statistics/>
- Centers for Disease Control and Prevention. (2024). *Child abuse and neglect: About*. <https://www.cdc.gov/child-abuse-neglect/about/index.html>

Catholic Charities Outreach Services

June 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!

Tuesday

6/2

Osborne - St. Aloysius Catholic Church

10:30am - 11:30am

Wednesday

6/3

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

6/10

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

Beverly - City Office of Beverly

3:00pm - 4:00pm

Wednesday

6/17

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

Minneapolis - 200 Block of N. Sheridan St.

3:30pm - 4:30pm

Wednesday

6/24

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



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

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:**



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