



SDNB

Salina Diocesan News Bulletin

Volume 545

July 2026

OFFICE OF THE BISHOP

CHANCERY CLOSED on Friday, July 3 in observance of Independence Day. Have a safe and happy 4th!!

CATHOLIC CHARITIES ANNUAL GREEN TIE FUNDRAISER will take place on July 18 at the Salina Country Club. Please visit <https://ccnks.org/greentie> or contact Catholic Charities for more information (785.825.0208).

NFP AWARENESS WEEK is July 19-25. Thank you for promoting NFP in your parishes. There are many great resources available on the USCCB website (<https://www.usccb.org/topics/natural-family-planning/national-nfp-awareness-week>)

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

ANNUAL SEMINARIAN FUNDRAISING DINNERS are scheduled for July 29 in Salina at the Hilton Garden Inn and July 30 at City Limits Convention Center in Colby. These events will start at 5:15 p.m. RSVP due July 13th. Visit bit.ly/semsofsalina to purchase tickets. Thank you for your support.

EUCCHARISTIC CONFERENCE will be held Friday, July 31st through Saturday, August 1st. The event is hosted by the Comeau Catholic Student Center on the campus of FHSU in Hays. Please visit salinadiocese.org to get more information on tickets, speakers, schedule of event and much more. We hope to see you there!

OFFICE OF COMMUNICATIONS

COMMUNICATIONS DEADLINES - The deadline to submit content for the August paper is August 7th (in homes August 28th). The content deadline for September is September 4th (in homes Sept. 25th). You can contact the editor, Lori Garcia, at 785-262-9136 or by email: lori.garcia@salinadiocese.org or theregister@salinadiocese.org

OFFICE OF CONSECRATED VOCATIONS

EUCCHARISTIC CONFERENCE - On Friday, July 31st from 5-7 PM, there will be a Meet and Greet at the Eucharistic Conference for religious sisters from the diocese as well as a few communities outside the diocese. The location is TBD in Gross Coliseum. Everyone is welcome. Please come support religious life and women's vocations!

NEW WEB PAGE - I have built out the Consecrated Vocations page on the diocesan website and added some resources, like a book list that will be helpful for discernment. The website also lists upcoming discernment events, including a Come and See weekend at a religious order in KCK in October and the Fiat Retreat in December. <https://salinadiocese.org/office/vocations/consecrated-life/> Please contact me at michaela.sasse@salinadiocese.org for further information.

OFFICE OF EDUCATION

FORMING DISCIPLES BEYOND THE CLASSROOM - Summer provides unique opportunities for faith formation. Throughout our diocese, students are participating in Totus Tuus, parish youth programs, service opportunities, athletic camps, and family activities that help strengthen their relationship with Christ. Catholic education is not limited to the school year; it is a partnership between our schools, parishes, and families as we work together to form disciples of Jesus on mission.

A SUMMER REFLECTION FOR FAMILIES - One of the greatest gifts of summer is the opportunity to slow down and spend meaningful time together. I encourage you to read my recent article, [Sunsets, Saints, and Summer Adventures](#), which reflects on the importance of helping our children unplug, explore, create, serve, and encounter God through the simple moments of summer.

Whether it is watching a Kansas sunset, visiting a Catholic church while traveling, sharing stories around a campfire, or simply enjoying a meal together, these experiences help form character, deepen faith, and create lasting memories. Summer is not just a break from learning—it is an opportunity for growth in spirit, mind, and body.

CELEBRATING A NEW PRIEST FOR OUR DIOCESE - Last month, the Diocese of Salina celebrated the ordination of Fr. Luke Friess to the priesthood. Fr. Luke, a native of Hoxie, is known by many throughout our diocese for his joyful spirit, strong faith, and love for serving others. A graduate of Benedictine College and former track athlete, he spent his pastoral year at St. John's Parish in Beloit, where he became a familiar face in the parish and school community.

We are especially excited that Fr. Luke has been assigned to serve as chaplain at Thomas More Prep-Marian in Hays. The presence of priests in our schools is one of the greatest blessings of Catholic education, providing students daily opportunities to encounter Christ through the sacraments, prayer, and personal witness. We congratulate Fr. Luke and assure him of our prayers as he begins his priestly ministry.

OFFICE OF EDUCATION (cont.)

WELCOMING NEW LEADERS AND EDUCATORS - While summer provides time for rest and renewal, it is also a season of preparation. Across the Diocese of Salina, principals, teachers, pastors, and school staff are planning for the 2026-2027 school year through professional development, curriculum work, facility improvements, enrollment efforts, and strategic planning.

We are grateful for the many individuals who have answered God's call to serve in our Catholic schools. New teachers, staff members, and leaders are joining our communities across northern Kansas, bringing with them talents, enthusiasm, and a commitment to our mission. Please keep all of our educators in your prayers as they prepare to welcome students back to our classrooms this August.

INVESTING IN THE NEXT GENERATION - We are excited to announce a new partnership with ACE Scholarships that will provide additional opportunities for families seeking a Catholic education while creating a meaningful way for donors to support their local Catholic school.

Through this partnership, donors may designate which Catholic school within the Diocese of Salina they would like their gift to support while receiving a 75% Kansas State Income Tax Credit. This is a remarkable opportunity for individuals and businesses to invest directly in Catholic education while receiving a significant tax benefit.

The Kansas Tax Credit Scholarship Program is capped statewide at \$10 million annually. Once that cap is reached, no additional tax credits can be awarded until the following year. We encourage donors to make their gifts before the end of the calendar year to ensure they can take advantage of this opportunity.

Every dollar donated helps provide scholarships for families, strengthens our Catholic schools, and allows more students to experience an education rooted in faith, academic excellence, and service.

Thank You for Supporting Catholic Education.

The success of our schools is made possible through the prayers, volunteerism, generosity, and commitment of countless parishioners, parents, alumni, clergy, religious, and benefactors throughout the Diocese of Salina.

As we look ahead to another school year, we remain grateful for your partnership in the mission of Catholic education. Together, we continue to prepare young people to become faithful disciples, servant leaders, and saints for the Church and the world.

May God bless you and your family with a safe, joyful, and faith-filled summer.

OFFICE OF SAFE ENVIRONMENT

SAFETY COORDINATORS – Please continue monitoring your CMG Connect 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.)

SITE SAFETY COORDINATOR TRAININGS IN JULY – Please watch for new documentation for the upcoming year, which will be sent via email and regular mail.

I will also be sending training videos in mid-July in place of the previously required TEAMS meetings. A request for a return receipt will be included, and I would greatly appreciate your prompt response.

COMPLIANCE – The audit period for 2025-2026 ended June 30th. Any user in the CMG Connect with an expired status or an unfinished curriculum will be archived.

CARES FOR KIDS' MONTHLY NEWSLETTER - Attached please find the newsletter "Who's got your back? How to find a trusted Adult" Please use this newsletter as an additional resource as you continue to provide safe environments in your parish and school communities.

OFFICE OF FAMILY LIFE

FAMILY CONSECRATION TO THE SACRED HEART OF JESUS - This past month, the bishops of the United States consecrated our nation to the Sacred Heart of Jesus. Families are still encouraged to unite their own consecration with this national act of prayer by entrusting their homes and families to the love of the Sacred Heart and the guidance of the Immaculate Heart of Mary.

A family consecration is a beautiful act of devotion in which a family intentionally places their home and daily life under the lordship of Christ. Through this act, families invite Jesus to reign in their hearts and homes and ask Mary's intercession as they grow closer to her Son.

To learn more about home consecration and find prayers and step-by-step guidance, visit—Diocese of Salina website: salinadiocese.org/office/family-consecration-to-the-sacred-heart-of-jesus/

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

2026-2027 ENGAGED ENCOUNTER WEEKENDS:

October 2-4, 2026

March 12-14, 2027

June 4-6, 2027

2026 MARRIAGE ENCOUNTER WEEKENDS - Bring Christ into your marriage and learn what the Father has in store for you by participating in a Worldwide Marriage Encounter Experience on:

Aug. 7-9, Wichita, KS; Sept. 18-20, Grand Island, NE; Nov. 6-8, Grand Junction, CO—Call or text 402-370-5839 for more information.

For more information about Worldwide Marriage Encounter, and additional dates and locations, please visit wwme.org

OFFICE OF FAMILY LIFE (cont.)

2026 EUCHARISTIC CONFERENCE - This year's conference will be hosted by the FHSU Comeau Campus. 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/>

Please put the PDF Flyer at the end of the SDNB as an insert or image in your bulletin.

OFFICE OF YOUTH MINISTRY-RELIGIOUS EDUCATION

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 more details coming soon, but I wanted to get the date out to you.

2026 CYO CONVENTION – Save the Date! The CYO Convention will be on November 14th/15th, in Salina. There will be more details coming soon, but I wanted to get the date out to you.

2026 EUCHARISTIC CONFERENCE - This year's conference will be hosted by the FHSU Comeau Campus. 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/>

Please put the PDF Flyer at the end of the SDNB as an insert or image in your bulletin

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA

SEMINARIAN DINNERS – Please Join Us! We would love to have you join us at one of this year's seminarian fundraising dinners. This is an opportunity to meet the current seminarians, hear all the good news from the Vocations Office and make a gift to directly support these men.

Wednesday, July 29th – Salina – Hilton Garden Inn, 3320 S 9th St.

Thursday, July 30th – Colby – City Limits, 2227 S Range Ave

Here's a few ways to help us promote the dinners:

Include in your bulletins and email communication to parishioners. Below are a couple of samples of text you can use - and a QR code if you would like to include that.

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

*Show your support for the Diocese of Salina seminarians at the **Annual Seminarian Fundraising Dinners – July 29th in Salina and July 30th in Colby**. The evening begins at 5:15 p.m. and includes a cocktail hour, a delicious dinner, and a program. The ticket price per person is \$60. **RSVPs are due by July 13th**. To register or to make a gift to support our seminarians, visit bit.ly/semsofsalina*

*Annual Seminarian Fundraising Dinners - Join us July 29th at the **Hilton Garden Inn in Salina and July 29th at City Limits in Colby** for an evening of faith, fellowship, and support for our future priests! Come enjoy a delicious meal, inspiring program, and the opportunity to meet and visit with the seminarians who are answering God's call to the priesthood in the Diocese of Salina. **To RSVP by July 13th** or to make a gift to support the seminarians, visit bit.ly/semsofsalina*

Check out items on the Parish Resources page - <https://givecfds.org/parish-resources/>
Announcements at Masses.

Post on your social media – using any of the attached items or feel free to share anything that the Catholic Foundation posts about the event

Print the flyer and display it on bulletin boards/gathering space.

*Please keep in mind that the **RSVP deadline is July 13th**. Promotions should conclude by this date.*

QR Code to RSVP for Dinners/Make Gift for Seminarians -



BISHOP'S ANNUAL APPEAL 2026:

You're helping bring essential ministries to life across our diocese, including your parish. Please continue to update your 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 Other recourses are available at bit.ly/ParishBAA

QR Code and Link for Bulletins, etc.- appeal.givecfds.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 - We are gearing up for our *Igniting Hope: Annual Campaign for Our Neighbors in Need* kickoff weekend scheduled for October 24 & 25, 2026. More information will be sent to each parish in the diocese in the coming months. Stay tuned and thanks in advance for your help!

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 essential 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.

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. To get started, reach out to Carolina Butts at cbutts@ccnks.org or 785-833-9379.

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.

Upcoming Office and Thrift Store Closure Dates

All of our offices, as well as the Salina and Hays Thrift Stores, will be closed on Friday, July 4 in observance of Independence Day.

All of our offices, as well as the Salina and Hays Thrift Stores, will be closed on Thursday, July 30 for an all-staff meeting.

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.

July Outreach Services Schedule - Catholic Charities Outreach Services vans will be bringing boxes of food and hygiene items, as well as diapers, laundry detergent and other necessities to individuals and families in Abilene, Atwood, Belleville, Beloit, Beverly, Chapman, Clay Center, 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 July Outreach Services schedule is attached. You can also view the full, up-to-date Outreach Services schedule anytime at www.ccnks.org/outreach.

CATHOLIC CHARITIES (cont.)

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. If you have any questions, contact Megan Augustine at 785-833-9380 or maugustine@ccnks.org. 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 RURAL LIFE

SALINA DIOCESE TO HONOR RURAL FARMS AND BUSINESSES AT RURAL LIFE DAY - The Salina Diocese Rural Life Office will host its annual Rural Life Day on Sunday, August 16, 2026, at 3:00 p.m. at St. John the Baptist Catholic Church in Beloit.

A central highlight of the event will be the presentation of the Msgr. John George Weber Century Farm Award, and the Half-Century Business Award. These distinctive honors recognize families and business owners within the diocese whose Catholic faith has been the cornerstone of their longevity, guiding them through decades of changing times and economic seasons.

The event will commence with a prayer service in the church, moving to the school cafeteria for the official award presentations. A social hour with light refreshments will follow. The public is warmly invited to attend and support these pillars of our regional rural communities.

Any Diocese Family operating or owning a 100-year farm or 50-year business can complete the official award application on the Salina Diocese Rural Life office web site page, <https://salinadiocese.org/office/rural-life/rural-life-day-century-farm-award/>

Submission Deadline: August 1, 2026.

Questions? Contact: Art Befort, Email, crl@befort.org

Ph. 782-282-4732

AUGUST 2026

Sunday		Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
								1 Eucharistic Conference, FHSU, Hays
2 Volga 150 Celebration Mass, St. Joseph, Hays, 10:30am	3	4 144 th K of C Supreme Convention, Denver June 4-6		5	6 Marian Days, Carthage, MO, July 6-9	7		8
9 Volga German Sesquicentennial Mass & Celebration, St. Fidelis, Victoria, 1pm	10	11		12	13	14		15 Confirmation, Christ the King, WaKeeney, 5:30pm
16	17	18		19	20 Catholic Charities Exec. Board mtg., in- person, Hays, 4pm	21		22 Harvest Festival, St. John's, Beloit, 5pm
23	30	24	31	25	26	27 Lay Review Board Mtg., 4pm	28	29 SDCCW Convention, St. Mary's, Salina, 9am

Catholic Mutual CARES for Kids

Who's Got Your Back? How to Find a Trusted Adult

Growing up is full of new experiences, challenges, and changes. Some days feel exciting, while other days can feel confusing or overwhelming. Everyone—kids, teens, and even adults—needs help sometimes. That's why it's important to have a trusted adult in your life. A trusted adult is someone you can talk to when something is bothering you, when you need advice, or when you don't feel safe. They are someone who listens, cares about your safety, and helps you make good choices. Learning how to find and talk to a trusted adult is an important life skill.

Why Having a Trusted Adult Matters

A trusted adult helps you feel heard and supported. They care about your well-being and want to help you make safe and healthy choices. During challenging times, they can help offer guidance or support for problems that feel too big to handle alone. This could include situations at school, issues with friends, bullying, or new feelings of anxiety, sadness or anger. Having at least one trusted adult in your life means you don't have to face hard things alone.

Who Can Be a Trusted Adult?

A trusted adult can be many different people. Often, it is a parent, guardian, or caregiver, but it doesn't have to be. It could also be a grandparent, aunt, uncle, teacher, school counselor, coach, nurse, youth leader, or another adult you see regularly. What matters most is not their job or title, but how they treat you and how safe you feel around them. Below are key items to consider when deciding who could be your trusted adult.

- *Signs of a Trusted Adult:* Trusted adults usually have certain qualities. They listen when you talk and don't rush you or ignore your feelings. They take you seriously, even if your problem seems small to them. They treat you with respect and kindness, and they do not make fun of you or tell you to "just get over it." Most importantly, trusted adults care about your safety. They want to help protect you and will try to find solutions when something is wrong.
- *Safe and Unsafe Secrets:* It's important to understand the difference between safe secrets and unsafe secrets. Safe secrets are usually fun and temporary, like keeping a birthday surprise quiet for a short time. Unsafe secrets are different. If a secret makes you feel scared, uncomfortable, worried, or



upset, that is a sign you should tell a trusted adult. Any secret that could hurt you or someone else should never be kept.

- *Choosing a Trusted Adult:* Choosing a trusted adult is a personal decision. Think about who makes you feel comfortable, who listens to you, and who you would go to if you were in trouble. You can have more than one trusted adult, and that's a good thing. Having several safe adults means you have more support if one person is not available.
- *Asking a Trusted Adult for Help:* Starting a conversation with an adult can feel hard, especially if you're nervous or unsure how to explain what's going on. You don't need to have the perfect words. You can start by saying something simple like, "Can I talk to you about something important?" or "I'm having a hard time and I need help." You can also write a note or message if talking feels too difficult at first. Trusted adults understand that opening up can be scary and will give you time and space to share.

Sometimes, the first adult you talk to may not understand or may not help in the way you hoped. If that happens, it is very important to keep telling someone else. You are not doing anything wrong by asking for help again. Keep reaching out until you find an adult who listens and takes action. You deserve to feel safe and supported.

Everyone needs help sometimes—kids, teens, and adults included. Asking for help is a sign of strength, not weakness. You are important, your feelings matter, and you never have to handle hard things on your own. Learning to find and talk to a trusted adult is a powerful way to take care of yourself and others.

References

- Military OneSource. (n.d.). *Be a trusted adult to protect children and teens.* <https://www.militaryonesource.mil/relationships/prevent-violence-abuse/be-a-trusted-adult-to-protect-children-and-teens/>
- Nurture. (n.d.). *What is a trusted adult for kids?* <https://nurture.is/academy/what-is-a-trusted-adult-for-kids/>
- Online Safe Online Smart. (n.d.). *Kids and teens.* <https://www.onlinesafeonlinesmart.com/Kids-and-Teens/>



CATHOLIC DIOCESE OF SALINA

EUCHARISTIC CONFERENCE

JULY 31 - AUGUST 1, 2026

FORT HAYS STATE UNIVERSITY

PRESENTED BY THE COMEAU CATHOLIC CAMPUS CENTER

Catholic Charities Outreach Services

July 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

7/1

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

7/7

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

7/8

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

7/15

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

7/22

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



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.

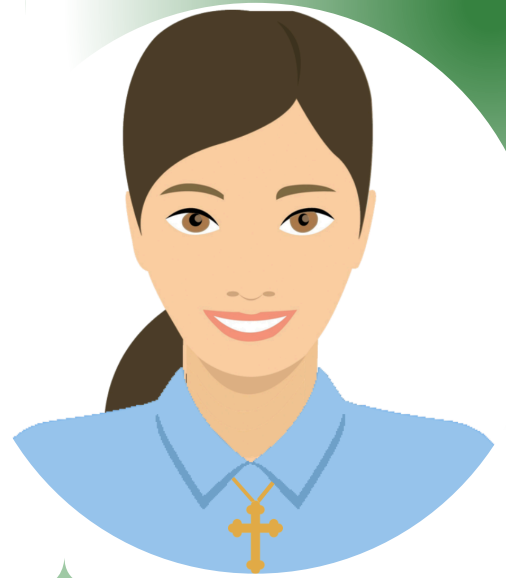
Hays: 1011 Centennial Blvd.



Catholic
Charities
OF NORTHERN KANSAS

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