



SDNB

Salina Diocesan News Bulletin

Volume 547

September 2026

OFFICE OF THE BISHOP

CHANCERY CLOSED on Monday, September 7 in observance of Labor Day. Enjoy the long weekend!

CONFIRMATION SCHEDULE is being finalized and will be out soon.

CLERGY SPIRITUAL RENEWAL DAYS are Monday, September 7–10 at the Spiritual Life Center in Wichita.

DEACON'S RETREAT will be held on September 25-27 at the Spiritual Life Center in Wichita.

COR JESU RETREATS are being held at the Capuchin Center for Spiritual Life in Victoria KS. Women's Retreat: October 30 – November 1 and Men's Retreat: December 11-13. For more information visit <https://corjesuapostolate.org/spiritual-exercises/>

JOURNEY RETREATS will take place on the weekend of September 19 for women and the weekend of September 27 for men both are held at St. Mary, Queen of the Universe Parish in Salina. Visit <https://www.jnlic.org> to learn more or to sign up.

CONFERENCE FOR CONSECRATED VIRGINITY (Virtual)

This online conference (September 4-6) offers an introductory but in-depth look at the vocation of consecrated virginity.

PRIESTHOOD SUNDAY is September 27, a day to thank priests for all they do!

JOYFUL WOMEN'S RETREAT will be held on October 2-3 and hosted by Immaculate Heart of Mary Parish in Hays. See flyer below.

OFFICE OF COMMUNICATIONS

The deadline to submit content for the October paper is October 2nd (in homes Oct. 23rd). The content deadline for November is October 30th (in homes November 20th). You can contact the editor, Lori Garcia, at 785-262-9136 or by email lori.garcia@salinadiocese.org or theregister@salinadiocese.org

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA

SEMINARIAN COLLECTION

Please process donations as usual and submit the parish check to the Chancery. Keep a record of donor names, parish, and amounts, and send an Excel file to Torrie (torrie.gregg@salinadiocese.org) or include it with the check.

Sample bulletin text and QR code for online gifts are provided below:
bit.ly/semsofsalina.

Support Our Seminarians- The Diocese of Salina is currently blessed with fifteen men in seminary, preparing to serve as your future priests. Your gift helps cover the cost of their tuition, summer ministry assignments, books, room and board—as well as efforts to encourage and recruit future seminarians. The average annual cost to educate one seminarian is over \$60,000.

Every gift, no matter the size, makes a meaningful difference!

To give online, visit bit.ly/semsofsalina or feel free to include your donation through your parish offertory.



Seminarian Annual Appeal: This is the second year of our diocesan-wide Seminarian Annual Appeal. A mailing was sent to households across the diocese in August inviting prayerful and financial support for our seminarians. If you receive a Seminarian Annual Appeal gift through your parish collection, please forward it to the Catholic Foundation. Questions? Contact development@salinadiocese.org or 785-827-8746.

#iGiveCatholic 2026

Registration for #iGiveCatholic 20256 has officially opened! Here are some import dates for

#iGiveCatholic 2025:

- Registration opened: Aug 17
- Registration closes: Nov. 1
- Advanced Giving: Nov. 16

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

- Giving Tuesday: Dec. 1
- Offline entry deadline: Dec. 8

If you have any questions or missed the “Getting Ready” webinar on August 26 and want access to the recording, contact Torrie Gregg at - torrie.gregg@salinadiocese.org

BISHOP’S ANNUAL APPEAL 2026:

18 parishes have reached goal so far—thank you! As a reminder, the appeal runs all year to allow parishioners more flexibility in giving.

Ways to promote:

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

Forward any Appeal checks received in parish offertory to:

Catholic Foundation, PO Box 1696, Salina, KS KS 67402.

Online giving link and QR code: appeal.givecfds.org



OFFICE OF EDUCATION

Hallow Partnership: The Diocese of Salina is working with Hallow to provide an affordable subscription opportunity for our Catholic school students, teachers, and families. This partnership will provide another resource to help our schools strengthen prayer and encourage students to grow in their relationship with Jesus.

Visiting Our Catholic Schools: Over the past two weeks, Superintendent Geoff Andrews has been visiting all 15 Catholic schools across the Diocese of Salina. These visits provide an opportunity to spend time in classrooms, pray with students and staff, celebrate the great work happening in each community, and begin the school year together. There is much to be excited about in our Catholic schools!

FORMED for Every Catholic Family: Did you know parishioners throughout the Diocese of Salina have free access to FORMED.org? With Catholic movies, documentaries, children's programming, Bible studies, and faith formation resources, there is something for every member of the family. Follow the Salina Diocese Catholic Schools Facebook page for a new FORMED recommendation each week.

Italy Pilgrimage 2027: Catholic high school students (Public, Private, Home-School) from across the diocese are preparing for an unforgettable pilgrimage to Italy in June

OFFICE OF EDUCATION (cont.)

2027. Superintendent Geoff Andrews, Dcn. Bill and Mandy Meagher, Fr. Luke Thielen, and Fr. Kade Megaffin will accompany students as they visit important Catholic sites, grow in faith, and experience the universal Church together. Please keep our pilgrims in your prayers!

Invest in Catholic Education and Receive a Tax Credit: Through our partnership with ACE Scholarships, donors can support qualifying students attending Catholic schools in the Diocese of Salina while receiving significant tax benefits.

Give now and receive a 75% Kansas State Income Tax Credit. Beginning in January 2027, donors will have the opportunity to receive a 100% Federal Tax Credit of up to \$1,700 per individual. Donors can identify the Catholic school in the Diocese of Salina they would like their contribution to support.

Your generosity helps make Catholic education possible for more families while strengthening our schools for generations to come.

OFFICE OF VOCATIONS

St. John Vianney visit, Denver - October 8-10

Quo Vadis Retreat for male discerners - January 1-3, 2027

December 27, 2026 Seminary Family Gathering (by invitation only)

June 5, 2027 - Deacon Kyle Pfeifer's priestly ordination at 10:00 at the Cathedral with reception/first blessings at St. Mary's, Salina

OFFICE OF CONSECRATED VOCATIONS

The St. Bernadette Fund for Consecrated Vocations awarded \$750 to its first recipient, a young woman who will visit the SOLT religious community to discern religious life. Funding is available for women who are discerning religious life and in financial need. Please direct applicants to me at michaela.sasse@salinadiocese.org.

OFFICE OF CONSECRATED VOCATIONS (cont.)

I write a monthly newsletter and encourage anyone who would like to stay up to date with the consecrated vocations to subscribe. This may be done one of two ways:

1. Subscribe by visiting this link, where there is a form about half down the page along with other news letters from me.
<https://salinadiocese.org/office/vocations/consecrated-life/>
2. Subscribe via QR code



Conference for Consecrated Virginity (Virtual)

This online conference offers an introductory but in-depth look at the vocation of consecrated virginity: its ecclesial identification, history, spirituality, lived experience, prerequisites for admission, and requisite formation. The conference includes times of prayer, questions and answers, talks and testimonies by consecrated virgins as well as talks from our Episcopal Moderator, Bishop Earl Boyea.

Anyone with a serious interest in the vocation is invited to attend:

- Those inquiring for themselves
- Those in formation with a Diocese (applicants or candidates)
- Diocesan personnel involved in the preparation of virgins for consecration
- Virgins already consecrated and seeking renewal and ongoing formation

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

OFFICE OF FAMILY LIFE (cont.)

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 SAFE ENVIRONMENT

CMG CONNECT With the start of a new academic year, please continue to monitor the CMGConnect database regularly. A weekly review is recommended at the beginning of the school year to help maintain the accuracy of our data.

CARES FOR KIDS MONTHLY NEWSLETTER A Copy of Talking Together About Safety: A Family Guide to Communicating After Abuse.

PROTECTION OF MINORS AND YOUNG PEOPLE HANDBOOK 2026–2027 — The updated handbook, including all new forms, was emailed to all Site Safety Coordinators in July. Please print a copy and keep it in a three-ring binder for easy reference throughout the year.

FORMS DUE BY OCTOBER 1, 2026 — Please submit the following forms together to liz.aguayo@salinadiocese.org:

- CMG Database Printout/Verification Page
- Ministry Inventory form
- Safety Coordinator Commitment Checklist

CELEBRATING OUR BLESSED MOTHER’S BIRTHDAY September 8 is the Feast of the Nativity of the Blessed Virgin Mary. Consider celebrating Our Blessed Mother’s birthday with a special prayer, a birthday cake, or another meaningful activity with your family, students, or parish community.

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.

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

RESPECT LIFE

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

WONDERFULLY MADE: Mark your calendars for October 4th, as we kick off Respect Life Month with both Life Chain and the Wonderfully Made Family Expo! Life Chain provides an opportunity for people of all faiths to unite in prayer for an increase in respect for all human life and will take place in front of the Mitchell County Courthouse at 1:00PM. Wonderfully Made will follow at the Municipal Building from 2:00-5:00, and will feature informational booths, speakers, and activities for children, all aimed at encouraging everyone in the fight for life. Please note that Heart Choices has discontinued the Walk/Run for Life. Spread the word and bring your friends on October 4th!

MEMORIAL MASS FOR PARENTS OF DECEASED CHILDREN: The Memorial Mass for the Parents of Deceased Children is scheduled for Sunday, October 18th at 2:30 PM at Sacred Heart Cathedral in Salina, KS. This Mass is open to all families who have lost a child. This Mass will count towards your Sunday obligation. There will be a reception following the Mass. Please join us.

ROSARY CONGRESS - The Salina Diocese is pleased to host the annual Eucharistic Congress again this October 3-9, 2026. We would like to have at least 7 parishes host a 12 or 24-hour Eucharistic Adoration for the intention of the unborn. Please contact the diocese if you are interested in hosting.

KANSAS MARCH FOR LIFE - The Kansas March for Life will be held at the Topeka Performing Arts Center on Wednesday, January 27th , 2027. Please consider joining us!

RESPECT LIFE (cont.)

NATIONAL MARCH FOR LIFE: Mark your calendars for the 2026 pilgrimage to Washington DC for the National March for Life. The March will be held on Friday, January 22nd. Please contact the Respect Life office for more information.

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 Carolina Butts at cbutts@ccnks.org or 785-833-9379.

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 next month. Stay tuned and thanks in advance for your help!

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 Robl at mrobl@ccnks.org or 785-825-0208 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.

September Outreach Services Schedule Please note an important change to the September schedule: Due to staff training, the Outreach Services stops normally scheduled for the third week of the month have been rescheduled for Wednesday, September 30. This change applies to Abilene, Beloit, Atwood, Solomon, Oberlin, Clay Center, Concordia, Hoxie, and Minneapolis. All stops will take place at their regular times and locations—only the date has changed for September. 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 September 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.)

2026 Adopt-a-Family Christmas Assistance The annual Catholic Charities of Northern Kansas Adopt-a-Family program is just around the corner! Through this program, families in need of a little extra help this Christmas are matched with sponsors who provide gifts for the holiday season.

Know Someone Needing Christmas Assistance? Families throughout Catholic Charities' 31-county service area are welcome to apply October 1–30. Learn more about program guidelines, how to apply and important dates at <https://ccnks.org/christmas-assistance>.

Interested in Sponsoring a Family? Help make Christmas a little brighter for a family in need! Sign up to become an Adopt-a-Family sponsor by November 6. Sponsorship letters will begin mailing in early October. Learn more or sign up at <https://ccnks.org/adoptafamily>, or contact Grace Bulleigh, Outreach & Operations Coordinator, at gbulleigh@ccnks.org or 785-825-0208.

Give Fest 2026 Catholic Charities of Northern Kansas is excited to participate in the Heartland Community Foundation's Give Fest 2026, a 24-hour giving event on October 7 that supports local nonprofits in Ellis, Rooks, and Trego counties. The all-day giving event and in-person fun is back with a \$110,000 match pool! All contributions made between midnight and 11:59 p.m. will help boost our mission and support those in need across northern Kansas. Visit www.HeartlandGiveFest.org for more details and join us in making a big impact on this special day!

Happy Bottoms Diaper Drive During the month of October, participating schools across the diocese will collect boxes of diapers for Catholic Charities' Happy Bottoms Diaper Drive, which helps babies and families in need throughout northern Kansas. On November 6, 2026, all donated diapers will be delivered to our Catholic Charities offices in Salina, Hays, Manhattan, and Concordia, where they will be distributed to families across the 31 counties we serve.

Geoff Andrews from the Catholic Schools office will be sharing more details with the schools soon. We look forward to seeing the generosity of students, families, and communities shine once again through this effort!

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

Save the Date – 2026 Adoption Mass November is National Adoption Month, a special time to recognize and celebrate adoption and the many lives touched by it. In honor of this month, Catholic Charities of Northern Kansas invites you to join us for the 2026

CATHOLIC CHARITIES (cont.)

Adoption Mass on Friday, November 6, at 5:15 p.m. at Sacred Heart Cathedral in Salina. This special Mass is an opportunity to celebrate the gift of adoption and honor all those whose lives have been touched by adoption. Following Mass, guests are invited to gather in the Hall of Bishops for a soup supper reception, fellowship, and an opportunity to share stories and experiences of adoption.

Whether you are an adoptee, birth parent, adoptive parent, family member, or have been touched by adoption in another way, we invite you to join us for this meaningful evening of faith, fellowship, and celebration. All are welcome!

EXCITING UPDATE: Catholic Charities Concordia Location We're getting closer! Catholic Charities of Northern Kansas is making great progress as we prepare to open our new Concordia location and continue the legacy of service established by the Sisters of St. Joseph through Neighbor to Neighbor. At this time, we anticipate the Concordia office will be open and serving the community no later than October 1. We are excited to welcome individuals and families in Cloud County and surrounding communities through our doors and continue providing compassionate service to those in need. Plans are also underway for an Open House and official celebration! Stay tuned for more details as we get closer to opening our doors.

DID YOU KNOW? Did you know Catholic Charities of Northern Kansas has thrift stores in Salina and Hays? Both locations are open to the public and offer a great selection of gently used clothing, accessories, household items and more at affordable prices. Shopping at our thrift stores does more than help you find a great deal! Every purchase supports the programs and services of Catholic Charities, helping us provide food, housing and financial assistance, counseling, pregnancy and adoption support, and other essential services to individuals and families in need across northern Kansas. You can make a difference by shopping with us or donating your gently used items! SALINA THRIFT STORE 1500 S. 9th St., Salina, KS 785-825-0208

Store & Donation Hours: Monday–Thursday, 9 a.m.–4 p.m. | Friday, 9 a.m.–2 p.m. HAYS THRIFT STORE 1011 Centennial Blvd., Hays, KS 785-625-2644 Store Hours: Monday–Thursday, 9 a.m.–4 p.m. | Friday, 9 a.m.–2 p.m. Donation Hours: Tuesday–Thursday, 9 a.m.–1 p.m. Both stores are OPEN TO THE PUBLIC! Before donating, please visit www.ccnks.org/thriftstore to view our donation guidelines and see what items we are currently able to accept. & 25, 2026. More information will be sent to each parish in the diocese next month. Stay tuned and thanks in advance for your help!

< October 2026 >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Priesthood Sunday Journey: New Life In Christ Weekend (Men's Retreat)	28	29	30	1	2 Marriage Preparation Retreat St. Isidore's Catholic Student Center – Manhattan Catholic Engaged Encounter Capuchin Center for Spiritual Life – Victoria Joyful Women's Retreat Night of Healing Faith	3 Marriage Preparation Retreat St. Isidore's Catholic Student Center – Manhattan Catholic Engaged Encounter Capuchin Center for Spiritual Life – Victoria Joyful Women's Retreat
4 St. Elizabeth's Fall Festival Catholic Engaged Encounter Capuchin Center for Spiritual Life – Victoria	5	6	7	8 St. John Vianney Seminary Visit for Discerners	9 Silent Discernment Retreat Little Sisters of the Poor St. John Vianney Seminary Visit for Discerners	10 St. John Vianney Seminary Visit for Discerners Silent Discernment Retreat Little Sisters of the Poor
11 St. Edward's Fall Festival Silent Discernment Retreat Little Sisters of the Poor	12	13	14	15	16	17
18 Mass for Parents who have lost a child	19	20	21	22	23	24
25	26	27	28	29	30 Silent Ignatian Retreats Women's Retreat	31 Silent Ignatian Retreats Women's Retreat
1 Silent Ignatian Retreats Women's Retreat	2	3	4	5	6 Adoption Mass	7 Holy Fire 2026

A REFLECTION ON THE
JOYFUL MYSTERIES OF THE ROSARY

Joyful WOMEN'S RETREAT

ENCOUNTER HIM. BE RENEWED. WALK IN JOY.



HOLY
MASS



EUCCHARISTIC
ADORATION



ROSARY



DIVINE
MERCY



FELLOWSHIP



WHEN

October 2-3, 2026

The retreat begins Friday at 6:30 p.m. and
concludes Saturday at 3:30 p.m.



WHERE

Immaculate Heart of Mary Catholic Church
1805 Vine Street, Hays, KS



SPEAKERS

Noelle Garcia &



*Sisters of the
Immaculate Heart of Mary
of Wichita*

REGISTER
TODAY

ALL WOMEN 16+ WELCOME



www.ihm-church.com
COST IS \$40

HOSTED BY:



Immaculate Heart of Mary
Catholic Church



Hays Catholic
Moms Ministry
INCUBATORS • COMMUNITY • PRAYER

WOMEN
AT THE
WELL

— WE ARE EXCITED TO ANNOUNCE —

JOE *Melendrez*

IS OUR SPEAKER FOR THE

2026 CYO CONVENTION



DATES

NOVEMBER 14TH & 15TH, 2026



LOCATION

DIOCESE OF SALINA



Salina Dioese CYOs

Together let us be disciples of
Jesus on mission



CATHOLIC DIOCESE OF
SALINA

Catholic Mutual CARES for Kids

Talking Together About Safety: A Family Guide to Communicating After Abuse

When a child or teen experiences abuse, families often struggle with how to talk about it. Parents may want to say the right thing but feel afraid of saying too much—or not enough. Children and teens may want help but feel unsure how to start the conversation. This guide is designed to help families communicate in appropriate, supportive ways, so children feel safe, believed, and supported, and parents feel more confident responding with care. Open communication does not require having all the answers. It begins with listening, reassurance, and a shared understanding that abuse is never a child's fault and that help is available.

Building Safety for Ages 5-8 Through Simple Conversations

Young children often express themselves through behavior, play, or emotions rather than detailed words. They may say things like “I don’t like that” or show changes in sleep, mood, or behavior. Children this age benefit from simple, clear language and repeated reminders that they are safe and loved.

- *How Parents Can Talk with Young Children:* Parents can support communication by creating regular moments to talk, such as at bedtime or during daily routines. Using calm voices and simple questions helps children feel at ease. Parents might say: “You can always tell me if something makes you feel scared or uncomfortable” or “My job is to keep you safe, and I will always listen.” If a child shares something difficult, the most important response is to stay calm, believe them, and thank them for telling. Avoid asking many follow-up questions in the moment. Reassure them that they did the right thing and that they are not in trouble.
- *What a Young Child Needs to Hear:* Children need to hear the same messages often: that what happened is not their fault, that they are safe right now, and that adults are working to help them.

Encouraging Open Dialogue for Ages 9-12

Children in this age group can express themselves more clearly but may hesitate to talk because of fear, confusion, or loyalty to adults or peers. They might worry about consequences or misunderstand what is “serious enough” to tell an adult.

- *How Parents Can Talk with Preteens:* Parents can help by normalizing conversations about safety and feelings, rather than waiting for a crisis. Asking open-ended questions and listening without interrupting builds trust. Helpful approaches include saying: “If something ever makes you feel unsafe, it’s important to talk about it—even if it feels awkward” or “You won’t get anyone in trouble by telling me. Your safety comes first.” If a child shares an experience of abuse, avoid reactions that show shock or anger, which can make them feel responsible for adult emotions. Focus instead on reassurance, belief, and next steps for support.



- *What a Preteen Needs to Hear:* Children need to know they are believed, that asking for help is a strong choice, and that they do not have to handle difficult situations on their own.

Trust Based Communication for Ages 13–18

Teenagers value privacy and independence, which can make conversations about abuse especially difficult. They may fear losing control, being judged, or not being taken seriously. Some teens may also share information indirectly or test reactions before fully opening up.

- *How Parents Can Talk with Teens:* Parents can support communication by being available without pressure. Making space for private, judgment-free conversations is key. Parents might say: “I’m here whenever you want to talk, and I’ll listen without judging” or “You have a right to feel safe and respected.” When a teen discloses abuse, it is important to thank them for trusting you, ask how they want to be supported, and explain next steps clearly and honestly. Involving teens in decisions—when possible—helps maintain trust.
- *What a Teen Needs to Hear:* Teens need to hear that their feelings are valid, that abuse is not their fault, and that getting help does not mean losing their voice or independence.

Common Approaches for All Ages

Across all ages, the most helpful communication includes:

- Listening more than speaking
- Believing children and teens when they share
- Staying calm and supportive
- Reassuring them they are not to blame

Families do not need to have all the answers right away. Seeking help from school counselors, medical providers, or community resources is a positive and protective step.

Talking about abuse is difficult, but silence can feel even harder. When families communicate with honesty, patience, and care, they create space for healing. Every child and teen deserves to be heard, protected, and supported—and every family deserves guidance and help along the way.

References

Fight Child Abuse. (n.d.). *Fight Child Abuse*. <https://fightchildabuse.org/>

The Wish Centre. (n.d.). *Resources for children and young people*.

<https://www.thewishcentre.org/resources/resources-children-young-people/>

Zero Abuse Project. (n.d.). *Personal safety resources*. <https://zeroabuseproject.org/victim-assistance/jwrc/personal-safety/>

Catholic Charities Outreach Services

September 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

9/1

Osborne - St. Aloysius Catholic Church

10:30am - 11:30am

Wednesday

9/2

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

9/9

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

9/23

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

Wednesday

9/30

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



SHOPPING LIST



PANTRY ITEMS

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

HOUSEHOLD ITEMS

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

Thank you for providing HOPE to our neighbors in need!



DONATE YOUR PICKUP BAGS!

Got extra Dillon's Pickup bags lying around? Catholic Charities would love to take them off your hands! We use these bags to create hygiene kits for those in need in Northern Kansas.

Drop off bags at the office nearest you!

Salina: 1500 S. 9th St.

Manhattan: 212 S. 4th St.

Hays: 1011 Centennial Blvd.



Fill the **FREEZERS**

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

We need your help to fill them!

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



HOW TO DONATE MEAT:

1

CALL AHEAD

Call ahead to ensure we have freezer space.

2

WHAT WE ACCEPT

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

3

PROPER PACKAGING

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

4

DROP-OFF LOCATIONS

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

HELP FEED HUNGRY FAMILIES



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



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



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

**HAVE QUESTIONS OR NEED MORE INFORMATION?
CONTACT JEREE HUGHBANKS AT:**



785-825-0208



jhughbanks@ccnks.org

Feeling anxious or sad?

Hope can help!



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

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

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

