SDNB

Salina Diocesan News Bulletin

Volume 548 November 2026

OFFICE OF THE BISHOP

CHANCERY CLOSED FOR THANKSGIVING: The Chancery offices will close on Wednesday November 25 at 1:00pm and will reopen on Monday November 30 for regular business.

NATIONAL VOCATION AWARENESS WEEK OCCURS FROM NOVEMBER 1-7. Ideas to promote vocations at your parish may be found here: https://www.vocationministry.com/vocation-day/vocation-days/national-vocation-awareness-week/

2026 RETIREMENT FUND FOR RELIGIOUS: In the coming weeks, our parishes will once again take up the annual Retirement Fund for Religious collection. I write to ask that you join me wholeheartedly in supporting it-through your prayers, your preaching, and your leadership.

As this year's appeal draws near, I invite you to recall the women and men religious who have shaped the faith of our people. They taught in our classrooms, tended the sick, accompanied families through joy and sorrow, and prayed faithfully for the Church. Having given so generously and receiving so little in return, many now live in communities that cannot keep pace with the rising cost of their care.

Since 1988, the Retirement Fund for Religious has helped hundreds of religious communities close the retirement funding gap they face. Each year, the proceeds of this collection help ensure that elderly sisters, brothers, and religious order priests can live their later years in dignity and security.

As the collection weekend approaches, I ask for your help in encouraging a generous response: please share the stories of aging religious with your parishioners, announce the collection at Mass and in the bulletin, and consider welcoming a speaker or speaking about the appeal yourself.

I know our parishioners are asked to give to many good causes, and I am grateful for their faithful generosity. Still, I ask you to invite them to give whatever they can to this collection—every gift, large or small, brings real help to those who need it. Above all, let us keep our aging religious close in prayer, asking God to bless them as richly as they have blessed us. (See flyer)

NOV 14-22 is INTERNATIONAL WEEK OF PRAYER & FASTING to intercede for Peace. Our Lady says, "Through fasting and prayer, one can stop wars."

THE CHANCERY WELCOMES Pricilla Abell to the staff as the Human Resources Director.

COMPREHENSIVE CAMPAIGN PLANNING STUDY

The Diocese of Salina has decided to begin a campaign planning study and Bishop Vincke would like to hear from you! The study will gather feedback on potential diocesan-wide goals and the **possibility** of a comprehensive campaign to achieve them. Hearing from Catholics across our diocese will help Bishop Vincke make an informed decision about whether to move forward with a campaign. Potential campaign goals include:

- Support of seminarians and priests
- Strengthening Catholic education and evangelization
- Funding various capital projects
- Direct support for our parishes.

The Steier Group, a Catholic development and fundraising firm, will guide us through this planning study. We expect a final recommendation on whether to move forward with this campaign in the new year. This fall, you will be invited to learn more about the proposed goals and share your thoughts. Your feedback will help shape the next steps for our diocese. Please keep our diocese in your prayers and watch for updates as the study moves forward.

OFFICE OF COMMUNICATIONS

COMMUNICATIONS DEADLINES - The deadline to submit content for the December paper is November 27 (in homes Dec. 18). The content deadline for January is January 1 (in homes January 22). 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

Year-End Gifts - It is never too early to put something in your bulletins promoting year-end giving. Nearly one third of charitable giving happens in the last quarter of the year. Let your parishioners know that they can support your parish, school, Bishop's Annual Appeal, or other Catholic ministry through these year-end gifts. If you need any assistance, please contact Heather Hartman at 785-738-7336 or heather.hartman@salinadiocese.org

Parishioner List- You should have received an email with the parishioner list for your parish from our database. **Please review and return the updated list to brenda.streit@salinadiocese.org by November 1st, 2026.**

Please compare our spreadsheet with your records and make any necessary changes directly on the provided spreadsheet. Note any changes in the appropriate column and highlight names that need to be changed or removed from your list of registered parishioners. Please do not delete anyone. If a parishioner should be removed, make a note of the reason (e.g., moved out of state, changed parish registration, deceased, etc.).
As always, please continue to add parishioner emails and updates as you receive them. We are especially focused on including email addresses in parishioner records so that they receive the monthly e-news from Bishop Vincke.
Thank you for your help in keeping our parish and parishioner records accurate! We truly appreciate your assistance. If you have any questions, please don't hesitate to reach out.

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

College Scholarships - Great news for students in the Diocese of Salina! There are three scholarship opportunities available for the 2027-2028 school year. **The application process is online and opens on Nov. 1, 2026**. Students are encouraged to apply by March 1st, 2027 at givecfds.org/scholarships.

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

#iGiveCatholic 2026 – We are excited to participate in this year's #iGiveCatholic on Tuesday December 1st! This annual day of giving is a wonderful opportunity to rally our communities in support of the vital work being done throughout our diocese.
Important Dates:

- **Registration: Now through November 1** (please don't wait until the last minute!)
- **Advanced Giving**: November 16 – 30
- **Giving Day**: December 1, 2026

We understand that preparing for a fundraising event can feel overwhelming, but we are here to support you every step of the way. Visit www.givecfds.org/parish-resources/ for helpful marketing materials. If you have any questions or need assistance, please don't hesitate to reach out to Torrie Gregg – torrie.gregg@salinadiocese.org.

Seminarian Collection- The annual seminarian collection took place August 8-9. Please process the donations as you normally would and submit the usual parish check to the Chancery as soon as possible. Please keep a record of who gave a gift and the amount given and send an excel spreadsheet with the following information to Torrie (torrie.gregg@salinadiocese.org) .

- First Name
- Last Name
- Parish
- Dollar Amount

OFFICE OF YOUTH MINISTRY-RELIGIOUS EDUCATION

2026 CYO Convention – Save the Date! Holy Fire will be on November 14th/15th, 2026, in Salina. There is still time to sign up--https://salinadiocese.org/office/youth-ministry/2026-cyo-convention/

In His Presence-High School Campaign

Please continue to pray for the young people who are part of this campaign this fall.

OFFICE OF VOCATIONS and CONSECRATED LIFE

Discernment Day at St. Philip Neri Seminary in Wichita on Wednesday, November 18th - opportunity for high school men to visit the seminary, meet the seminarians, learn more about priestly formation, pray about their own vocation, and simply have fun together. The goal is to give them a chance to experience what seminary life is like and to meet seminarians in their place of study and prayer.

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

Michaela Sasse, Director of Consecrated Vocations, is facilitating a retreat for single women in the Salina Diocese discerning God's will at Immaculate Heart of Mary Catholic Church in Hays on Saturday, November 7th from 10:00 AM to 5:00 PM. The retreat is open to any single woman in the Salina Diocese aged 18-40. One does not need to be discerning religious life to attend. Mass will be celebrated by Bishop Vincke. Breakfast and lunch will be served. There is no cost. Registration may be found here: https://salinadiocese.typeform.com/to/q5JsXCCC

Love's Reply will occur on Saturday, November 14 (beginning at 10 am) to Sunday, November 15 (ending at 5 pm), 2026 at Prairie Star Ranch in Williamsburg, Kansas Young women are invited to join a host of religious sisters for a weekend retreat designed to help them learn more about all things associated with a vocation to the consecrated religious life. This overnight two-day retreat, hosted on the beautiful and quiet grounds of Prairie Star Ranch in Williamsburg, KS, speaks into the questions that every woman holds deep within her heart. In addition to the seven inspiring keynote talks, the retreat offers small group discussions, confessions, Eucharistic Adoration, and Mass. This event is sponsored by the Archdiocese of KCK Vocation Office, Love's Reply is FREE of charge and open to all young women (juniors and seniors in high school up to age 29). REGISTER HERE https://url.us.m.mimecastprotect.com/s/CW-DCADYm0unvoNUGf9QsG-jUe?domain=docs.google.com by no later than Friday, November 6.

The St. Bernadette Fund for Consecrated Vocations exists to support and promote consecrated vocations and religious life within the Diocese of Salina. Fund distributions may be used for discernment opportunities, retreats, visits to religious communities, educational programming, outreach, promotional materials, formation activities, and other initiatives that encourage and support religious vocations consistent with diocesan priorities. Contributions may be made online at https://givecfds.org/funds/ or by writing a check to the Catholic Foundation for Diocese of Salina with "St. Bernadette Fund for Consecrated Vocations" in the memo line. Checks may be mailed to the following address PO Box 1696, Salina, KS 67402.

OFFICE OF FAMILY LIFE

2026-2027 Engaged Encounter Weekends

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 Sept. 18-20, Grand Island, NE; Nov. 6-8, Grand Junction, CO. Call or text 402-370-5839 for more information. For more

OFFICE OF FAMILY LIFE (cont.)

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

2nd Annual Together In Holiness (April 24th 2027 -SAVE THE DATE)

We are excited to welcome the Together in Holiness initiative from the St. John Paul II Foundation to our diocese! This inspiring marriage enrichment program offers couples a meaningful opportunity to grow together in holiness and to embrace their vocation to family life. Rooted in the beauty of the Catholic vision for marriage, Together in Holiness is more than a single event—it is a movement that supports couples in living out their faith, empowers parents as the primary evangelizers of their children, and helps build vibrant communities of faith-filled families across our parishes.

At the heart of this initiative is the one-day Together in Holiness Conference, a grace-filled experience designed with busy families in mind. Featuring dynamic Catholic speakers, time for prayer and reflection, the sacraments, and even on-site childcare, the conference offers couples a rare and valuable opportunity to step away from the demands of daily life, encounter Christ together, and be renewed in their sacred vocation. We are confident that this day of formation and fellowship will bear lasting fruit in the lives of couples and the life of our diocese.

More details to come, but save the date—Saturday, April 24th, IHM Parish (Hays)

OFFICE OF SAFE ENVIRONMENT

October 1 Forms Reminder: A friendly reminder that we are still collecting the October 1 Safe Environment forms: the Commitment Checklist, Ministry Inventory, and CMG Verification Page. If you haven't submitted yours yet, please send them to the Safe Environment Office at your earliest convenience.

CMGConnect – User and Training Review: Please log in to CMGConnect regularly to review your users and ensure everyone is current with their Safe Environment training. If someone is no longer an active volunteer, employee, or educator, please archive their account.

Selection.com – Invoice Reminder - Please ensure all invoices are paid on time to avoid recurring charges or late fees.

On-Site Audits – East Central Deanery

Kim, Liz and Prisilla completed on-site visits to the East Central Deanery during the last week of October and hope to schedule a few more visits in November. We appreciate the opportunity to meet with our Site Safety Coordinators, answer questions, and offer support where needed.

We are truly grateful to all our Site Safety Coordinators throughout the Diocese and for your continued dedication to protecting our children and vulnerable adults. Thank you for all you do to support our Safe Environment mission!

Wishing you and your families a blessed and happy Thanksgiving filled with gratitude, peace, and joy. Thank you for your continued support and commitment!

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 Our 2026 Igniting Hope: Annual Campaign for Our Neighbors in Need kickoff weekend took place October 24–25! The Igniting Hope Annual Campaign helps Catholic Charities provide food, housing assistance, pregnancy support, basic needs, outreach, and other compassionate services to individuals and families across the 31 counties in the Salina Diocese. YOU make this mission possible! It is not too late to donate! If you have not yet contributed, you can mail a check or donate online at https://ccnks.org/ignitinghope. Thank you to the parishes for sharing our information! We couldn't do it without YOU!!
- 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.
- Upcoming Office and Thrift Store Closure Dates As the holiday season approaches, we want to keep you informed of our upcoming closures for offices in Concordia, Manhattan, Salina, Hays, and Thrift Stores in Salina and Hays: - November 25: Salina & Hays Thrift Stores closed - November 26 & 27: Thanksgiving Break – All offices and thrift stores closed - December 24 – January 1: Christmas Break – All offices and thrift stores closed Additionally, please note that our social media pages and website will be updated with any closures due to inclement weather.

BULLETIN & GENERAL INFORMATION:

Feel free to use the information below in your weekly bulletin. We appreciate your help in letting parishioners know about the resources Catholic Charities offers. For any questions about this information, please contact Jeree Hughbanks, Communications Manager, at jhughbanks@ccnks.org or 785-833-9378.

- November 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, 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 November Outreach Services schedule is attached. You can also view the full, up-to-date Outreach Services schedule anytime at www.ccnks.org/outreach.
- We're Officially Open in Concordia Our new Concordia office is open, and we're grateful for the warm welcome we've received! This welcoming space offers individuals and families a place to connect with our team and find compassionate care and practical support. Find us at: 103 E. 6th St., Concordia Office hours: Monday and Wednesday, 8 a.m.–5 p.m.; Friday, 8 a.m.–2:30 p.m. Closed noon–12:30 p.m. for lunch. Phone number: 785-262-9735

CATHOLIC CHARITIES (cont.)

- Give Fest 2026 A heartfelt thank you to all who generously donated to Catholic Charities during the Heartland Community Foundation Give Fest! Your contributions will directly support

  families in need, and with a dollar-for-dollar match, you are doubling the impact. Your kindness and support truly make a difference. Thank you!

- Happy Bottoms Diaper Drive During the month of October, participating schools across the diocese collected 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.

  For more details, please reach out to Geoff Andrews in the Catholic Schools office at the chancery. Don't forget to check with your school for specific collection dates! 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.

- 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 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!

- Thrift Stores No Longer Cash-Only! Just a friendly reminder that our Salina and Hays thrift stores are open to the public — and we're no longer cash-only! We now accept credit and debit cards, including tap-to-pay, for added convenience.

  Stores are open Monday–Thursday from 9 a.m.–4 p.m. and Friday from 9 a.m.–2 p.m. Visit www.ccnks.org/thriftstore for donation hours and guidelines and follow our Hays and Salina thrift stores on Facebook for updates, sales and new arrivals! Hays Thrift Store: facebook.com/CCNKSThriftStoreHays Salina Thrift Store: facebook.com/CCNKSThriftStoreSalina

Did you know? Did you know you can support families through Catholic Charities of Northern Kansas' Pregnancy Support and Adoption Services while receiving a 70% Kansas income tax credit? A $1,000 donation could mean a $700 tax credit! Eligible donations must be received by December 31, 2026, to qualify for the 2026 tax credit.

Learn more and access the required K-96 form at www.ccnks.org/taxcredits, or contact Megan or Carolina at 785-825-0208

Retirement Fund for Religious

Please give to those who have given a lifetime.

Our senior sisters, brothers, and religious order priests need your help. After dedicating their lives to serving others—often for little or no pay—many now living in retirement face limited financial resources. Today, over 21,000 aging religious depend on the Retirement Fund for Religious to help meet the rising costs of health care, medications, and daily living. Your gift helps ensure they can live their later years with dignity and security.

From left:
Father David Costello, OCD, 90;
Sister Anne Lanh Tran, LHC, 80;
Sister Aida Sansor, MGSpS, 87.

Visit **retiredreligious.org/2026photos** to meet the religious pictured.

Please give back to those who have given a lifetime of service.

retiredreligious.org

To give at your parish: Make your check payable to your parish. (Write **RFR** on the memo line.)

To donate by mail: Make your check payable to **Retirement Fund for Religious**. Please do not mail cash.

Amount: ❑ $1,000 ❑ $500 ❑ $250 ❑ $100 ❑ $50 ❑ Other $_____

Name

Address

City State Zip code

Email address (for e-newsletters)

(Arch)diocese

Data Preference *(Check Yes or No.)*

The data I provided may be used to complete this transaction and stored in the records of the United States Conference of Catholic Bishop's Retirement Fund for Religious.

❑ Yes, I agree.

❑ No, the data I provided may only be used for this transaction.

Please check with your employer about matching gifts.

Donate online today at www.retiredreligious.org

National Religious Retirement Office • 3211 Fourth Street NE • Washington DC 20017-1194 • Phone (202) 541-3215 • Fax (202) 541-3053

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Catholic Charities Outreach Services

November 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 11/3

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

Wednesday 11/4

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 11/11

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

Wednesday 11/18

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
Beverly - City Office of Beverly	12:00pm - 1:00pm
Oberlin - Gateway Civic Center	12:30pm - 1:30pm
Clay Center - St. Peter & Paul Parish	1:00pm - 2:00pm
Minneapolis - 200 Block of N. Sheridan St.	1:30pm - 2:30pm
Hoxie - St. Frances Catholic Church	2:30pm - 3:30pm

Wednesday 11/25

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

Catholic Charities
OF NORTHERN KANSAS

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!

SHOPPING LIST

Catholic Charities
OF NORTHERN KANSAS

PANTRY ITEMS

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

HOUSEHOLD ITEMS

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

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 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

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

Catholic Charities USA®

www.ccnks.org