



SDNB

Salina Diocesan News Bulletin

Volume 548

October 2026

OFFICE OF THE BISHOP

MONTH OF THE ROSARY: October is dedicated to the Rosary, specifically, Oct. 7 we celebrate the Feast of Our Lady of the Rosary. We are encouraged to pray the Rosary each day, meditating on the mysteries of the lives of Jesus and Mary.

OFFICE OF COMMUNICATIONS

COMMUNICATIONS DEADLINES - The deadline to submit content for the November paper is October 30th (in homes Nov. 20th). The content deadline for December is November 27th (in homes December 18th). 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

#iGiveCatholic 2026 Registration is Now OPEN! This annual day of giving is a great opportunity for parishes, schools and ministries to raise additional funds beyond regular offertory giving while bringing the community together in support of a specific need or project.

Key Dates:

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

Getting started is simple—just visit salina.igivecatholic.org and complete your registration. To be considered fully registered, you must: Add your logo, upload a banner image, complete the “About” section, and assign an admin lead contact. You **DO NOT** need to complete the EFT setup.

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

If you have any questions or need assistance, please contact to Torrie Gregg at torrie.gregg@salinadiocese.org.

What Online Giving Platform does your parish use? We would love some help from our parishes!

We are putting together information about the online giving platforms our parishes are currently using. We're hoping to learn from your experience and get a better picture of what is working well across our diocese.

If your parish currently uses an online giving platform, would you send us a quick email to development@salinadiocese.org by Monday, November 2 answering these three questions?

1. What online giving platform does your parish use?
2. Would you recommend it to another parish? Why or why not?
3. What is one thing you love about it and one thing you wish were better?

And because we appreciate your help, everyone who responds will be entered into a drawing to receive a CFDS care package!

Thank you for helping us learn from one another and better support our parishes.

BISHOP'S ANNUAL APPEAL 2026:

As a reminder, the Appeal runs throughout the entire year, which means parishioners have the flexibility to give when it works best for them.

A few ways you can keep the Appeal front-of-mind in your parish community:

- Use the ready-to-go bulletin announcements and prayers of the faithful available on our Parish Resource Page - bit.ly/ParishBAA
- Update your poster in the gathering space with the latest progress

The success of the Appeal depends on all of us working together. By using the tools provided, even through a brief bulletin announcement or a few words at Mass, you are helping support essential ministries that serve people and parishes across our diocese.

CATHOLIC FOUNDATION FOR DIOCESE OF SALINA (cont.)

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



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

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.



OFFICE OF EDUCATION

Support Your Catholic School — and Receive a 75% Tax Credit

It is now easier than ever to support Catholic education! Through our partnership with ACE Scholarships, donors can make an online contribution and designate the Catholic school in the Diocese of Salina they would like to support. Eligible donations receive a 75% Kansas State Income Tax Credit, while the funds help provide scholarships for qualifying students to attend our Catholic schools.

Our [new online giving page is now live](#), so this is a great time to consider making a gift before the end of the year. Visit the ACE Scholarships giving page to make a gift, or read our recent article, [A New Opportunity to Support Catholic Education](#), on the Diocese of Salina website to learn more.

OFFICE OF EDUCATION (cont.)

Hallow Is Coming to Our Schools

Our partnership with Hallow is moving forward! Principals are working with Hallow to bring this Catholic prayer and meditation resource to our Catholic school teachers, students, and families. We are excited about another tool that can help our school communities develop habits of prayer and keep their eyes on Jesus throughout the school year.

Think Before You Post

Several of our junior high and high school communities recently welcomed Chet Kuplen, founder of Sports in Kansas, for his “Think Before You Post” presentation. Chet challenged students to think carefully about social media, digital citizenship, online reputation, and the way we treat one another online. Most importantly, the message reinforces something at the heart of Catholic education: every person has God-given dignity and deserves to be treated accordingly — online and in person.

Respect Life Retreat

On Wednesday, October 14, juniors and seniors from our Catholic high schools will gather for our annual Respect Life Retreat. This day provides students an opportunity to step away from their regular school schedules for prayer, fellowship, and reflection on the dignity of every human life. Please keep our students and retreat leaders in your prayers as they spend the day growing in their understanding of our call to recognize Christ in every person.

Safe Environment: Know Our Students

During our annual Safe Environment training, teachers were asked to identify warning signs that may indicate a student needs additional emotional, academic, spiritual, or safety support. Again and again, their responses pointed to one important principle: we must know our students well enough to recognize when something has changed.

Withdrawal, significant changes in mood or behavior, declining academic performance, increased absences, changes in appearance or energy, social conflict, expressions of hopelessness, or talk of self-harm can all signal that a young person needs help. One sign may not tell the entire story, but noticeable changes and patterns should never be ignored.

Our Catholic schools remain committed to creating environments where students are known, loved, protected, and supported. Faculty and staff are reminded to listen carefully, follow school support procedures, and promptly report reasonable suspicion of abuse or neglect.

OFFICE OF EDUCATION (cont.)

Join Us on Pilgrimage to Italy!

Registration is still open for our June 1-9, 2027, high school pilgrimage to Italy! Students from across the Diocese of Salina will have the opportunity to experience the beauty of our Catholic faith while visiting some of the Church's most sacred and historic places. Superintendent Geoff Andrews, Dcn. Bill and Mandy Meagher, Fr. Luke Thielen, and Fr. Kade Megaffin will accompany students on this journey of faith, fellowship, and adventure. The pilgrimage is open to Catholic, public, and homeschool students in the Classes of 2027, 2028, and 2029. There is still time to join us!

Diapers for Catholic Charities

Throughout October, our Catholic schools will once again collect diapers for Catholic Charities of Northern Kansas. The diapers will be gathered across the diocese and delivered to Catholic Charities in early November to help families in need.

Our students have collected more than 10,000 diapers each year during the past several years. It is a simple but powerful example of young people putting faith into action and answering Christ's call to serve others.

Thank you for your continued prayers and support of Catholic education throughout the Diocese of Salina. Whether through prayer, formation, service, pilgrimage, or generosity, our students are learning that discipleship isn't simply something we learn about — it is something we live.

OFFICE OF YOUTH MINISTRY-RELIGIOUS EDUCATION

Holy Fire 2026 – Save the Date! Holy Fire will be on November 7th 2026 in Hays. This is an event for our 6th-8th grade students. There will be much more detail coming soon, but I wanted to get the date out to you. This was a very powerful event for our Junior High Students last year. We would love to see each parish bring a group.

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

In His Presence-High School Campaign

This fall, we will launch In His Presence, a new diocesan-wide initiative inviting our high school students to develop the life-changing habit of spending regular time with Jesus in Eucharistic Adoration. Inspired by the witness of St. Carlo Acutis, the campaign is designed to help young people encounter Christ in the Eucharist through parish-based catechesis, student witness, personal invitations, and the opportunity to commit to a weekly Holy Hour.

OFFICE OF YOUTH MINISTRY-RELIGIOUS EDUCATION (cont.)

Our hope is that every parish with high school students will prayerfully consider participating. The campaign has been designed to be flexible so that parishes of every size can adapt it to their local circumstances while sharing in a common diocesan effort to lead young people closer to Christ in the Eucharist.

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

OFFICE OF VOCATIONS and CONSECRATED LIFE

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

Michaela Sasse will be taking young women who are interested in religious life to a *lectio divina* based discernment retreat for single women aged 18-35 in Kansas City, Missouri from October 9-11. The retreat is facilitated by the Little Sisters of the Poor. It begins Friday at 6:00 PM and ends Sunday at 2:00 PM.

Sisters of the Immaculate Heart of Mary will have a Come and See weekend for single women aged 18-35 who are discerning or wanting to learn more about religious life. Contact Sr. Marie Therese at vocations@sistersihmofwichita.org or (316) 722-9316.

Michaela 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>

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

OFFICE OF VOCATIONS and CONSECRATED LIFE (cont.)

Fund for Consecrated Vocations" in the memo line. Checks may be mailed to the following address PO Box 1696, Salina, KS 67402.

Michaela publishes a monthly newsletter and encourages anyone who would like to stay up to date with consecrated vocations to subscribe. This may be done one of two ways:

1. Subscribe by visiting this link:
<https://salinadiocese.org/office/vocations/consecrated-life/> There is an online form about halfway down the webpage.
2. Subscribe via QR code.



Contact Michaela at michaela.sasse@salinadiocese.org if you have any questions.

OFFICE OF FAMILY LIFE

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 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

THE ANNUAL ANNIVERSARY MASSES—We will be recognizing couples that are celebrating their 1st anniversary or any anniversary ending with a 5 or 0, with a Mass celebrated on Sunday, October 11th (2pm) in Salina at Elizabeth Ann Seton Parish and on Sunday, October 25th (2pm) in Hays at St. Nicholas of Myra Parish. Registration and event details will be available on our website. <https://salinadiocese.typeform.com/to/chEKTqXS?typeform-source=salinadiocese.org>

OFFICE OF SAFE ENVIRONMENT

OCTOBER 1 FORMS

Thank you to everyone who has already submitted the SE Coordinator Commitment Checklist, 2026–2027 Ministry Inventory Form, and CMG Verification Page ahead of the October 1 deadline. We will begin reviewing your submissions and will reach out if we need any clarification or assistance.

ON SITE AUDITS FOR EAST CENTRAL DEANERY

Kim and Liz are working on the schedule for on-site audits this fall. We will reach out to each school and parish safety coordinators individually to coordinate a date and time. We're looking forward to visiting with you and seeing everyone this fall!

CATHOLIC MUTUAL CARES FOR KIDS NEWSLETTER

Attached please find the newsletter "Digital Parenting 101- What NOT to Post About Your Child" Please use this newsletter as an additional resource as you continue to provide safe environments in your parish and school communities.

QUARTERLY BULLETIN INSERT REMINDER

It's time for school newsletters and parish bulletins to include the 2026 Safe Environment Guidelines. Please be sure to include it in your upcoming communications. Thank you for your continued support in keeping this important information visible to our parish and school communities.

 SAFE ENVIRONMENT GUIDELINES <u>Education & Screening</u> All clergy, religious, seminarians/persons in formation, employees, educators, as well as volunteers who minister with minors are required to complete a background check and safe environment training. For more information about safe environment compliance requirements, please contact your parish/school safety coordinator or visit www.salinadiocese.org	<u>Reporting & Victim Assistance</u> Report allegations of the abuse of a minor to the Department of Children and Families 800.922.5330 KBI Crime Hotline/800.572.7463 If you suspect abuse of a minor by church or school personnel, in addition to contacting civil authorities, use one of the confidential diocesan reporting resources below: Phone: 866.752.8855 Website: reportandprotect.com Email: reportabuse@salinadiocese.org Reports will be responded to promptly by the Victim Assistance Coordinator To report an incident of sexual abuse and related misconduct by a Bishop or Religious Superior, currently, or in the past, the Catholic Bishop Abuse Reporting Service provides a confidential Hotline: 800.276.1562 Website: reportbishopabuse.org	The Diocese of Salina complies with Kansas laws regarding reporting suspected abuse to civil authorities and cooperates with civil authorities as they investigate reports of suspected abuse by all persons, including, but not limited to church personnel. Any questions in regards to education, reporting, or victim assistance can be directed to the Safe Environment Office Diocese of Salina 785.827. 8746  CATHOLIC DIOCESE of SALINA 7-26
--	--	--

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 at any stage in life. This Mass will count towards your Sunday obligation. There will be a reception following the Mass. Please join us. Check the diocese website to register!

ROSARY CONGRESS - The Salina Diocese is pleased to host the annual Eucharistic Congress again this October 3-9, 2026. Check the diocese website and social media to find a Eucharistic Congress near you!

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!

NATIONAL MARCH FOR LIFE: Mark your calendars for the 2027 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

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 kicks off the weekend of October 24–25! Through the generosity of our parish communities and donors across the Diocese of Salina, the Igniting Hope Annual Campaign helps Catholic Charities provide food,

CATHOLIC CHARITIES (cont.)

housing assistance, pregnancy support, basic needs, outreach, and other compassionate services to neighbors throughout northern Kansas. This year, gifts to the campaign will go even further thanks to a \$200,000 gift match.

Your parish's partnership is an important part of helping us share this mission. Here are a few things to know as we prepare for kickoff weekend:

- **Parish Packs** Each parish will receive a packet of campaign materials to help promote Igniting Hope. Packs will include campaign poster, Bishop Vincke's campaign audio message, bulletin announcements, homily talking points, pledge/remittance materials, and other tools for your parish. Parish packs will be delivered to your parish by October 9.
- **Bulletin Inserts** If your parish would like printed bulletin inserts for kickoff weekend, please let us know how many you will need by September 30 by filling out the online form at www.ccnks.org/parishresources.
- **Digital Resources** Campaign materials will also be available online at www.ccnks.org/parishresources, making it easy to access bulletin announcements, graphics, talking points, and other resources.
- **Kickoff Weekend: October 24–25, 2026** Last year, Catholic Charities served nearly 10,000 people across northern Kansas, and the number of families turning to us for help increased 17%. Nearly 1 in 2 families served were new to Catholic Charities. Your support helps ensure that when a neighbor faces a difficult season, compassionate help is available close to home.

If you need more information regarding the Igniting Hope Campaign, please do not hesitate to reach out to Carolina Butts at cbutts@ccnks.org or Jeree Hughbanks at jhughbanks@ccnks.org at any time before the kick-off weekend. Thank you for joining us in Igniting Hope for our communities across the Diocese of Salina!

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

CATHOLIC CHARITIES (cont.)

October Outreach Services Schedule Please note several important changes to the Outreach Services schedule beginning in October: With the opening of our new Catholic Charities office in Concordia, **Concordia will no longer be an Outreach Services stop.** Individuals and families in the Concordia area will now be able to access services through our new office location. Additionally, **the Beverly and Minneapolis Outreach Services schedule has changed. Beginning in October, both stops will take place on the third Wednesday of each month at the following times:**

- **Beverly: 12–1 p.m. at the City Office**
- **Minneapolis: 1:30–2:30 p.m. at the 200 block of N. Sheridan St.**

For October, these stops will take place on Wednesday, October 21. These changes will remain in effect for future Outreach Services schedules.

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

EXCITING UPDATE: We're Opening in Concordia Our newest Catholic Charities office will officially open Monday, October 5 at the former Neighbor to Neighbor location (103 E. 6th St.) in Concordia! Please help us spread the word with families in your parish and community who may benefit from our services. For details, office hours, and contact info, please visit www.ccnks.org/concordia.

Save the date: Our ribbon cutting will be Tuesday, October 27 at noon, with the Concordia Chamber and Bishop Vincke joining us to celebrate! Invites will be emailed soon.

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>.

CATHOLIC CHARITIES (cont.)

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 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 Catholic Charities of Northern Kansas has a new parish resource? Help young people in your parish learn about faith, service and caring for others with our free coloring pages, word searches, mazes, crossword puzzles and more. Perfect for home, school, parish bulletins, cry rooms or religious education programs.

Download, print and share for free at www.ccnks.org/youth-engagement!

Catholic Mutual CARES for Kids

Digital Parenting 101: What NOT to Post About Your Child

Parenting in a digital world means every post can contribute to a lasting online footprint for your child. Photos, stories, and milestones may feel personal, but they can also travel far beyond their intended audience. This guide is designed to help families make informed, thoughtful choices that protect a child's privacy, safety, and future.

Why Digital Safety Matters

Some estimates suggest that parents may share more than 1,000 photos of their children online before age 5. Each post can add to a child's digital footprint, often before they are old enough to understand or consent. Once something is online, it can be saved, shared, copied, or resurfaced years later. Even well-intended posts may expose children to risks such as identity theft, online exploitation, location tracking, embarrassment, or bullying. In some cases, searchable captions and hashtags can also draw attention to children in vulnerable situations. Digital safety is not about fear. It is about awareness, boundaries, and respect.

What Parents Should NOT Share

Some content creates unnecessary risk or could affect your child later. Avoid posting:

- *Personal Identifying Information:* Specific details like those listed below can increase the risk of identity theft or make it easier to track your child.
 - Full name paired with photos.
 - Date of birth or birth announcements with exact details.
 - Home address, school name, classroom number/teacher name, or daily routines.
 - License plates, uniforms with logos, or visible ID badges.
 - Turn off geotagging and location services when possible, to reduce location data attached to shared images.
- *Embarrassing Moments:* What seems funny now may feel humiliating or invasive to your child later.
- *Location-Based or Real-Time Posts:* Sharing predictable locations or posting in real time can create unnecessary safety risks. Consider posting after you have left the location instead.
- *Hashtag (#) Awareness:* Hashtags can make posts easier for others to find. Avoid hashtags that call attention to vulnerable or highly personal moments involving children.
- *Bathing, Undressed, or Inappropriate Images:* Even an innocent photo, such as bathtime, diaper-only, or swimwear images, is better kept offline. These images can be copied, shared, or misused in unintended ways.

What Parents Can Share

Parents do not need to avoid sharing altogether. Instead, aim to share in ways that protect your child's privacy and dignity. Consider these best-practice guidelines:

- *General Milestones:* It is possible to share achievements or school moments more safely by cropping out identifying details, avoiding uniforms or location markers, and posting only what is necessary.
- *Privacy-Protected Settings:* Review your privacy settings regularly and limit who can view your posts. Keep in mind that even private posts can still be copied, screenshotted, or shared by others.
- *Group Sharing:* When possible, share family moments through small private group chats or secure albums rather than broad social media posts.
- *Choosing NOT to Share:* Choosing not to post is always a valid option. You can also ask family and friends not to share photos of your child without permission. If another child appears in a photo, check with that child's parent or guardian before posting.

Before you post, pause and ask yourself these questions. If any answer gives you hesitation, it may be best not to share.

- Would my child want this posted about them?
- Could this be misused or misunderstood?
- Does this reveal more than I realize?
- Would I be comfortable if this resurfaced in 10-15 years?

Helping Your Child Build Digital Awareness

As your child grows, involve them in digital safety conversations:

- Teach them that photos and words online can be permanent.
- Encourage them to speak up if a post makes them uncomfortable.
- Show them how to protect personal information.
- Reinforce that they have a right to privacy—even from well-meaning adults.

This builds respect, trust, and lifelong digital skills.

You do not have to stop sharing your life as a parent, but intentional sharing matters. Protecting your child's dignity, privacy, and safety today helps preserve their choices tomorrow. When in doubt, share less, protect more, and let your child tell their own story when they are ready.

References

- Child Rescue Coalition. (n.d.). Avoid these predator-attracting hashtags to keep your kids safe online. Child Rescue Coalition. <https://childrescuecoalition.org/educations/avoid-these-predator-attracting-hashtags-to-keep-your-kids-safe-online/>
- Parents. (n.d.). Biggest social media mistakes as a parent. Parents. <https://www.parents.com/biggest-social-media-mistakes-as-a-parent-750937>
- PEP (Parents Encouraging Parents). (n.d.). Sharenting: When parents over-share their kids' lives. PEP. <https://pepparent.org/sharenting-when-parents-over-share-their-kids-lives/>
- UNICEF. (n.d.). Sharenting: What you need to know. UNICEF. <https://www.unicef.org/parenting/child-care/sharenting>

Catholic Charities Outreach Services

October 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
10/6

Osborne - St. Aloysius Catholic Church

10:30am - 11:30am

Wednesday
10/7

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
10/14

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
10/21

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
10/28

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

- | | |
|--|--|
| ☐ 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



< 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 Come & See Retreat St. John Vianney Seminary Visit for Discerners	10 St. John Vianney Seminary Visit for Discerners Silent Discernment Retreat Little Sisters of the Poor Come & See Retreat
11 Anniversary Mass – Salina St. Edward's Fall Festival Silent Discernment Retreat Little Sisters of the Poor Come & See Retreat	12	13	14	15	16	17
18 Mass for Parents who have lost a child	19	20	21	22	23	24
25 Anniversary Mass – Hays St. Patrick's Turkey Supper	26	27	28	29	30 Silent Ignatian Retreats Women's Retreat	31 Silent Ignatian Retreats Women's Retreat
1 National Vocation Awareness Week Silent Ignatian Retreats Women's Retreat	2 National Vocation Awareness Week	3 National Vocation Awareness Week	4 National Vocation Awareness Week	5 National Vocation Awareness Week	6 Adoption Mass National Vocation Awareness Week	7 Holy Fire 2026 National Vocation Awareness Week