

10 Ways We are Catholic

Last Month: Catholic Charities are authorized to exercise their ministry by the diocesan bishop.

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IMPORTANT DATES

- ◆ 1st Friday of Every Month: God's Kitchen (Grand Rapids) is closed.
- ◆ August 19: Project Rachel Pilgrimage to the Holy Doors of Mercy (see p 2)

5: Catholic Charities respect the religious beliefs of those we serve.

by Rev. Fred Kammer, SJ

Many people are surprised to learn that Catholic Charities serve people of all faiths. They may be even more surprised to learn that most agencies do not even keep statistics on the religious affiliation of those who come to us.

This is not an accident of history or a result of receiving funding from the United Way or government entities. Instead, it reflects a determined position to serve the entire community, a custom going back as far as the fourth century and, in this country, to the Ursuline Sisters in New Orleans in 1727. In the pattern of Christ Jesus, our response is to families and individuals in need—the hungry, homeless, depressed, troubled, frail—regardless of their religious beliefs. We see this in Jesus’

own ministry, where he cured the daughter of the Canaanite woman in Matthew 15 and the Centurion’s servant in Luke 7.

This decidedly ecumenical approach is simultaneously Roman Catholic. It reflects our respect for human dignity, religious liberty, and the ecumenical sensitivity promoted by Vatican II. Many people come to Catholic Charities for particular needs: a hot meal, a safe place to stay, a voucher for prescription medicine, resettlement in a new nation, and resources to rebuild after a natural disaster. They do not seek or need religious

proselytizing, nor would our staff and volunteers offer it.

We would find it strange to preach Catholic beliefs to a devout Muslim family being resettled from Bosnia, a Buddhist Vietnamese grandmother coming to our senior center, a Baptist elder to whom we deliver a meal at home, or a Lutheran father entering a job-training program.

are Catholic precisely in our respect for others’ religious beliefs. As Pope John Paul II told our members meeting in San Antonio in 1986, “for your long and persevering service—creative and courageous, and blind to the distinctions of race or religion—you will hear Jesus’ words of gratitude, ‘You did it for me.’”



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10 Ways We are Catholic

(Continued)

On April 18, 1997, the pope addressed the Pontifical Council "Cor Unum" on the role of charitable activity. As reported by Catholic News Service, charitable activity is an eloquent means of Catholic evangelization because it witnesses to a spirit of giving and of communion inspired by God who created all men and women, the pope said.

But the primary motivation for Catholic giving is to serve Christ in the poor and suffering and to promote the

justice, peace, and development worthy of the children of God, he said.

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"Actions of aid, relief, and assistance should be conducted in a spirit of service and free giving for the benefit of all persons without the ulterior motive of eventual tutelage or

proselytism."

For a variety of reasons, however, Catholic Charities also may sponsor particular programs for the Catholic Community, including marriage preparation and counseling, parish outreach and training, Catholic school counseling, or other more specific services. These are usually funded by the Catholic Church, used primarily by Catholics, and have a more explicitly Catholic content where appropriate.



Project Rachel

Pilgrimage to the Holy Doors of Mercy for Those Who Have Experienced Abortion

Abortion is often thought of as a past event, however the impact lasts a lifetime. An open invitation is extended to all those who have experienced abortion to join Project Rachel for a prayer of healing and mercy:

Location: The Cathedral of Saint Andrew

Date: August 19

Time: 7 to 8:30 p.m.

Pope Francis has encouraged all to experience the healing mercy of the Father. All those in attendance will journey into the loving arms of Christ by walking through the Holy Doors at the Cathedral. A prayer service offering healing with the Sacrament of Reconciliation available.

Please contact Maggie Walsh, Project Rachel, at [616.340.1824](tel:616.340.1824) or mwalsh@ccwestmi.org for additional information.



Dorothy Day

Thoughts from the Founder of the Catholic Worker Movement

“What we would like to do is change the world—make it a little simpler for people to feed, clothe, and shelter themselves as God intended them to do. And, by fighting for better conditions, by crying out unceasingly for the rights of the workers, the poor, of the destitute—the rights of the worthy and the unworthy poor, in other words—we can, to a certain extent, change the world; we can work for the oasis, the little cell of joy and peace in a harried world. We can throw our pebble in the pond and be confident that its ever widening circle will reach around the world. We repeat, there is nothing we can do but love, and, dear God, please enlarge our hearts to love each other, to love our neighbor, to love our enemy as our friend.”

“The greatest challenge of the day is: how to bring about a revolution of the heart, a revolution which has to start with each one of us?”

“You will know your vocation by the joy that it brings you. You will know. You will know when it's right.”



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What is Healthy?

God's Kitchen Food and Pantry programs partner with Spectrum Health, Healthier Communities to ensure a thriving community. Spectrum Health offers the following tips about eating and donating healthy:

1. Choose good carbohydrates: whole grains (the less processed the better), vegetables, fruits, and beans. Avoid white bread, white rice, and the like as well as pastries, sugared sodas, and other highly processed food.
2. Pay attention to the protein package: good choices include fish, poultry, nuts, and beans. Try to avoid red meat.
3. Choose foods containing healthy fats. Plant oils, nuts, and fish are the best choices. Limit consumption of saturated fats, and avoid foods with trans fat.
4. Choose a fiber-filled diet that includes whole grains, vegetables and fruits.
5. Eat more vegetables and fruits—the more colorful and varied, the better.
6. Calcium is important, but milk is not its best source. Good sources of calcium are collards, bok choy, fortified soy milk, baked beans, and supplements that contain calcium and vitamin D.
7. Water is the best source of liquid. Avoid sugary drinks, and limit intake of juices and milk. Coffee, tea, artificially sweetened drinks, 100 percent fruit juices, low-fat milk, and alcohol can fit into a healthy diet but are best consumed in moderation. Sports drinks are recommended only for people who exercise more than an hour at a stretch, to replace substances lost in sweat.
8. Limit salt intake. Choose more fresh foods instead of processed ones.
9. Moderate alcohol drinking has health benefits, but is not recommended for everyone.
10. Daily multivitamin and extra vitamin D intake has potential health benefits.

Source: *Every Meal Matters* brochure, Spectrum Health Healthier Communities

Website: spectrumhealth.org/healthier-communities

Donating to Catholic Charities

Happy Hour for Happy Babies Diaper Drive

The goal is 12,000 diapers

(Sizes 4-6 needed)

Admission: 1 Pack of Diapers

September 8

5:00-6:30PM

560 Mart Street, Muskegon MI

Enjoy free drinks and appetizers from Muskegon's finest breweries and businesses!

Hosted by CCWM Volunteers

God's Kitchen

- Research CSAs near you, and consider donating a share to God's Kitchen. We love fresh fruits and vegetables!
- Hosting a "Pennies for Pounds" drive (Just \$1 can provide 10 pounds of fresh food that we purchase from local pantries at a discounted rate)
- Growing a garden at your church, club, organization, and donating the fresh produce
- Buy a cow from an approved meat producer (a great need that we have is the purchase of protein—chicken, turkey, or beef— and is our greatest expense aside from fresh or frozen produce.



Muskegon Food Pantry Wish List:

- o Peanut butter
- o Cereal
- o Baking items: sugar, flour, oil
- o Rice, Pasta



Agency Updates

Staff Retirement: Becky Beets

Becky Beets' devotion to the seniors in the community will be greatly missed by many.

From Becky:

"After thirty-two years of a beautiful journey working with Senior Volunteers from the Foster Grandparent and Senior Companion Program, I am retiring from my position. How blessed I have been to work in such wonderful programs with such amazing loving, giving volunteers.

My plans still include my volunteer family, and I will continue to be an advocate to Seniors and my Community.

I have some wonderful friends I am leaving at Catholic Charities as well, but I am not saying good bye, just I will see you later."

Catholic Charities West Michigan would like to thank Becky for her many years of service, and wish her health, happiness, and new adventures in her next steps.



Beets completed her last day of 32 years at with Foster Grandparents on July 29.

CCWM President/CEO Terry Walsh leaving to lead Catholic Charities Hawai'i



After three years at the helm of Catholic Charities West Michigan (CCWM) as president and CEO, Terry Walsh has announced his resignation to become the new CEO and president of Catholic Charities Hawai'i.

"It is with a heavy heart that I leave Catholic Charities West Michigan. Working side by side with Bishop Walkowiak, the board of directors, staff and volunteers has been a privilege and an honor. I know the CCWM team will continue to work tirelessly to make a significant difference in the lives of those most in need throughout West Michigan. The clients we serve are God's children and each individual person is treated with the love, dignity and respect they deserve" Walsh said.

Read More: www.ccwestmi.org

Community Outreach Programs Catholic Charities West Michigan

Jeff Hoyh jhoyh@ccwestmi.org

Program Supervisor, God's Kitchen Food and Pantry Programs, Grand Rapids

Lisa Johnston, ljohnston@ccwestmi.org

Program Supervisor, God's Kitchen Food and Pantry Programs, Lakeshore

Maggie Walsh mwalsh@ccwestmi.org

Diocesan Director, CCHD / Program Coordinator, Project Rachel

Nicole D'Arcy ndarcy@ccwestmi.org

Director, Foster Grandparents and Senior Companions Program

Rebecca Ryan rryan@ccwestmi.org

Volunteer and Donor Relations Specialist, Catholic Charities West Michigan

Tiffany Page tpage@ccwestmi.org

Director, Community Outreach Programs
Catholic Charities West Michigan

Mission Statement

In the spirit of our Catholic tradition, we lead our diverse communities with hope and compassion by offering innovative, collaborative programs.

Through our team of highly trained employees, dedicated volunteers and generous community, we deliver the highest quality social services.



Program Locations

Administration

Social Justice

Project Rachel

360 Division Ave S.
Suite 3A
Grand Rapids, MI 49503

God's Kitchen

Food & Pantry Programs

303 Division Ave S
Grand Rapids, MI 49503

Lakeshore

Food and Pantry Programs
Senior Corps

1095 Third Street
Muskegon, MI 49441

