



Crystalyn has healed through counseling

Because of you, Crystalyn cares for herself, and for her children

Crystalyn loves her boys and proudly accepts the “boy mom” label. It has been a long road of healing for Crystalyn, who experienced a stillbirth in her first pregnancy and thought she’d never be pregnant again.

Because of you – an Angel of Advent – Crystalyn found the Blessed Beginnings Program and its group counseling at a time when she was battling postpartum depression.

“It’s been a saving grace,” she said of therapy, which she also accesses individually. “That changed my life because it gave me a place to be seen and heard.”

Crystalyn’s first pregnancy ended in profound sadness. Even after confirming there was no heartbeat, she carried her stillborn son for two days before she could deliver him.

“Your heart tells you, but in your mind, you’re trying to fight it,” she said. “You don’t want to believe it.”

After the birth of her two sons, Crystalyn battled a cycle of negativity with shame, guilt, and sadness. Then, because of you, she found help.

“Catholic Charities was a prayer answered.”

Through continued therapy – provided by generous donors like you – Crystalyn is on a better mental path and can be more present to her children.

“I’ve learned to continue to give myself grace and to have more self-compassion,” she said.



Crystalyn lost a child to stillbirth and battled postpartum depression. Through you – an Angel of Advent – she accessed counseling that has helped her heal.

INSIDE THIS ISSUE

You keep a senior safely housed

Your Donations @ Work

You provide a safe home for Harold

Because of you, Harold can live comfortably

Harold worked as a flight attendant and enjoyed his office above the clouds. When he retired, he fell into drugs and alcohol. Health problems followed, and he desperately needed help.

That's when you came to the rescue. Because of you, Harold – who has now been sober for 14 years – receives housing assistance from Catholic Charities.

The thought of returning to work is one that has crossed Harold's mind. But at 74 with chronic health issues, it would not be easy.

"My life is more comfortable because of the assistance from Catholic Charities."

"It would be tedious," he said. "Over the years, I've had a massive heart attack, I've had both knees replaced, both hips replaced. It would be challenging to go back to work."

Thanks to you, seniors like Harold are able to live comfortably in their retirement without falling into despair. Harold is even able to visit his family in Denver from time to time because of the financial flexibility the housing program has given him.



Harold's health prevents him from working. He gets help with housing thanks to you.



Cynthia Nunes Colbert, MSW
President and CEO

Thank you for being an Angel of Advent

*"She laid him in a manger, because there was no room for them in the inn."
– Luke 2:7*

During this Advent, I want to thank you for providing a safe space for our clients. We are reminded in St. Luke's account of the Nativity that on the first Christmas, there was no room for the Holy Family – travelers in search of a place for the birth of Jesus. The manger had to do.

When our clients are wandering the wilderness of life looking for shelter, you are their manger. Whether that means providing the warmth of an actual home, a listening ear, or a meal, you provide comfort to our clients when they need it.

Thank you for being an Angel of Advent, and a source of hope all year round.

In the peace of Christ,

Cynthia Nunes Colbert



Mission Moment

Anna needs an Angel of Advent

For just \$37, you can make Christmas merry



Anna will wake up in a car this Christmas.

Anna is only nine years old, and she desperately needs your help. She and her family have spent too many nights sleeping in their car.

She needs an angel this Christmas.

Anna has suffered a lot of hardship in her young life. You see, when her father got sick and couldn't work, the medical bills quickly piled up. Her parents had to choose between food for their family and paying rent. They ended up living in their car.

Anna and her family expect to be homeless this Christmas. But it doesn't have to be this way.

You can be an Angel of Advent. With your gift of \$37, you can give Anna and her family a night of safe housing and support all the work of Catholic Charities.

Young girls like Anna should be excited for Christmas, helping put up the Christmas tree and picking out their church dress. But instead of making cookies and listening for reindeer on the roof, Anna's wondering if Santa will be able to find her car on Christmas Eve.

Will you be an Angel of Advent?

Your \$37 donation will help Anna leave behind the cold nights, hunger, and anxiety she feels not knowing if she'll have somewhere safe to sleep tonight.



You can Be An Angel to a family in need this Advent season. Make a gift using this QR code or return the enclosed coupon. Thank you!



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You help Amanda eat healthier

Because of you, Amanda can care for herself

Amanda wants to be healthier. She admits to having a sweet tooth, and was recently diagnosed as pre-diabetic. That was a wake-up call, but paying for healthy foods is a struggle.

Because of you, Amanda can access healthy foods through Catholic Charities' food pantries. She can take care of her wallet and health at the same time.

"It was tough before, but it's just ridiculous," Amanda said of grocery prices.

"If it wasn't for Catholic Charities, I don't know where I'd be."

Amanda filed for disability a year ago because of her mental health struggles with PTSD and bipolar disorder.

"Even on medication, with bipolar my highs are almost grandiose and my lows...the basement is not bottom, there's something under the bottom," she said.

Her finances are depleting as she waits for the application to be processed, and she needs to eat healthy to keep diabetes at bay. Because of you, she can fill her shelves with healthy foods – and she's noticing a difference.

"Being able to eat healthier makes me feel better," Amanda said. "I have a little bit more energy. Thank God for Catholic Charities – without y'all a lot of people would be in a really bad way."



Amanda is pre-diabetic and gets healthy foods from the Catholic Charities food pantry.

A Prayer for Those in Need at Christmas



Catholic Charities
ARCHDIOCESE OF
GALVESTON-HOUSTON

Lord,

Help us to recognize and pray for those who may need our help or love this Christmas.

We especially pray for those who feel forgotten and unloved.

We pray that they will still share in the season's blessings.

Help us to see with Your eyes, serve with Your hands, and share the talents and treasures You gave us.

Amen.



Make a gift to give struggling families a blessed Christmas! CatholicCharities.org/Angels