



Your support provided Vinod – who lives on a small, fixed income – crucial food assistance so he can make ends meet and not go hungry.

## You Provided Food to a Hard-Working Senior

**Because of you, Vinod doesn't have to worry about his next meal**

Vinod came to the US to escape persecution in India. He now lives on social security and a small pension payment, but it's not always enough to make ends meet. At the end of the month his money often runs out. He needs help to get by, and without your help he would probably have gone hungry.

Because of you, Vinod received fresh, healthy food at the Beacon of Hope Center on Galveston Island, which allowed Vinod to stretch his meager budget so he could pay his monthly bills while not worrying about groceries.

*"I lead a very simple life and try to work hard."*

Vinod was born in India and due to persecution, he and his family fled to Uganda when he was a child. In 1978, Vinod arrived in the United States, and has made his home here in Texas. Life was easier before Vinod, age 76, transitioned into retirement. Now his fixed income doesn't keep pace with year-to-year increases in housing, food, and other necessary expenses.

But with your help, he's getting by. And he appreciates all of the assistance you provide.

"We come here, pick up the food and use what we can use," Vinod said. "What we can't use, we give it to whoever needs it."

Thanks to you, people like Vinod get the exact help they need, when they need it.

### Inside this Issue:

**You helped a grandmother feed her family.**

## You Came to A Single Mother's Rescue

**When a struggling mom needed help, you were there**



When Iris's hours were cut and she struggled to pay her bills, you helped her provide for her children.

Iris already had three children and money was tight. Then, a newborn entered the picture. Sadly, about the same time her husband left her. Iris was behind on rent, the lights were about to be turned off, and she didn't know what to do. Then you came to the rescue, as you so often do.

With four children under the age of six, including a newborn, Iris simply couldn't do it on her own. Her restaurant job already had limited hours and didn't pay well.

When her husband left, she didn't have anyone to watch her children when she worked, leaving Iris in an even more dire situation.

Then, the notices started coming. First, the electricity was going to be turned off – no air conditioning as summer nears. An eviction notice soon followed, and Iris was desperate for help.

"I had no other place to turn. You were there for me."

*You helped when Iris had four mouths to feed and no place to turn.*

Because of you, Iris received the emergency assistance she needed. She is still in her home, with the lights on, and receives food assistance to keep her growing family from going hungry. Iris truly doesn't know where she would be, or in what state, without your help.

Iris and her family will continue to receive food assistance during the summer – an especially challenging time for single mothers who work and are not able to send their children to school during the day.

Thank you for being there for single mothers like Iris when they need you most.

## You Make the Future Brighter for Neighbors in Need



Dear Friend,

For many of us, the light at the end of this two-year tunnel is getting brighter and brighter as the pandemic begins to loosen its hold on society. Sadly, this is not the case for many of our vulnerable neighbors who have been battered by job loss, reduced wages, and closed businesses. Finding enough money to pay for food, shelter and clothing – the most basic of needs – is a daily struggle.

With your help, Catholic Charities plans to be there every step of the way as our neighbors forge a path to self-sufficiency. The journey can seem daunting, but your generosity allows Catholic Charities' dedicated staff to walk beside our clients and continually be there for those who have fallen on hard times.

As things return to normal out in the world, please do not forget the families throughout the Archdiocese who still need your help. Some of these families lost all they had during the pandemic – for some, that even includes losing family members. It will be a long road to recovery, but we know we can count on you.

We are taught in Matthew's Gospel to see Christ in our neighbors in need: "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me."

Because of generous donors like you, we at Catholic Charities know that our clients are in good hands. Thanks to your continued generosity, these clients will have hope that they can walk the road to full recovery.

In the peace of Christ,

Cynthia N. Colbert, MSW  
President and CEO

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## Your Donations @ Work



You were a source of help and hope for Melinda and her family.

## You Helped a Grandmother Feed Her Family

### Because of you, Melinda and her teenagers didn't go hungry

Melinda is 85 years old and still going strong. When her grandchildren were about to go into foster care she stepped up and volunteered to raise three teenage grandchildren. Even at her age, she still works part-time because, as growing kids, they sometimes need more food than Melinda can afford.

Because of you, Melinda received nutritious food to feed her family and she's eternally grateful. Your gifts made it possible to help Melinda, and others like her, who took in their grandchildren when their parents couldn't care for them because of joblessness, drug addiction, and even incarceration.

Melinda used to teach English and ran a small alterations business. But, her business was destroyed by Hurricane Ike in 2008. She thought that she'd just retire and live off her social security, but that didn't happen.

*"It's been a life saver. If I ever won the lottery or anything, the first place I would give money to would be Catholic Charities. I see you doing more than anyone else."*

She ended up taking in her three grandchildren and going back to work part-time. Lately, with three grandkids to care for, the little that she makes just isn't enough. You helped Melinda stock her pantry and prevented her and her grandchildren from going hungry.

"I have one grandchild I've raised since she was a one-year-old, then her two little sisters had to come to live with me," Melinda said. "It was really hard. They're now 14, 12 and 11. They eat a lot. Food distributions have helped tremendously, really helped a lot."

"It's been a life saver. If I ever won the lottery or anything, the first place I would give money to would be Catholic Charities. I see you doing more than anyone else."

Thank you for being there for grandparents like Melinda who need help!



# You Helped Afghan Refugees Join the Workforce

Thanks to you, Malem is a mentor to refugee children.

Malem fled Afghanistan to escape the Taliban. After a long and grueling trip, he arrived in Houston last summer. He has quickly adapted to his new home and is already working at a local high school mentoring refugee students.

This would not have been possible without your support. Because of you, Malem received food, temporary housing, and help getting his work authorization. Your support was the help he needed to begin his new life here and start giving back to his community.

Malem used to work at the Hamid Karzai International Airport in Kabul. If that sounds familiar, it's likely because you saw the frantic mass evacuation from Afghanistan last summer on the news. Malem was among those leaving as the Taliban took over, and he landed in Houston with little more than the clothes on his back.

Despite his dire circumstances, because of you, Malem is now settled in the city and giving back as a mentor to refugee children.

"Having a job is great because I can spend more time with the community helping them and enjoying my work."

Malem recalls landing in Houston, a place he had never been before, with a mixture of excitement and fear.

*Your generous support enabled Malem to get the training he needed to find a job in the U.S.A.*

Because of you, Malem and many other Afghan refugees received the help they needed to get on their feet and be self-sufficient in their new country. After he received work authorization, Malem soon found a job at Wisdom High School, mentoring refugee students who are adapting to their new academic and social lives.

"We do our best to help them with the studies, put a smile on their face and make them feel they are not strangers with the community, encouraging them to reach their goals through their studies," said Malem.

Thank you for helping Malem - who is now helping others - get settled in Houston!



Because of you, Malem is settled in the United States and now is a mentor to local refugee students.

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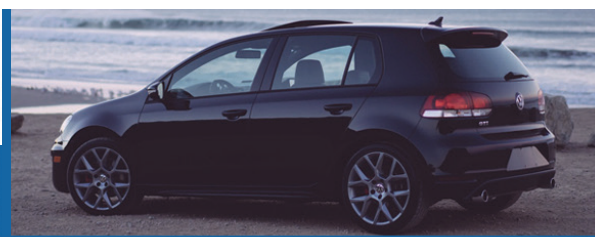
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[www.CatholicCharities.careasy.org](http://www.CatholicCharities.careasy.org)



## Mission Moment

### Will You Help Feed A Hungry Family?

For just \$27.93 you can feed a struggling family for a week

Food prices are skyrocketing and that's hitting struggling families hard. Most were already just getting by and the recent price increases are more than they can manage. With a gift of \$27.93 you can feed a hungry family for a week and help someone like Laura.

Let me tell you about Laura and why your gift is so crucial.

Laura is raising five children – all under the age of seven – on her own. She receives some financial help from family, but they don't have much either and it's a daily struggle to afford food and diapers, especially as costs at the grocery store continue to rise.

By making a gift of \$27.93, you can help Laura and her family eat for a week. Your gift will provide healthy, nutritious food for a family in desperate need.



You can help put food on their table for Laura, who's raising five children alone.

#### *Our neighbors are hurting and need your help.*

Laura has a job, but her low wages make it impossible for her to keep up. She sacrifices day after day to make sure her children don't go hungry. It's hard. It's scary. It's exhausting. But you can help.

Your gift right now will help Laura, and single mothers like her, breathe a little easier and not have to worry about whether she should buy groceries, keep the lights on, or pay rent. With your gift, you're right there, helping a family like Laura's see the light in a very dark tunnel. You help provide the basics – like healthy food – that get our neighbors back on their feet and on a path to self-sufficiency.

Your gift can be lifechanging to a family struggling to make ends meet. Please help us feed the hungry in our area by making a gift of \$27.93 and feed a family for a week. Thank you!



#### YES, I WANT MY NEXT GIFT TO HELP A HUNGRY FAMILY

I know that there are hungry families right now that need my help. I'm ready to give them the food, shelter, and guidance they need to turn their lives around! Please use my gift to help the hungry and support all the work Catholic Charities does to help struggling families.

Please accept my tax-deductible gift in the amount of:

- ☐ \$27.93 to help a hungry family for a week
- ☐ \$55.86 to help two hungry families for a week
- ☐ \$83.79 to help three hungry families for a week
- ☐ \$\_\_\_\_\_ to help as many hungry families as possible

Mail this form to Catholic Charities, 2900 Louisiana St., Houston, Texas 77006

Want to put your gift to work immediately? Donate online at [www.CatholicCharities.org/donate](http://www.CatholicCharities.org/donate)