



Thanks to your support, Joyce no longer worries about being able to get the medicine she needs.

## You give Joyce the relief she desperately needs

**Because of you, Joyce can afford her prescriptions and eat healthy**

Joyce has been through a lot these past few years. She thought her retirement would be a time to rest and enjoy her hard work, but it's been a time full of back surgeries – four of them recently – and financial hardship.

But, because of you, Joyce hasn't lost hope.

Thanks to your generosity, Joyce has access to a food pantry, hot meals, and other social activities at the Mamie George Community Center.

***You help Joyce when higher food prices threaten her financial security.***

It's a struggle to get around at grocery stores and, after her surgeries, reaching for anything over her head is a risk. The struggles are plenty, and that's before prices are even discussed. Joyce and her husband both live on social security.

"Depending on what you buy, it's hard to come out of a grocery store under \$100," Joyce said. "Where am I going to get that kind of money?"

Many seniors live on fixed incomes that do not adequately adjust to rising prices. The food pantry access you give is a lifeline that allows Joyce to shop safely and afford her prescriptions that help her back.

**INSIDE THIS ISSUE**  
**You did another good thing**

## Your Donations @ Work

### You helped Jo and Michael have a better marriage

#### Because of you, they are thriving as a couple!

When life's obstacles began to strain his 17-year marriage, Michael knew he needed help. The load of a stressful job, adjusting from two incomes to one, raising children and generally growing apart put a strain on his marriage to Jo.

Michael reached out to Catholic Charities for counseling services, initially hoping to receive coping skills for marital stress, but he ended up receiving a lot more.

Thanks to you, a Catholic Charities counselor was there for Michael. His counselor listened to his issues and complaints, then helped him to see his situation in a different light.

***"We wouldn't be where we are today without Catholic Charities!"***

Seeing the positive changes in her husband, Jo was convinced to attend counseling sessions with Michael. They learned how to truly listen and understand each other and their children.

With your support, the Catholic Charities counselor was able to help Michael and Jo communicate more positively, and with honesty and trust. Now their marriage is stronger than ever.

"My counselor provided a perspective from outside my world that I couldn't see prior to the sessions. We wouldn't be where we are today without Catholic Charities!"



Your support means a brighter future for this couple.



Cynthia Nunes Colbert, MSW  
President and CEO

## Thanks to your support, we are here

*"When the poor are starving, Christ too hungers." – St. Caesarius of Arles*

We are an agency guided by Matthew 25. In that oft-quoted verse, Jesus tells us that whatever we do for the least among us, we do for Him.

The end of Matthew 25 reminds us, as does St. Caesarius (a fifth-century bishop), that whatever we do not do for those who struggle in our midst, we do not do for Jesus.

There are so many who struggle in the greater Galveston-Houston area. Moms who cannot feed their children. Seniors who cannot afford healthy food. Grandmothers thrust into the role of motherhood again.

Because of you, we are here for all of them. And whatever we do for them – we do for Christ.

In the peace of Christ,

*Cynthia Nunes Colbert*





## You're teaching Essena how to mother (again)

### Because of you, Essena provides a loving home for a baby boy

At 54 years old, Essena didn't expect to be caring for a baby again. Her children are adults, and she thought that phase of life was over. But when a family member's child needed a home, Essena stepped in to help.

Because of you, Essena has help as she learns to parent a second time around.

Essena attends parenting classes weekly and learns the most recent recommendations for caring for a baby. A lot has changed since she was bringing up her children 30 years ago.

***"Without Catholic Charities, I would be at my wit's end."***

Essena knew she had to take in the four-month-old baby boy to prevent him from going to a foster home. The process involving CPS can be a challenging one, but she is trying her best to bring up this child in a loving home.

Because of you, Essena is able to attend classes, receive diapers and wipes, and even meet with a case manager to discuss how she can best be there for the child in her care.

"It's not just the diapers," she said. "Emotionally, they are here for me. Whatever I need, I can contact them and talk through my issues."

Thank you for helping Essena be a good mother – again.



You provide education and diapers for Essena and her grandson.

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## DON'T TRADE IT, DONATE IT!

DONATE YOUR CAR AND HELP FAMILIES IN NEED

### Your vehicle donation can make a difference.

Your generous gift of a vehicle donation helps Catholic Charities provide life-saving programs and services to help families live a life free of poverty. Make a difference in someone's life today by donating a vehicle.

### Donating your car is free and easy — we'll pick it up!

We'll arrange to pick up your vehicle whether it's running or not, and complete all IRS and title documents for you. **At no cost to you!** Your vehicle donation is tax deductible to the full extent provided by law, and your gift will make a tremendous impact in the lives of the families we serve.



## Mission Moment

### Terri's kids are hungry – you can help

#### For just \$27.93, you can keep a child fed this summer

The end of the school year should be fun for Terri. Her three kids all got good grades and were excited to be out of school for summer. She loves spending more time with them. But often, Terri can't stop thinking about one thing: food.

Her children rely on free breakfast and lunch during the school year. There are some meal programs that continue into the summer, but with no buses to take them to school, Terri's kids miss out. She wonders how she'll afford to feed three growing children for two months without help.



Your gift will keep Terri's kids from going hungry.

#### *You can feed a family in need this summer.*

Sadly, many families are like Terri's. When the school year ends, the worry sets in, fridges empty, and pantries become barren.

But it doesn't have to be this way. Here's how you can help.

For just \$27.93, you can provide a week of food for Terri and her three kids. That takes care of more than 10% of the summer. It also provides relief to Terri, who often skips meals in the summer so her kids can eat.

Terri does her best to provide all she can for her kids. But increasing prices at the grocery store make that more and more difficult. The summer months are something she dreads every year.

With just \$27.93, you can take that worry away.

Terri should be enjoying the summer with her children. With your help, she will.



#### YES, I WANT MY NEXT GIFT TO FEED A FAMILY IN NEED

I know there are families who are hungry and need my help. I'm ready to give them the food they need to avoid hunger. Please use my gift to help a family experiencing food insecurity and support all the work Catholic Charities does to help our struggling neighbors.

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

- ☐ \$27.93 to feed a family this summer for 1 week
- ☐ \$55.86 to feed a family this summer for 2 weeks
- ☐ \$111.72 to feed a family this summer for 4 weeks
- ☐ \$\_\_\_\_\_ to help as many families as possible

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

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