

The Mission

Serving the Community since 1947

Professional Counseling Helps Couple Save Marriage

Photo by Laura Sikes, Catholic Charities USA



Joan and Sam sought counseling at Catholic Charities' Family Services when their marriage was falling apart and negatively affecting their children.

It's been said many times before, but marriage counselors are willing to say it again, "Communication is the key."

When Joan and Sam came to Catholic Charities' Family Services asking for a licensed, professional counselor to help them save their marriage, one of the first steps the counselor took was to help them find a safe space to actively listen to each other and try to communicate in a healthy way.

At first, the safe space was in the counselor's office, where Joan and Sam were each asked to try to understand what the other one was going through in a life filled with two children, two jobs, and a very hectic schedule. The counselor told them, "The pressures in your lives are leading you into a cycle of blaming and criticizing.

Rather than realizing your shared experiences and supporting each other, you seem to be always arguing."

In the safe space or environment, the counselor asked the couple to be aware of any quick, negative reactions they might have toward each other. She also proposed that they follow rules for "fair play" in communication.

Following these rules, Joan and Sam would set a time limit on discussions, say, 20 minutes, and would choose one problem to focus on. They would stay in the

present tense, not dragging up past events or making sarcastic remarks. Each person would have time to speak and then listen to the other. They would both talk about finding an agreed-upon solution.

"Eventually," says Sam, "we were able to create a safe environment for healthy communicating in our own home because counseling helped us develop tools for building a better relationship."

For information about counseling, call Family Services at 703-841-2531.

Catholic Charities Begins 60th Year of Service

As Catholic Charities begins its 60th year of service, it thanks all volunteers, board members, donors, and staff who have helped serve the community. In 1947, the agency was established to provide adoption services and emergency assistance. Today, the agency oversees 10 programs in 10 locations throughout northern Virginia.

All are invited to join in the anniversary celebrations:

February 9 – 25th
 Anniversary of Catholic Charities Ball

April 14 – Volunteer Recognition Mass and Reception

May 1 – 30th Anniversary of St. Martin de Porres Senior Center

May 12 – Walk for Life, sponsored by Children's Services

June 25 – 15th Anniversary of Golf Classic

September 16 – Catholic Charities' 60th Anniversary Mass and Reception

December 10-15 – Catholic Charities Week at Diocesan Catholic Schools, 2nd Week, Advent



Photo by Jeanne Spaeth

Since 1947, Catholic Charities has facilitated the adoption of more than 2,700 children.

Photo by Ray Flaney



Stephen Luteran at Christ House

FROM THE DESK OF **Stephen Luteran**

“What matters in life is not great deeds, but great love.” These beautiful words of St. Therese of Lisieux capture what Catholic Charities is all about. Since 1947, we have been living this message through our programs and services. We are proud to be celebrating 60 years of service. Our theme this year is “Lift Up Your Hearts and Renew Your Commitment to the Poor.”

Pope Benedict's first encyclical, *Deus Caritas Est* (*God is Love*), reminds all Christians and people of faith that we must reach out to those who have less than we do. A Christian cannot stand on the side-lines when a brother

or sister calls out for help. Each of us has the capacity to love and bring hope into the world. This is the life every Christian must live.

Anniversaries are a time for celebration, reflection, and renewal. When my parents celebrated their 50th wedding anniversary this past year, I was there when they renewed their vows and love for each other. After 50 years, they said “I do” all over again. On our 60th anniversary, we also want to renew our commitment to “love” those in need.

In a special way, Catholic Charities belongs to every Catholic within the Arlington Diocese. It must be close to our hearts and never separated from the life of the Church. As Pope Benedict declared in *Deus*

Caritas Est, charity is as essential to the Church as the Word and the sacraments. One cannot exist without the other. Though the Word and the sacraments lie at the heart of the Church, charity is its soul.

As Catholic Charities begins its 60th year, I would like to introduce you to some of the wonderful people who come here to work everyday to serve those in need. Please read about our program directors in this issue.

I hope that you are able to join us in celebration throughout this year.

Stephen Luteran, M.S.W., L.C.S.W.
Executive Director
Catholic Charities
of the Diocese of Arlington

Forums for the Family Offered during 60th Anniversary Year

As part of the 60th anniversary celebration of Catholic Charities, Family Services is offering “Forums for the Family,” a series of free workshops on timely topics.

The forums are presented by professionals in the counseling field and are open to the public. Given monthly, the forums are held at the Cathedral School of St. Thomas More at 105 N. Thomas St. in Arlington.

At a recent workshop, Ellie Cunanan offered tips for parents to use when addressing problem behaviors in their children. She reminded parents to keep “a united front” when disciplining their children, to set “realistic and attainable goals,” and to be “consistent.”

When setting limits and boundaries, parenting styles could be described as “giving orders, giving in, or giving choices,” said Ellie, adding that parents might do well to find a balance

between these approaches and to remember to give “privileges for good behaviors” and “consequences, such as denial of television or being grounded, for misbehaviors.”

In all interactions with children, parents should avoid “emotional reactivity,” said Ellie because “one loses power if one becomes emotional.”

Future forums include “Teenage Substance Abuse: What Parents Should Know” on March 15; “ADHD: Signs, Symptoms, and Management” on April 19; and “Stress Relief and Relaxation” on May 10.

For more information about the forums, call 703-841-2531 or go to www.cdda.net.



Ellie Cunanan discusses parenting skills at a recent workshop.

Photo by Jeanne Spaeth

Catholic Charities Welcomes and Bids Farewell



Photo by Jeanne Spaeth

Eliana Turina (right) receives a fond farewell from Sally O'Dwyer.

Eliana Turina

After 28 years of service at Catholic Charities, Eliana Turina, associate director of community services, has retired, receiving praise and fond farewells from her coworkers.

Executive Director Stephen Luteran says, "Eliana has provided me with much support and encouragement. She will be missed by Catholic Charities, but her legacy and contributions to this agency will go on."

Eliana has seen many changes during her time at the agency. She recalls "enhancements" such as the addition of the Fredericksburg District Office in 1990 and the Hogar Hispano immigrant services in 1994.

Eliana speaks highly of Catholic Charities' decision to seek national accreditation in 1987. "Accreditation is a very important add-on. An outside form of evaluation is very valuable and objective. We have received high marks in our accreditation reviews," she said in reference to Catholic Charities' success in being reaccredited every 5 years by the Council on Accreditation.

Educated as a scientist with an M.S. in chemistry, Eliana says, "The work at Catholic Charities has allowed me to

learn about an area that was completely foreign to me as I was trained in the sciences, in hard numbers and in testing of hypotheses and doing experiments. When you work with human beings, as in a social service agency, you have a completely different framework—very complex and almost unpredictable since you are working with individuals. It is amazing all that I have observed. The work has made me grow and have a wider appreciation of the world."

Sally O'Dwyer

Catholic Charities welcomed Sally O'Dwyer on January 8 as the new associate director of social services. Sally began working for the agency in 1999 as the ESL (English as a Second Language) coordinator at Hogar Hispano. Under her direction, the program has grown from 450 students to 2,700 students in 15 classroom sites and has been recognized as a model program. Sally, who

holds a master's degree in international policy, has developed two new ESL textbooks.

Stephen Luteran welcomes Sally in her new position and praises her "integrity, professionalism, and great commitment to living out the Gospel message."



Photo by Jeanne Spaeth

Barbara Standley is congratulated by David Cavanaugh for her 22 years of service.

Barbara Standley

After 22 years, Barbara Standley, administrative assistant at Family Services, is retiring. David Cavanaugh, program director of Family Services, praises her "faithful service," and her "warmth, humor, and amazing attention to detail," adding that "her inviting personality reinforces the hospitality we try to offer our clients."

Michael O'Rourke

Helping the homeless will remain a basic goal for Michael O'Rourke as he leaves Catholic Charities after 12 years as the associate director of finance and administration to become the executive director of the Arlington-Alexandria Coalition for the Homeless.

"It's been a privilege and a pleasure to be part of Catholic Charities," says Michael, a retired Army colonel.

"Although Michael's background is in the military, he is a social worker at heart. He has a tough exterior but a gentle heart," says Stephen



Photo by Jeanne Spaeth

Stephen Luteran (left) bids farewell to Michael O'Rourke.

Luteran, thanking him for "12 years of wonderful service."

Fr. Mark Mealey, ex-officio member of the Board of Directors, wished Michael well and thanked him "for the great work that he does," adding that they are in the same parish and he knows Michael well "as a lector and as a volunteer for almost everything in the parish."

Volunteer Foster Mother Retires after 21 Years

Photo by Tim Kelleher



Social worker Nancy Hudgins (right) thanks Margaret Eggleston for her 21 years of service as a volunteer foster parent for Catholic Charities.

It's been wonderful. We will miss the babies," says Margaret Eggleston as she reflects on the past 21 years as a volunteer foster parent for Catholic Charities. Since 1985, Margaret and her family have opened their home and their hearts to infants and toddlers entrusted to Catholic Charities while final determination was being made regarding return to the birth mother or placement with an adoptive family.

Foster care really is a "family affair," says Margaret, adding that "when you apply to be a foster parent, the application has to be from the entire family." The Catholic Charities' social worker interviews not only the woman applying but also her husband and any children they might have.

One of the most challenging babies, says Margaret, was "an infant who had been

Thanks to the Knights

Catholic Charities thanks Roanoke Council 562 of the Knights of Columbus for kindly donating 6,000 Christmas cards in December for distribution to inmates through the prison ministry program.

exposed to heroin, cocaine, and alcohol" in the womb because of his mother's drug abuse.

"We talked to the visiting nurse, and the doctor gave us a prescription in advance in case the baby had withdrawal seizures. But that did not happen; the baby slept through the first two weeks," she recalls. "Then he screamed for the next four months; so we swaddled him and walked him back and forth a lot. When the dear little boy left us at six months, he had settled down."

Margaret adds, "Thankfully, most of the children do not have such a rough start, and it is a joy to see them develop and respond to our love and care."

Linda Cullen, program

director of Catholic Charities' Children's Services, says that Margaret has not only shown "commitment to the babies placed with her for 21 years," but has also been "a wonderful ambassador" for the foster care program by her willingness to share her experiences with prospective foster parents.

Linda says, "There have been many changes in our programs from the time the Eggleston's started as foster parents in 1985. What does not change is the devotion our foster parents give to each child placed with them and the wonderful progress the children make in their care."

Anyone interested in applying to be a foster parent may call 703-425-0100.

News from the Fredericksburg District Office

Thanks to generous supporters, the Fredericksburg District Office's baby-needs closet is once again filled with diapers, formula, infant clothing, baby blankets, and other necessities. Set up to meet the needs of low-income mothers, the closet is quickly depleted and depends on the generosity of schools, organizations, and individuals.

The office especially thanks students of Holy Cross Academy for a Christmas delivery of 767 items. The office also thanks staff and patrons of three local businesses that collected 285 items in December: Alley Door Hair Studio, Exquisite Nail Creations, and Jenn's Nail Worx. St. Patrick's Knights of

Columbus kindly donated \$600 to support all office programs, and St. Mary of the Immaculate Conception Parish gave a generous \$4,354 contribution for Family Services' counseling.

In November, social worker Vicki White gave a presentation on "The Home Study Process in Adoption" at the Mid-Atlantic Region of RESOLVE Conference in Rockville, Maryland.

In December, Alice Jimenez, multicultural therapist, gave a presentation on "Working with the Latino Client/Family" at the monthly meeting of the Fredericksburg Counselors Support Group.

Social worker Carolanne Croll celebrated her 10th anniversary at the office.

Hogar Hispano Director Speaks at GMU Symposium

“Immigration Practices and Policy” was the topic of the George Mason University's 2006 Civil Rights Law Journal Symposium, and Catholic Charities' Nancy Jane Shestack was one of its invited speakers.

“It is important for asylees to know that there is someone to listen to them, believe in them, support them, and stand with them,” said Nancy Jane during her participation on the panel addressing “Practitioners Doing Pro-Bono Work.”

As a lawyer and the program director at Catholic Charities' Hogar Hispano immigration services, Nancy Jane said that she and her staff are “telling people that they have real worth,” as they seek asylum from dangers in their native countries.

Another participant on the panel, Steve Lang, the pro-bono coordinator at the Executive Office for Immigration Review at the U.S. Department of Justice, said that his office always needs volunteer lawyers and law students to handle asylum cases. He reported that “about 46,000 detainees are being held at any one time in the United



Photo by Jeanne Spaeth

Nancy Jane Shestack (second from left), program director of Hogar Hispano, speaks at the GMU 2006 Civil Rights Law Journal Symposium along with Ofelia Calderon (left) of Calderon and Derwin PLC, Steve Lang (second from right) of the U.S. Department of Justice, and Karen Grisez of Fried Frank law firm.

States and 85 percent do not have attorneys.”

Nancy Jane invited law students to work at Hogar Hispano as legal interns. “We have a number of legal internships per year, five or six for 10 to 12 week durations. We train you,” she said, referring to the old adage that law school does not really teach a person how to practice law.

“One of the things you will learn about is case management, how to keep a file, and how to conduct yourself as the intermediary between your client and the immigration office. You will learn how to complete and file forms and applications and where to send them. We love law students,” she added.

In describing the work of Hogar Hispano, which offers services to people of all ethnic backgrounds and faiths, Nancy Jane said, “We offer one-stop shopping. We have a huge ESL program with 2,700 students. We provide legal services, social services, and citizenship assistance workshops. We do

bread-and-butter cases, such as applications for work permits. We handle TPS [Temporary Protected Status] cases, where it is not safe for a person to go back to his or her native country and the U.S. government allows the person to apply for temporary refuge in the United States.”

Reflecting on her work with asylee/refugee clients, Nancy Jane said, “Once you get into this field, you get hooked. It becomes a labor of true love. You serve as psychologist, educator, and social worker as well as lawyer.”

For more information about Hogar Hispano, call 703-534-9805 or go to www.ccda.net.

Golf Classic



The 15th annual Catholic Charities Classic is set for June 25 at the Country Club of Fairfax to raise funds for all programs. Call 703-841-3835.

Walk for Life



The 24th annual Walk for Life is set for May 12. Funds raised support crisis pregnancy counseling and foster care. Call 703-425-0100 for details.

Meet the Dedicated Directors behind the Programs



Carol Augustine

Carol Augustine has served the elderly for the past eighteen years as program director at St. Martin de

Porres Senior Center, where she works to help at-risk seniors through wellness, education, and recreational programs, as well as social services.

Carol's reflections about her work at St. Martin's illustrate her commitment to the field of aging, which she has been involved with for over 27 years:

"It is a privilege to work for Catholic Charities, supporting its mission to serve the poor and needy in our diocese. People aged 85 and older comprise the fastest growing segment of the population in the United States. Catholic Charities' Elderly Services is here to assist seniors and their families in their time of need, giving them dignity, hope, and support."

Carol has a bachelor's degree in sociology from George Washington University and a master's degree in interdisciplinary studies, gerontology, from George Mason University.

Before coming to Catholic Charities, she worked at the Alexandria Office on Aging; Burke Lake Gardens, a low-income housing facility for seniors; and the Fairfax Agency on Aging, where she assisted with the first needs-assessment survey for seniors in the county. She also worked at AARP Legal Council for the Elderly.

It started with one used car that we gave to a needy family in 1993," says Harry Burke, program director of services for the disabled. "When the parents told us how thankful they were and how the car made their lives so much easier, Fr. O'Hara (executive director of Catholic Charities at the time) said to me, 'Why not try for more cars?'"

That was the beginning of the car ministry program, managed by Harry, who says that Catholic Charities now gives away annually about 75 used cars that are donated to the agency.

In his work for the disabled, Harry tries to see where the needs are in the diocese and to develop programs that raise



Harry Burke

awareness of ways to help the disabled. He can make referrals to local agencies that assist the disabled. He

also provides special equipment, such as wheelchairs, scooters, and crutches, to low-income individuals with disabilities.

Before coming to Catholic Charities, Harry was the director of special education for Alexandria Public Schools. He is a licensed counselor and holds an M.A. in counseling from the Catholic University of America and a B.S. in history and education from the University of Scranton.



David Cavanaugh

Since 1984, David Cavanaugh has been the program director of Family Services.

He manages outpatient counseling and preventive education services for individuals, couples, and families out of four offices in northern Virginia. A supervisor of six full-time and twenty-four part-time clinicians, David oversees consultations offered to parishes and primary and secondary schools in the Diocese of Arlington.

David says of his work: "My professional career has unfolded in association with Catholic Charities. I am humbled and grateful for this association, particularly because of the wonderful people I have had the opportunity to work with and to serve. In many ways, this experience has been for me the 'pearl of great price.'"

Prior to his present position, David served as director of the Western Maryland Office of Associated Catholic Charities of the Archdiocese of Baltimore.

David has a master's degree in social work from the University of Michigan with a concentration in family treatment. He has a bachelor's degree in Classics and psychology from Holy Cross College, and he has taken graduate courses in theology at Weston College School of Theology.

Committed and Able, Program Directors Motivate



Linda Cullen

Linda Cullen, who has worked at Catholic Charities since 1975, has been the program director for Children's Services since 2000.

She says of her work: "Working with birthparents to help them deliver a healthy baby and make a good permanent plan and helping prospective adoptive parents achieve the family they seek has been very rewarding work for over 30 years."

Linda's job is to plan, supervise, and administer programs for crisis pregnancy counseling, temporary foster care, adoption, and post-adoption counseling. Prior to her role as program director, she worked at Catholic Charities as a supervisor and social worker and assisted with the Family-Centered Sexuality Education Program.

Linda holds a bachelor's degree in sociology from Ohio University and has a master's degree in social work from the Catholic University of America. She is a member of the National Association of Social Workers, the Academy of Certified Social Workers, and the Virginia Association of Licensed Child Placing Agencies, where she has served as secretary and as treasurer.

Her work has been published in the *Child and Adolescent Social Work Journal* (in the June 2003 issue).

She also serves as consultant for the Arlington Diocese Peace and Justice Commission.

As program director for parish social ministry and the coordinator for volunteer information and referral, Anne Murphy coordinates opportunities for service and education throughout the diocese's network of 67 parishes. She says of her work:

"Eight years ago when I found out about the availability of this position, I exclaimed, 'that is my dream job!' And every day I thank God for this incredible chance to do this job and work with others engaged in social ministry."

She adds: "For me, parish social ministry is about witnessing to Jesus' message to come and follow him—to live my life and do what I do as a way of walking in his footsteps—and by example to encourage others to be attentive to God's call to them to service."

Anne has been involved in ministries ranging from catechist to baptism coordinator at Blessed Sacrament parish for more than 30 years.

She serves on the board of directors and as secretary for the Virginia Interfaith Center for Public Policy and is a member of the advisory council for the Wash/NoVa Region of the Ignatian Volunteer Corps. She also serves as consultant for the Arlington Diocese Peace and Justice Commission.



Anne Murphy



Sr. Connie Parcasio

For the past six years, Sister Constancia ("Connie") Parcasio, SNDS, has served as program

director of prison ministry and coordinated programs at 28 correctional facilities in the diocese for prisoners and their families, as well as victims and their families.

She says of her work: "I see my mission in this ministry as a humble following of our Lord's mission as recorded in the Gospel: 'The Spirit of the Lord is upon me because He has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives.' (Luke 4:18) God has transported me to this place to do the same mission."

A native of the Philippines, Sr. Connie is a member of the Sisters of Our Lady of La Salette. She holds a bachelor's degree in social work with M.S. units in community organizing from the Asian Social Institute in Manila.

She has worked as a social worker and counselor for the Manila juvenile and domestic relations court, the Community Development Center in Manila, and the Marthe Marie Center for Abused and Abandoned Women in Santiago City. She has worked as guidance counselor at La Salette High School in Isabela.

Sr. Connie holds certification in religious education and practical nursing.

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Nancy Jane Shestack

Nancy Jane Shestack, program director at Hogar Hispano immigrant services, has been teaching ESL classes since high school and practicing law since 1982. At Hogar Hispano, she oversees staff members who offer a full range of services to refugees and immigrants:

“In all my past experience, no position has been as deeply satisfying to me as my present one at Hogar Hispano. The double program of providing immigration legal services and ESL training seemed tailor-made for my particular interests and experience. I love working in an environment where I do not have to explain why I do the work I do, with a community of talented professionals who share these same values.”

Nancy Jane has a bachelor's degree in philosophy from Wellesley College, a master's degree in education (in Asian history) from Washington University, a master's degree from Yale Law School, and a law degree from the University of Connecticut School of Law.



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United Way/Combined Federal Campaign #8055 or 6404

The Mission, Winter 2007
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www.cdda.net

Development Office Announces Opportunities

Catholic Charities' new associate director of development and communications, Ray Pisney, reports that with the renovation of Christ House underway, donors will be offered a variety of memorial gift opportunities to remember family members, friends, and associates.



Ray Pisney (right), Catholic Charities' new associate director of development and communications, thanks Robert Schleckser of Exxon Mobil for its 2006 donation of \$16,597 from its Employee's Favorite Charity Campaign.

A list of these giving opportunities can be obtained by calling 703-841-3836.

Wanted: Volunteers to Help in All Programs

Catholic Charities needs volunteers to help with many vital tasks. Here is a sample of volunteer jobs:

- teachers for ESL program
- clerks for thrift shop
- nurses at senior center
- data-entry clerks at Hogar Hispano
- receptionists

- grant writers
- attorneys to help with immigration services
- lunch servers at senior center
- translators of Spanish and other languages
- assistant for used-car ministry program.

For more information, call 703-841-3831 or go to www.cdda.net.

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