

Serving all regardless of background, faith, or circumstance.



Your gift helps to provide food to children who are experiencing hunger and malnutrition.

Did You Know?

Throughout the Diocese of Arlington, 203,040 people don't know where their next meal is coming from.

One in four of those are children.

School's Out for the Summer, But for Many Kids, Hunger Remains

SUMMER CAN BE A HUNGRY TIME for children in families struggling to make ends meet. School's out, so the kids aren't receiving the free or reduced-price meals they eat in the cafeteria during the academic year. For children who are home alone while their parents are working, feeding themselves can be a challenge.

Throughout the 21 counties and seven cities of the Diocese of Arlington, 203,040 people don't know where their next meal is coming from. One in four of those are children.

Sister "Annie" Aniliza P. Juan SNDS, volunteer coordinator for Catholic Charities Christ House Food Pantry

in Alexandria, is planning to distribute 1,000 meal packs to hungry kids this summer. Accompanied by fresh produce and milk, these gallon-sized meal bags contain easy-to-open, microwaveable meals like macaroni and cheese, canned pasta, tuna, fruit cups, and granola bars. A personal greeting card is enclosed with each meal.

While several groups throughout the diocese have signed up, Sister Annie is seeking more volunteers to build enough meal kits to cover the remainder of the summer. The meal kits will be distributed to pantry visitors on Wednesdays and Thursdays.



This young child was happy and grateful to receive a meal package from Sr. Annie.

→ *Continued inside*

“There is always someone who is hungry or thirsty and who needs me. I cannot delegate this to another. This poor person needs me, my help, my word, my commitment. We are all involved in this.”

-Pope Francis, General Audience Oct. 19, 2016

Dear Friends,

Recently, Catholic Charities Saint Lucy Food Project ministry launched our *Summer for Hungry Children Campaign*, a dedicated effort to provide food for children, and their families, who no longer have access to free or reduced rate school meals. I must confess that I never thought that I would be writing about children in America, and especially in northern Virginia, who are experiencing hunger and malnutrition.

This is a tragedy to be sure, and a call to each of us to provide our help, our word, and our commitment. I am so very grateful to the more than 44 parishes of our diocese who have answered this call by conducting regular food collections throughout the year. This food, more than 1.8 million pounds in our most recent fiscal year, is re-distributed through 94 distribution sites, including 55 pantries, throughout our diocese, serving thousands of families in need each month.

It should be no surprise that children living in poverty also experience higher rates of mental stress, which

is often manifested in social anxiety, poor self-esteem, depression, suicidal ideation, and obsessive use of technology. Because of the generosity of so many in our diocese, our Family Services ministry is able to provide counseling services to hundreds of families and their children in both English and Spanish, virtually and in-person.

For many of us, summer is a time of rest and relaxation, long-awaited vacations, barbecues and picnics and family gatherings. We thank God for these blessings, but please remember that *there is always someone who is hungry or thirsty and needs us*.

Gratefully yours in Christ



STEPHEN CARATTINI
President and CEO

Catholic Charities of the Diocese of Arlington

Continued from front cover

School's Out for the Summer, But for Many Kids, Hunger Remains

“This opportunity gives people a chance to provide a meal package to the children who endure food insecurity when they are out of school during summertime,” said Sister Annie. “They can make a difference in the lives of the children in need.”

In addition to Christ House, Catholic Charities ministries supplies food to 94 distribution sites, including 55

pantries, throughout the Diocese of Arlington. Food and meals are distributed through Catholic Charities St. Lucy Food Project ministry. †



To help with Summer Kids Meals, email Sr. Annie at Aniliza.juan@ccda.net



Young volunteers organize non-perishables.

A Special Thanks

Our thanks to the families and youth, scouting and other groups from the following parishes, who are already helping!

- Basilica of St. Mary
- St. Luke
- St. Agnes
- Our Lady of Lourdes
- Church of the Nativity
- Holy Spirit
- St. James
- Good Shepherd
- St. Louis



Steve Carrion, a volunteer with Britepaths, leads a financial literacy training session in Spanish for recent arrivals. COURTESY

Financial Training Invests in Newcomers

By ZOEY MARAIST, Catholic Herald Staff Writer

A longer version of this story appeared in *The Arlington Catholic Herald*. Reprinted with permission.

IMMIGRANTS TO THE UNITED STATES HAVE TO LEARN ALL KINDS OF **NEW** things, including a new financial system. As part of job readiness training, diocesan Catholic Charities Migration and Refugee Services provides financial literacy training through Britepaths, a local nonprofit that aims to build resilience through financial empowerment and workforce development.

Sarah Baker, a senior financial planner, is one of the Britepaths volunteers who leads trainings for Catholic Charities clients. “I’ve always worked with wealthy individuals. But I’ve felt this pull during my entire career to also help people who could never afford our fees,” she said.

Baker and other volunteers teach about money management and budgeting, the U.S. banking system, taxes and building credit. Since 2017, Britepaths has provided training to more than 1,500 MRS newcomers. Sometimes MRS staffers translate for non-English speaking clients, essentially facilitating trainings in Pashto, Dari, Spanish, and Ukrainian.

Baker is often touched by their financial priorities. “I’ve found that the (newcomers) don’t have much, but they want to save and to give to their family,” she said. “They’re in poverty and practicing generosity.” †

“I’ve always worked with wealthy individuals. But I’ve felt this pull during my entire career to also help people who could never afford our fees.”

– SARAH BAKER,
SENIOR FINANCIAL PLANNER



Learn how to help Catholic Charities Migration and Refugee Services (MRS) at ccda.net/helpimmigrantsandrefugees.

Put Some Teeth Into It”

I went for my six-month dental appointment last week. My visit reminded me how important it is to receive routine dental health care.

What a gift it is to have good care and insurance coverage! Dental health is not fluff or icing on the cake, but essential to one’s overall health. A high percentage of emergency room cases involve an issue of a person’s teeth or gums, which can lead to other health conditions.

At Catholic Charities Mother of Mercy Clinic, where we serve adult men and women, including pregnant mothers and their unborn children, we offer health care to those who are uninsured or underinsured. Along with basic health and OB-GYN services, the next greatest need expressed by our clients is dental care. This past year, Catholic Charities teamed up with the Fenwick Foundation to meet that need by offering dental appointments on-site through a mobile dental office that visits twice monthly. It’s a small step forward, but it’s a start to offering this type of care.

The phrase *put some teeth into it* means “to make something stronger or more effective, to engage with or start work on something with great interest, enthusiasm, or intensity.”

That is the desire of the clinic directors and staff. Your contributions to Catholic Charities can really *put some teeth into it...* and strengthen this beautiful work.

Love and blessings,



F. Robert Cilinski

FATHER ROBERT CILINSKI
Episcopal Vicar for
Charitable Works

Loneliness and Social Anxiety: Addressing Mental Health Challenges in a Post-COVID World



AFTER THE COVID PANDEMIC, MARIA, A YOUNG HIGH SCHOOLER, was experiencing depression and social anxiety. She'd been having difficulties in her relationships with both friends and family. Her self-esteem plummeted, and Maria began to isolate herself. The family turned to Catholic Charities counseling services for help.

Maria's counselor helped her identify the negative thoughts that were discolored her view of herself. Maria learned to emphasize her own strengths and her dignity as a person, and this, in turn, encouraged her personal growth.

The pandemic threw many lives, like Maria's, into disarray. Sickness, hospitalizations, lockdowns, dramatic changes to lifestyle, isolation – all had profound impacts on people's mental health. And while the pandemic is over, the effect on mental well-being is still being felt in dramatic ways, according to Lorenzo Resendez, program director for Catholic Charities Family Services.

Counseling is one of the most commonly referred-to services to Catholic Charities by diocesan priests.

Resendez said that counselors are seeing an increase in anxiety and depression among the young, especially with families who are experiencing distress.

COVID disrupted life, and families are having trouble adjusting, even though the pandemic has abated.

He notes that since COVID, the community and support system for many clients changed, adding to their stress. For example, remote work has increased so that people are now either working independently at home alone, or not working at all.

Social media use, which had been expanding before the pandemic, skyrocketed during COVID. Now, it has replaced real relationships. People are communicating with others remotely via their devices. It's not the same as in-person connection, and it's leaving people lonely. This affects their mental health and presents a false sense of reality.

Maria continues to benefit from counseling, as she works through minor anxiety levels. Through her sessions, she has learned to apply her strengths and counseling techniques to help her overcome behavioral issues, thoughts of self-harm, and some substance use. She now works full time and attends college part time, working toward a degree in nursing. In the future, she wants to help care for young children in need.

In addition to serving children, Catholic Charities' counselors see adult individuals, couples and families. Remote sessions via a secure online portal are available as well as in-person counseling at ten different locations throughout the diocese. †

Most Common Issues Counselors are Seeing in Children

Young Children (under 10)

- Behavioral issues at home or at school
- Anxiety (especially separation and social anxiety)
- Attention difficulty (i.e. ADHD)
- Technology "addiction"*

Teens

- Behavioral issues (including substance use)
- Social anxiety/self-esteem issues
- Depression/hopelessness/self-harm
- Bullying/cyberbullying
- Self-isolation including technology "addiction"*

**Technology "addiction" is not yet fully acknowledged as an addiction. It is probably more accurately an excessive use of technology or an inability to be away from technology/social media.*



Learn more at ccda.net/need-help/medical-and-counseling/counseling/



"Mother of Mercy" (detail), by Betsy Farr

Marian Art and Concert Series Continues

YOU'RE INVITED TO ATTEND AN UPCOMING JUBILEE ART and Culture event. These events reflect on the truth, goodness, and beauty of God, as part of the Secondary Preparatory year of the upcoming Diocese of Arlington Golden Jubilee. Ten artists have been commissioned to create an image of Our Lady, inspired by one of the ministries of Catholic Charities. The events also feature local musicians playing Marian-themed pieces. †



Mark Your Calendar for the Upcoming Marian Art and Concert Series

August 7 @ 7 p.m.
St. Philip Catholic Church
Mary, Health of the Sick: An Evening of Music Honoring Our Lady and the Healing Ministry of our Diocese, with artist Betsy Farr

October 6 @ 7 p.m.
Nativity Catholic Church
Behold Your Mother: Mary as Our Adoptive Mother in Art, Music, and Charity, with artist Chrissy Curtis

October 11 @ 7 p.m.
St. Joseph Catholic Church, Herndon
Our Refuge and Our Hope: Art, Music and Marian Ministry for the Displaced, with artist Henry Wingate

Learn more about the series at arlingtondiocese.org/marianartconcertseries



GLEANNING

The act of collecting leftover crops after harvest

Join Catholic Charities and Commissioned by Christ to support pantries within our diocese by volunteering for a half-day mission trip to glean fresh vegetables. This is a great family event and an opportunity to help feed the hungry.

Gleaning Opportunities on August 15, 2023:
8am-11am | Northern Neck at Parker Farms in Colonial Beach, VA
1pm-3pm | The St. Lucy Warehouse in Manassas, VA



To sign-up visit www.cbc-missions.org or use the QR code. For more information, contact the Volunteer Coordinator at maria.rodriquez@ccda.net.



After the harvest, farmers invite volunteers into the fields, where they gather leftover produce by hand. Photos are from a previous year.

It's Easy to Donate Online!

To make a gift online, visit ccda.net/donate or scan here →



Catholic Charities Future Needs

You can leave CCDA a gift in your Will or Trust with as little as one sentence.

For instructions, view our website ccda.net or contact John French at (703) 841-3819 or at john.french@arlingtondiocese.org.

Mark Your Calendar



Sept. 18-24, 2023	National Migration Week
Dec. 9-10, 2023	Parish Christmas Collection
Feb. 2, 2024	Catholic Charities Ball



Workplace Giving

Every day, Catholic Charities brings transformational services, delivered with compassion, to meet the needs of every person who seeks our help, regardless of background, belief, or circumstance.

You can be a part of this transformation by making a pledge to Catholic Charities during this CFC campaign season.

Catholic Charities of the Diocese of Arlington's CFC number is #24770

The CFC also allows:

- You to pledge volunteer hours to help Catholic Charities serve tens of thousands of clients each year; and
- Federal retirees to make a recurring donation by deduction from their annuity.

Please remember to check "YES" to share your pledge information so we can keep you updated on the impact of your gift.

Thank you for your generous support of our work.

CATHOLIC CHARITIES, DIOCESE OF ARLINGTON
Join Us! Together, We're Transforming Lives.



200 N. Glebe Road, Suite 250
Arlington, VA 22203

Join Our Online Community



Our Combined Federal Campaign (CFC) number is 24770.