



Because of you, Jose and his family can enjoy a hot meal.

You helped feed Jose and his family

Thanks to you, Jose and his family won't go hungry.

Jose is a hardworking family man who is a proud husband and father to his wife Guadalupe and his two children (ages 10 and 11).

When Jose suffered a work-related injury that prevented him from performing his job, the bills began to stack up within a week. He worried whether he would have enough to even feed his family.

But, because of you, Jose and his family didn't have to go without food.

"We were already dealing with a lot." Jose's wife, Guadalupe said. "With my husband injured, we had no other form of income."

"I had nowhere else to turn. Then I came across Catholic Charities."

Thanks to you, Jose and his family received groceries from our food pantries, as well as financial aid with their utilities and rent.

Now Jose has healed from his injuries and can work again. The help you provided gave them enough wiggle room to manage their finances until Jose was back on his feet.

"This situation was an eye-opener to me. Had we not had Catholic Charities, I would not have known how to feed my family. I am forever in your debt!"

INSIDE THIS ISSUE

You fed a family and aided with their bills.

Your Donations @ Work

You gave Kara the confidence she needed to be a successful new mother

Thanks to your help, Kara learned how to be a better mother.

As a first-time parent, Kara was extremely nervous about the overall outcome. She didn't expect to be a single mother, but now she's bringing her daughter into the world by herself. With no plan and little support, she didn't know where to turn; until you came along.



Because of you, Kara is self-assured in her parenting.

With so many unknowns, you gave Kara the help she needed. You provided her with pregnancy and parenting classes that helped her overcome her fears about being a new mother and feel confident about her upcoming birth. You've also given her essential items for her baby, such as diapers, formula, and wipes.

"I gained the confidence to be a better mother thanks to Catholic Charities."

"I couldn't manage it all. Without Catholic Charities, I don't know what I would've done."

Because of you, Kara is not only confident in being a parent, but she also takes pride in it.

"With all the things I've learned from the classes Catholic Charities provided, I feel good about being able to provide my daughter the best life possible. I appreciate all the help I've received."

Diana had no hope, then you came along

Thanks to your efforts, Diana doesn't have to worry about putting food on her table.

Diana lost her husband two years ago to lung cancer. With most of a small life insurance policy spent on her late husband's funeral, Diana found herself having to crunch numbers.



You gave Diana warm meals each day and a community of support.

Her social security barely brings in enough to manage her bills; she sometimes wonders if she'll be able to eat on certain days.

"I tried to get a part-time job, but with my health conditions and at my age, it's hard to work the hours I need to make ends meet."

"Catholic Charities always treats me good. They helped me in my most vulnerable moments."

Then she found the Mamie George Community Center. Now, because of you, Diana doesn't have to struggle. Senior programs at the center allow her to enjoy a free, daily hot meal at Patty's Café and lets her shop for free groceries every two weeks at Trini's Market, the self-select food pantry that serves all of Fort Bend County.

"I feel so blessed to have found Catholic Charities. In my situation, I thank God that I have the option to choose my groceries at Trini's Market."

Your compassion and generosity help seniors like Diana overcome even the harshest of life's challenges!

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Bringing Blessings Upon this Lenten Season and Beyond

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you." – St. Augustine of Hippo

Every second of every hour, too many of God's children suffer due to a lack of food, shelter, or even the most basic necessities. This quote from the great St. Augustine had me reflect on the impact you've made for struggling families. As we approach the season of Lent, I am blessed by the charitable sacrifices you've made for those who come through our doors at Catholic Charities.

On behalf of the thousands of families who are helped due to your generosity, I am forever grateful for all that you do. Because of you, Catholic Charities can provide resources to needy families, helping them avoid homelessness and hunger. Your contributions reflect Jesus' teachings on almsgiving and give hope to the hopeless during this Lenten season. Thank you for your continuing benevolence.

In the peace of Christ,

Cynthia Nunes Colbert



A Prayer for Those in Need during Lent

Almighty and ever living God,

You invite us deeper into your world, your people, your Lent.
May this time be one of outward focus;
seeking you in those we often ignore.
Help us live a Lent focused on freedom, generosity, and encounter.
Give us hearts hungry to serve you
and those who need what we have to give.

Amen.



Make a gift to help a struggling family this Lent! CatholicCharities.org/Lent

Mission Moment

Will you help provide meals for a mother and her children?

For just \$27.93, you could provide necessary food for a needy family.

Keisha works long hours so she can provide for herself and her two young boys. It isn't out of the ordinary for her to skip a few meals so her children can have a suitable meal. With no support and added stress from consistent months of being behind on bills, Keisha finds herself in a never-ending cycle of poverty with no way out—until you come along.



Your gift can help Keisha and her family.

Today, you could make a positive change towards Keisha and her family with a gift of only \$27.93.

For just \$27.93, you can provide Keisha and her two boys with food for a week.

You can help families like Keisha's avoid hunger.

Keisha never thought she would be in this situation before. Situations like Keisha's are not uncommon in greater Houston and there are countless other stories like hers — a single mother working hard to care for her children with little to no support or resources.

With your gift of \$27.93, Keisha could get the opportunity she needs to become self-sufficient. Please help her so she doesn't have to skip any more meals for the sake of her boys!

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

Keisha should be enjoying motherhood, not worrying about whether or not she can afford to eat.

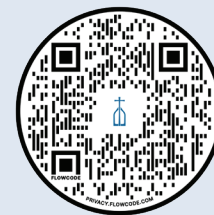


YES, I WANT MY GIFT TO FEED A HUNGRY FAMILY

I know there are families who are hungry and need my help. It costs less than \$28 to feed them for a week. I'm ready to give them the food they need. Please use my gift to help a family experiencing hunger and support all the work Catholic Charities does to help our struggling neighbors.

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

- \$28 to feed one needy family for a week
- \$56 to feed two needy families for a week
- \$112 to feed four needy families for a week
- \$_____ to feed 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