



# Compassion IN ACTION WINTER 2026



## Faith and Hope Through Your Compassion

*“Faith in action is love, and love in action is service.”*

St. Teresa of Calcutta

This Lenten season, I reflect on this quote made by Mother Teresa, reminding us that our faith is shown through living acts of love. Your continuing acts of generosity embody the actions expected of our Lord.

Fears of hunger and homelessness are a constant worry for many impoverished households in the Archdiocese. As a member of Caritas Circle, your dedication to being faithful in your actions has provided thousands of families with relief from life’s harshest challenges.

Mother Teresa tell us that through these acts of kindness can we hope to develop a relationship with God; “By transforming that faith into living acts of love, we put ourselves in contact with God himself, with Jesus our Lord.”

Thank you for your enduring faith, transforming into good for those in need.

In the peace of Christ,

*Cynthia Nunes Colbert*

Cynthia Nunes Colbert,  
MSW  
President and CEO



## YOU HELPED LITTLE TASHA OVERCOME CRIPPLING ANXIETY

*You were there when Tanya was frozen with fear at school*

## You Helped a Little Girl Over Her Fears

*You’re appreciated! Because you’re a member of Caritas Circle, you gave Tasha the tools to handle her anxiety when her family had no money for treatment.*

Like many new first graders, Tasha was nervous about her first day of school. However, her attempt to transition to an unfamiliar environment was stunted due to her debilitating anxiety, which prevented her from developing new relationships and learning effectively.

While she’s a smart student, she was struggling in her first few weeks due to her constant battle with anxiety. Unfortunately, her family couldn’t afford the mental health treatment necessary to combat her conditions.

*“I didn’t know how to help my baby.”*

But now they can because of you.

Your gifts gave Tasha access to mental health counseling and school-based support to help manage her anxiety and cope with leaving her mother to go to school. She now has the confidence to interact with her teachers and classmates and is also doing well in her academics.

“I noticed a major change after she started receiving counseling,” Tasha’s mother, Brooke said. “I just can’t thank Catholic Charities enough!”



*Ledia no longer worries about how she'll get enough to eat, now that her husband is gone*

## You Gave Ledia Hope When She Had None

*As a member of Caritas Circle, you helped Ledia with food and access to a helping community.*

Ledia is a retiree who hasn't worked in nearly a decade and currently lives on a fixed income.

She and her husband at the time had enough to make ends meet, but after he died last year, funds became scarce and now she barely makes enough to purchase food for her to eat.

But then you came in and changed her circumstances.

Because of you, Ledia and others like her can shop for free groceries at the Galveston Isle Market. This grocery store-like pantry helps reduce food waste by giving clients the ability to choose their items.

"I really enjoy the cooking classes. It helps me learn to prepare my favorite, and sometimes new things."

*"You guys are a real big help," Ledia said.*

Thanks to your generosity, Ledia gets access to fresh groceries and positive interactions with her community through cooking classes. She's trying new food she never knew how to cook and making friends!

"I really enjoy coming here," Ledia said. "I feel like I'm around family. I am extremely thankful for Catholic Charities."

## JOIN US!

*You're invited to attend events that inspire and thank you for your support. We hope to see you!*

### Caritas Circle Mass and Brunch

*To thank you for your generous support*

**Sunday, April 19**

**10 a.m. Mass**

Celebrant Archbishop Joe S. Vásquez

The Burguières Family Chapel of the Sacred Heart  
10202 Memorial Drive, Houston, Texas 77024

**11:30 a.m. Brunch**

Details to be provided

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### Share the Mission Mass

*A special Mass and reception*

**Saturday, May 16, 5:00 p.m.**

Celebrant Bishop Italo Dell'Oro, C.R.S.

Villa de Matel Chapel

6510 Lawndale Street, Houston, Texas 77023

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## SAVE THE DATE!

### Wine & Dine Dinner

*An exquisite gourmet experience*

**Friday, November 13**

*For more information, please contact Naibi Rivera at 713-874-6629 or [NRivera@CatholicCharities.org](mailto:NRivera@CatholicCharities.org).*



## Thank you!

Your generous support as a Caritas Circle member provides food for hungry families, shelter for those in peril of eviction, comfort for lonely seniors, peace of mind for people dealing with trauma, and so much more.