

Because of the support of St. Cecilia Parishioners through the monthly BLACK BAG collection, the Social Justice Committee is able to support the following residences in Ames—THANK YOU!

Matthew 25 House—AMES, IA

MATTHEW 25 HOUSE, INC. is a local social justice outreach program for men who are now in the Story County Jail, the Curt Forbes Center or an Iowa Prison. It helps integrate these men into a local church and the Ames Community. Almost 70% of men released from jail eventually return to jail. Many have no one who cares whether they live or die.



Central to the Matthew 25 House program is overcoming this by having each member become a member of a local Christian congregation. That church commits to mentoring, supporting and befriending him for one year with this goal in mind...No Turning Back to Jail or Prison.

Four men, screened and selected by the board, along with the Resident Director, will live in the house for up to 12 months. All residents are required to work and pay a fixed monthly amount to cover rent, food and utilities.

Matthew 25 House is completely supported through the generosity of local people, churches and businesses. It is a non-profit organization. Want to help? You can do this by being a job coach, doing home repair work, helping with transportation and donating supplies and furniture. Inquiries may be directed to Don Payer, Matthew 25 House Founder, matthew25ames@aol.com (515) 233-8191.

Butterfly Freedom House—AMES, IA



MISSION STATEMENT *"To provide a loving, safe and healthy environment where women can reclaim the freedom God originally intended for their lives. To offer women the opportunity to grow in their relationship with their Lord and Savior, Jesus Christ in order to ultimately heal from past wounds, and experience restoration in their lives."*

The Butterfly Freedom House is similar to Matthew 25 House—a home where women who have been incarcerated find hope and learn to succeed as they live the "Christian walk". It is a safe place for Christian women who have made a commitment to learn responsibility and develop skills that will eventually help them live independent, restored and fruitful, satisfied lives. It is a place where women are mentored and experience the blessings of fellowship, Bible study and worship as they become part of a local congregation. For additional information and to find ways you can help contact them at butterflyfreedomhouse@gmail.com

Emergency Residence Project



The Homeless Shelter continues to house men, daily. Current families housed in the Transitional Housing units have been moving to other apartments in Ames over the summer and new families will be moving in, so there is need for paint and repairs. If you have experience and would like to help, please call Vic Moss at 515-232-8075.

Social Justice Contacts

**ALTERNATIVE GIFT MARKET -
1-800-842-2243 STC Contact:
Cynthia Shriver 292-6584**

**AMOS STC - Contact: Mary Ross
232-5080**

**APPALACHIA WAREHOUSE -
2019 Pullman Street, Ames. STC
Contact: Lynn Franco 232-0898**

**BIRTHRIGHT OF AMES -
108 Hayward Ave., Suite 202, Ames
515-292-8414. STC Contact:
Kathy Ridnour 232-1697**

**CATHOLIC DAUGHTERS OF
THE AMERICAS - STC Contact:
Sharon Jenkins 233-2570**

**EMERGENCY RESIDENCE
PROJECT - STC Contact:
Julie Haas 232-7138**

**FOOD AT FIRST - 516 Kellogg
Ave., Ames. 515-344-4357 STC
Contact: Doreen Berg 956-3414**

**GABRIEL PROJECT- STC
Contact: Beth Dahlke 460-0403**

**GOOD NEIGHBOR EMERGENCY
ASSISTANCE, INC. - 613 Clark
Ave., Ames 515-296-1449. STC Con-
tact: Doreen Berg 956-3414**

**HABITAT FOR HUMANITY OF
CENTRAL IOWA - 515-232-8815.
STC Contact: Alan Christy 231-8099**

**MEALS ON WHEELS (Homeward)
- 1114 S. Duff, Ames. STC Contact:
Cathy Kaspar 233-0517**

**OPERATION RICE BOWL - STC
Contact: Cynthia Shriver 292-6584**

**PRISON MINISTRY - STC Contact:
Dave Temple 232-9271**

**SAINT CECILIA SOCIAL
JUSTICE COMMITTEE. STC
Contact: Mary Ross 232-5080**

The Social Justice Committee meets on the third Monday of each month at 7:00 p.m. in the Sunroom. Everyone is welcome to attend.

AMOS—A Mid-Iowa Organizing Strategy

WHAT IS AMOS?

AMOS (A Mid-Iowa Organizing Strategy) is a broad-based, non-partisan, interfaith community organization comprised of 28 diverse member institutions. They believe that ordinary people, working together, can accomplish great things in a democracy and have a say in the destiny of their own community.

WHAT DOES AMOS DO?

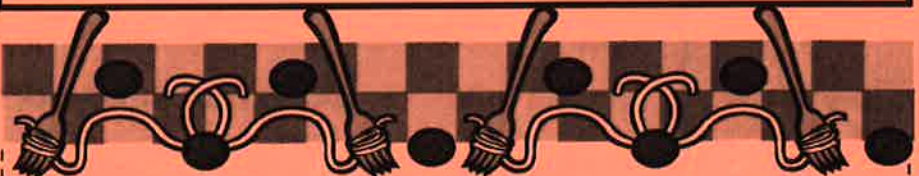
- AMOS, an affiliate of the Industrial Areas Foundation, (IAF) is distinguished from other community-based organizations in its commitment to the IRON RULE: "NEVER DO FOR OTHERS WHAT THEY CAN DO FOR THEMSELVES."
- AMOS seeks to channel individual action into a responsible and powerfully-organized force. Through face-to-face, one-to-one meetings, AMOS members build relationships with members of their communities. In the process, they cut through divisions such as race, religion, and socioeconomic status, and discover the passion and concerns that unite us all.
- AMOS pursues an agenda with multiple issues and responds to the concerns and pressures people feel. These concerns and pressures are identified through hundreds of small-group conversations, (house meetings) and are then explored in depth by investigative issue teams who research the facts and develop possible solutions to the problems.
- AMOS then acts publicly, bringing the power of organized people to decision-makers to implement the AMOS agenda. Through this process, hundreds of people re-enter public life and reclaim responsibility for their future here in center Iowa.

Want to know more; get involved? Contact Mary Ross at 232-5080.

"Our most vulnerable neighbors need the work of organizations like AMOS to fulfill our gospel call to provide a voice of the voiceless and service to those in need."

Archbishop Jerome Hanus, O.S.B.

Former Archbishop of Dubuque



Good Neighbor Emergency Assistance will have an Italian Dinner Fundraiser (buffet and dessert) on Sunday, August 31 at 6PM at the Unitarian Universalist Fellowship Hall (1015 Hyland, Ames). Cost is \$35/person; proceeds will benefit the **Healthy Food Voucher** program. Please contact Doreen Berg for tickets or more information: 956-3414 or kdberg2@q.com

Practical Ways to Grow in Gratitude

Develop an "Attitude of Gratitude"

Living gratefully calls us to be mindful of the grace of God in our lives. We can grow in gratitude by taking time each day to acknowledge our blessings:

The blessing of God's love: Begin each day by thanking God for the wonder of God's love; look for signs of this great love in Sacred Scripture, the sacraments, and the ways you are touched by others.

The blessing of life and self: Become more conscious of the gift of each day; even when life is difficult, find something to consciously be thankful for; share yourself with others and see how your selflessness touches their lives.

The blessing of family and friends: Thank your family and friends for signs of their love and care; remember that the love you experience in others is a reminder of God's love; intentionally reach out to friends with whom you lose touch or those whom you do not see regularly.

The blessing of financial or material resources: Even when we experience loss of our job or underemployment, we can find blessings hidden in the circumstances of our lives. If you have work and are financially secure, be grateful and grow in willingness to share with others; if you are less materially secure, seek the blessing that may be hidden in the midst of your life at this time, perhaps in the concern you experience from others, including those in your parish and local community.

The blessing of your parish community: Being surrounded by others who are growing in gratitude is the ideal way to develop a life of gratefulness yourself; contribute to your parish by offering your time to an organization or a seasonal service project; become part of an ongoing group such as those for people in various stages of life (mom or dad's groups, senior gatherings, teen or young adult ministry) or find something to which you have something to contribute. Belonging within our parish community will help us recognize our blessings more deeply than we might imagine!



"Central to our human and Christian vocations, as well as to the unique vocation each one of us receives from God, is that we be good stewards of the gifts we possess. God gives us this divine-human workshop, this world and Church of ours. The Spirit shows us the way. Stewardship is part of that journey." (SDR, 44)



After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord -- and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet." (Jn 13:12-14)

How Do You Live Gratefully?

We are already stewards, whether we are conscious of it or not. We will always have ways to grow as stewards, too, aspects of our lives in which we don't care or share as readily as we should. How are you already living as a good steward? What areas of your life need attention in order to grow as a steward in the coming year? Use this space to record your thoughts and your commitment for the future:

Called to Gratitude

What it means to live gratefully

by Leisa Anslinger

When “thank you” doesn’t say it all

A few years ago, my husband, Steve, rediscovered the hobby of woodworking. He spent hours in our garage one spring carefully cutting boards and piecing them together. Little by little, a cabinet began to take shape, and he told me he planned for it to be our gift to his mother for her birthday. Hour upon hour, day upon day, I watched as he built the cabinet. It was beautiful, and I was anxious to see his mother’s reaction to this gift of love. Then, one Sunday afternoon, returning home from an errand, our daughter seemed very anxious for me to go into the house. When I did, I was stunned, and fell silent. The cabinet was for me, donned with silver ribbon to mark our twenty-fifth wedding anniversary. I must have said “thank you” a dozen times, and yet, the expression seemed

inadequate. My heart was so full that words could not capture the emotion, not only for the cabinet, which has a beautiful place in our

home, but more for the care and love with which the cabinet had been crafted. When I see it, I am still filled with gratitude.



What does gratitude have to do with our lives and faith, then? Sometimes it is difficult for us to grasp that all we are and have are gifts from God. So thinking about a time in which we have been moved with gratitude helps us to apply that realization to life and faith. Developing an “attitude of gratitude” changes the way in which we perceive daily life, and helps us to recognize God’s place in it.

Living gratefully calls us to be aware of our blessings, even in moments of difficulty. For example, those who struggle with physical illness may be challenged at times to be grateful, until they think about the skill of their doctor or the companionship of a friend. Living gratefully helps us to see God’s hand in our lives. We might otherwise miss this awareness of God’s presence by being caught in the constant seeking for more, better, or bigger that is such a tendency for humans.

The challenge: Growing in gratitude is simple, but for most of us, it takes conscious effort.

Let’s get practical. Each time we are tempted to whine, to focus on what we want, or to look at all that is not the way we wish it were, we must turn our minds instead toward the many ways in

which we have been blessed. Over time, this gratefulness-mindset becomes more natural.



Let’s be spiritual.

Recognizing God as the Giver of every good gift and being mindful of our blessings each day changes our inner life with God and our interactions with others. We are more likely to be satisfied with what we have, rather than seeking what we do not have; we will be more content in the present, and more hopeful for the future. When gratitude marks our way of life, we truly embody the Eucharist (the very word means to give thanks). Coming to Mass aware of all we have to be thankful for opens our minds and hearts to the fullness of Christ’s presence with us. We gather as members of Christ’s Body, aware of our many blessings, the greatest of which is Christ’s gift of new life and union with God, poured

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out in word and sacrament around the Eucharistic table.



The Stewardship Project
www.CatholicLifeandFaith.com

“I give you a new commandment, that you love one another. ...By this everyone will know that you are my disciples, if you have love for one another.” (Jn 13: 34a-35)



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Mario St. Francis Herrera

Successful model's empty, fast-track existence transforms to a life for Christ



Angela Perez Baraquio Grey

Past Miss America and TV host upholds dignity of life, family and mental health



Mark Hart

Intensely popular "Bible Geek" injects scripture with relevance and humor



Immaculée Ilibagiza

Author describes the "greatest story never told," about The Boy Who Met Jesus



Magnus MacFarlane-Barrow

Mary's Meals founder updates us about feeding the world's poorest children



Tony Meléndez

Musician testifies how God inspired him to become the sound of hope and courage



Tom Peterson

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Musician and storyteller Steve Angrisano and local praise band return!

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A CATHOLIC REGIONAL CONFERENCE FOR OUR SEARCHING SOULS
CHRIST OUR LIFE

September 20-21, 2014
WELLS FARGO ARENA
DES MOINES, IA



Saturday, September 20

- 7:00 a.m. Doors Open – Vendors open
8:00 a.m. Music by Praise Band (Steve Angrisano)
8:45 a.m. Music Prelude by Choir
9:00 a.m. Celebration of the Holy Mass, Timothy Cardinal Dolan, presider and homilist
10:50 a.m. Welcome address by Bishop Richard E. Pates
11:00 a.m. Timothy Cardinal Dolan
11:55 a.m. Fr. Larry Richards
- 12:40 p.m. Lunch Break
- 1:30 p.m. LUNCH BREAK–OUT SESSION: Arena: Magnus MacFarlane–Barrow
- 2:30 p.m. Fr. Larry Richards
3:20 p.m. Angela Perez Baraquio Grey
4:30 p.m. Mario St. Francis Herrera
- 5:20 p.m. Dinner Break
- 6:00 p.m. DINNER BREAK–OUT SESSIONS:
Hy–Vee Hall: (high school) Tony Melendez and Steve Angrisano
Arena: (adults) Magnus MacFarlane–Barrow, Tom Peterson and Immaculée Ilibagiza
- 7:00 p.m. Eucharistic Procession, Adoration and Benediction
7:30 p.m. Mark Hart
8:20 p.m. Tony Meléndez
9:15 p.m. Concert with Steve Angrisano, Tony Meléndez & Friends

Sunday, September 21

- 7:00 a.m. Doors Open – Vendors Open
9:00 a.m. Tom Peterson
9:50 a.m. Mark Hart
11:00 a.m. Immaculée Ilibagiza
12:30 p.m. Celebration of the Holy Mass, Bishop Richard E. Pates presider and homilist

Storytelling & Music by Steve Angrisano and Praise Band throughout the Conference

Vendors and Exhibitors will be open at 7 a.m. Saturday and Sunday!

Cost: ALL-WEEKEND PASS:
\$ 25 Adults
\$ 15 Student/Youth
\$ 15 Volunteers (see website)

To Purchase Tickets:
- Visit our website: ChristOurLifeIowa.com
- Purchase after Mass in your parish
beginning late spring; parishes vary

Tickets will never be sold for less! - Call our toll-free number: 1-866-319-0616

Come for all or stay for some

Receive conference updates & information! Join our eBlast list on our website

ChristOurLifeIowa.com