

The Catholic Church has **seven principles of Catholic Social Teaching**. The Social Justice Committee at St. Cecilia's Parish has decided to share these with you through our quarterly newsletter. In this issue we center on **Principal 3—Rights and Responsibilities**



UNITED STATES CONFERENCE OF
CATHOLIC BISHOPS

A Committee of St. Cecilia's Catholic Church

3. Rights and Responsibilities - We are called to protect the rights that all people have to those things required for a decent human life, such as **food, clothing, and shelter.**

Food at First recently celebrated its move to First Christian Church (611 Clark) with an open house. Guests were shown the dining, kitchen and storage facilities at the new location. Food at First has free meals every day; St Cecilia volunteers cook and serve meals every Tuesday. The program also has a perishable food pantry, with distributions on Mondays and Thursdays (4:45-5:30PM) at First Christian Church and on Saturdays (10-10:30AM) at Trinity Reformed Church (3626 Ontario) and First Christian. Most of the food used by the cooks and available at the pantry is collected from grocery stores and food services and otherwise would have been thrown away. In addition to the volunteers, St. Cecilia also makes a monthly cash donation to the program through its Good Samaritan (black bag) Fund.



ABOVE—Patty Rewerts (staff), Doreen Berg (F@F board member from St. Cecilia), Chris Martin (Director).



ABOVE—Helen Brennan and Ray King



ABOVE—Helen Brennan, Peg Gaul, Wendy Thompson, Ray King, Tom Brennan, Mary Dau, Val Hinz, Tim Gaul, Anne Kohler.



LEFT: Food at First Chefs—Cynthia Shriver, Julie Haas, Mary Ross (guest), Pam Daugherty, Peg Gaul, Marlene Weisshaar, Jane Graham, Doreen Berg. (Not pictured—Cathy Gerbracht, Cindy Baughman.)

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:**
Kriss Holmes 515-292-8414

CATHOLIC DAUGHTERS OF THE
AMERICAS - STC Contact:
Peggy Murdock (515) 708-2439

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

FOOD AT FIRST - 611 Clark 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 Contact:**
Phyllis Craig 291-1106

HABITAT FOR HUMANITY - 401
Clark Avenue, #100, 232-8815. **STC**
Contact: Pat Olsson

HOME FOR AWHILE STC Contact:
Mary Ross 232-5080

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:
Barb Moore (515) 337-1551

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

SANCTITY OF HUMAN LIFE, STC
Contact: Garland Dahlke 460-0403



Update: Days for Girls

The Ames Days for Girls Sewing Team recently completed 50 hygiene kits for girls in South Africa. Kits included a total of 50 sewn drawstring bags, 100 sewn shields (2 per kit), and 400 serged liners (8 per kit), along with soap, washcloths and other items. The team has been sewing at St. Cecilia on the second Tuesday of each month at 7PM since April and welcomes new members and your donations. Please visit www.daysforgirls.org for more information.

Pictured: Cynthia Shriver, Marlene Weisshaar, Doreen Berg, Virginia Ullrick, Sharon Eggenberger, Cecilia Naughton, Julie Haas, Marge Gowdy, and Carol Helland (co-leader).

STATISTICS:

Food at First: From January through May, 2015, Food at First served 9056 meals; there were 6482 Perishable Food Market shoppers. St. Cecilia volunteers donated more than 1200 hours to Food at First in 2014. You can volunteer by contacting Doreen Berg (956-3414) or by going to My Sign Up for Food at First at their website: <https://foodatfirst.wordpress.com/>

Days for Girls has served over 75 nations on 6 continents and reached over 100,000 women and girls.

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. Minutes of each meeting are posted on the parish website: www.stceciliaparish.org.

Eucharistic Adoration SignUp
August 2015



For almost 19 years, parishioners at St. Cecilia's have answered Jesus' call to spend time with Him in Eucharistic Adoration in a remarkable way. From Sunday evenings until Saturdays at noon, 24 hours a day, week after week, parishioners come to the Burke Chapel to pray for an hour at a time.

Why?

"I am the bread of life; whoever comes to me will never hunger and whoever believes in me will never thirst."
John 6:35

"This is the wonderful truth, my dear friends: the Word, which became flesh 2000 years ago, is present today in the Eucharist" *John Paul II*

"What I really prefer is adoration in the evening, even when I get distracted and think of other things, or even fall asleep praying. In the evening then, between 7 and 8 o'clock, I stay in front of the Blessed Sacrament for an hour in adoration." *Pope Francis*

"Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power." *Mother Teresa*

New adorers are always welcome. Please choose from our Hours of most need: Mondays: 6 and 8 pm; Tuesdays: 7 am, 11 pm; Wednesdays: 2, 8 and 9 am; 2 pm; Thursdays: 3 am; 9 and 11 pm; Fridays: 5 and 11 am; Saturdays: 3 am

Or choose an hour most convenient for your schedule, day or night. A brief orientation will be provided. Substitutes (particularly daytime) are also needed. Questions? Contact Cyndi Volcko 515-451-4749 or cvolcko@gmail.com

Name: _____ Address: _____

Email: _____ Best Phone Number: _____

What day(s) would work best in your schedule for Eucharistic Adoration? _____

What hour(s)? _____

Please return completed sheet to the table in the Narthex following Masses August 22/23; at the Ministry Fair Aug 29/30 or at the parish office anytime.