

help a child

When you sponsor through Unbound, you help a child and family achieve their God-given potential. You walk with them on their path to change.



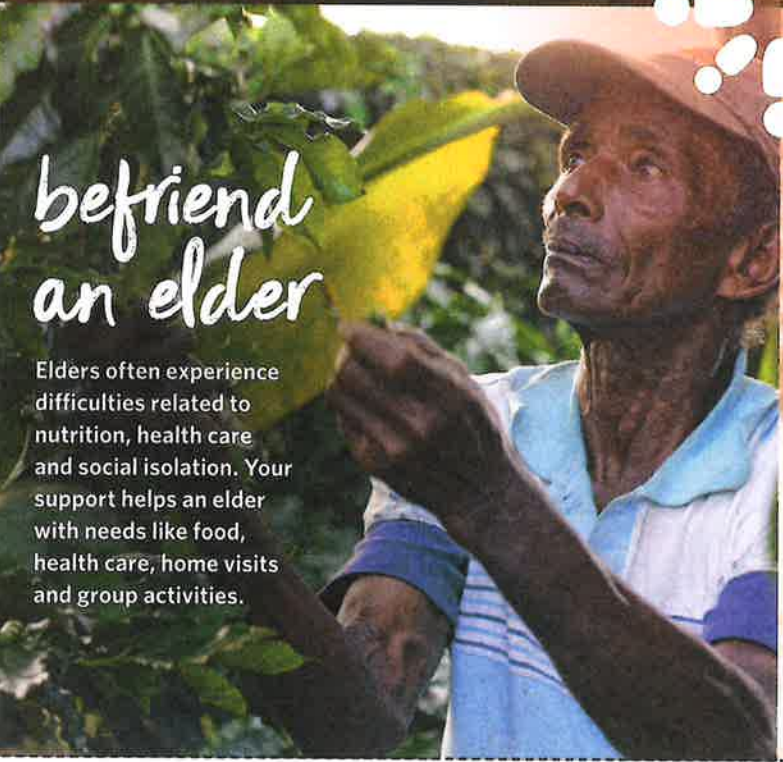
encourage a youth

Getting an education can be especially hard for young people faced with poverty. Your support provides resources and encouragement. It says, "I believe in you."



befriend an elder

Elders often experience difficulties related to nutrition, health care and social isolation. Your support helps an elder with needs like food, health care, home visits and group activities.



sponsor today

We're all part of one human family created in God's image. As a sponsor with Unbound, you'll get the satisfaction of knowing you're living out your faith as part of a caring and inclusive global community. You'll also learn about your new friend from letters and photos, and you can write and send photos, too!



I want to sponsor:

- Any child Girl Boy Youth Elder
- I would like to contribute through my bank account or credit card (see reverse).
- Enclosed is my first monthly contribution of \$40.
(Please do not send cash. Make checks payable to Unbound.)

Name _____

Address _____

City _____ State _____ Zip Code _____

Daytime phone (_____) _____ Email _____

Parish _____

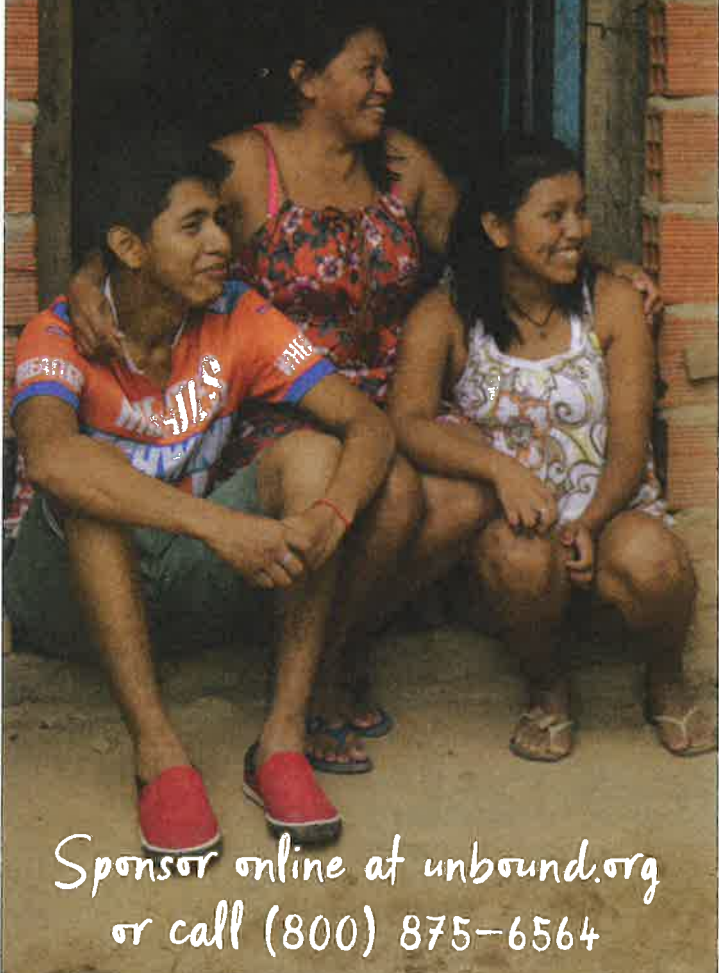
MAIL TO:
 Unbound
 P.O. Box 219114
 Kansas City, MO 64121-9114

You can also sponsor online at **unbound.org** or call (800) 875-6564.



"Unbound has given me a way to put my faith in action. As an Unbound sponsor, I have had the opportunity to be part of a reliable community which gives hope and helps others to achieve their dreams."

— Lillian Acevedo, Unbound sponsor since 1986



*Sponsor online at unbound.org
or call (800) 875-6564*

WHO WE ARE

Unbound is an international development organization founded by lay Catholics and grounded in the Gospel call to put the needs of the marginalized and vulnerable first. We build relationships of mutual respect that bridge cultural, economic and religious divides. We work side by side with people of diverse faith traditions in Latin America, Asia and Africa.

HOW WE WORK

We believe the surest path out of poverty is a self-directed one. Sponsored individuals and families use your support to work toward goals like education, dignified housing, better nutrition and developing livelihoods. Mothers lead the way in our programs through active participation in small groups. From accessing microloans to starting small businesses and forming their own credit cooperatives, mothers are creating paths to self-sufficiency for their families.

HIGHLY RATED STEWARDSHIP

Unbound receives top ratings from independent charity evaluators. This demonstrates the work we put into solid financial stewardship. Visit unbound.org/financials for details.



3.5% administration

3.4% fundraising

SOURCE: 2018 FINANCIAL STATEMENTS



AUTOMATIC BANK WITHDRAWAL

I hereby authorize a direct debit from my checking account each month for payment to Unbound. (Please attach voided check.)

Routing # _____

Account # _____

Amount \$ _____ .00

Authorized Signature _____ Date _____

You may cancel this agreement anytime by contacting Unbound at (800) 875-6564 or 1 Elmwood Avenue, Kansas City, KS 66103. Please allow 2 business days to cancel.

CREDIT CARD AUTHORIZATION

I authorize Unbound to charge my credit card in the amount of:

\$40 Monthly \$120 Quarterly \$240 Semi-annually \$480 Annually

Card # _____

Expiration date ____/____

Cardholder name _____

Signature _____ Date _____

So that we may process and provide a receipt for your contribution, please complete the contact information section on the front of this form.

Please print clearly.



Unbound is listed in the Official Catholic Directory.

Lenten Eucharistic Adoration Sign-Up Weekend

February 22-23

Table in the Narthex after Masses or online at stceciliaparish.org

Are you tired of giving up chocolate for Lent and craving something more meaningful to increase your faith and grow closer to Jesus? St. Cecilia's has been blessed with Eucharist Adoration in the Burke Memorial Chapel for the past 23 years. The 6 weeks of Lent is a great time to try this wonderful prayer practice and then decide whether to continue. Spending time with Jesus in the Blessed Sacrament has been a time of abundant peace, growth, strength and more to our hundreds of regular Adorers.

Tom Stark:

"My Adoration time from midnight until 1 AM on Friday mornings has become the very favorite hour of my week! I think, I plan, I listen, I pray, I rest, I hope, I read, I write, I center, I recharge, I ask and I receive. There is so much chaos, evil and strife in our society, and I see our merry band of Chapel-goers as a prayerful tag-team for good in this crazy, mixed-up world!"



"There is such deep, personal bliss to be found by sitting in front of Jesus and telling Him what is on my mind. And more importantly, I feel like He reminds me of what is most important, with my wife and family, my work and my friends, and anyone I might encounter."

Sara Rooney:

"The contentment and safety I feel in the chapel during Adoration feels like being in a loved one's home. Being able to spend an hour with Jesus and the peace and solace that comes with that gives me strength for my week. To sit with Jesus in the silence does not feel like an obligation, but a privilege."

Joe Baumgarten

"I've been a 'pretty good Catholic' all my life: Catholic schools, Mass on Sundays, volunteering in various roles, an ok prayer life, etc. I knew that St. Cecilia's has a Eucharistic Adoration program, but I never thought it was for me -- I'm not THAT holy. Besides, I'm way too busy. And what in the world would I do for a whole hour in there? Then one evening at a Man-Up meeting, the emcee announced that there was a shortage of Adorers, especially at the late night hours. I felt a bit of a 'tug'. I tried hard to ignore it, but it wouldn't go away. I said yes, but

(over)

only on a trial basis. I accepted Tuesday mornings from 3 - 4 a.m. I found another man at the meeting that night who agreed to partner with me at that time with two weeks on, two weeks off.

The very first night I went, I wasn't sure what to do, so I followed the "beginner's guide" that the adoration coordinator gave me. One of the suggestions was to pray for the health of your family. My elderly father hadn't been feeling well that day, so I prayed to Jesus for healing for him. The rest of the hour I said a few more prayers, studied the readings for Sunday and did some other reading. The hour went by surprisingly fast!

That afternoon, my mother called me. She said that Dad had woken up in the middle of the night with chest pains. She took him into the ER. They got his heart back to normal with some medication and sent him home. He is doing fine now, she said. On a lark, I asked, "What time did all of that happen, Mom?" "Oh, around 3 a.m. this morning." "Do you know where I was at 3 a.m. this morning, Mom?" "No, where were you?" "I was at Eucharistic Adoration, praying for Dad."

I can't promise you that you'll have that kind of response on your first time, but I can promise you that you will find this time incredibly peaceful, recharging, moving, enlightening, rewarding, and powerful. I often completely lose track of the time, and I am so surprised to hear the next Adorer come in for the 4 a.m. shift. And when I have my two weeks off, I find I'm craving the spiritual recharge that I get from my two weeks on!

This quote from St. Alphonsus Liguori perfectly sums it all up! "Be assured that the time that you will spend with devotion before the Most Divine Sacrament will be the most profitable to you in life, and the source of your greatest consolation in death and eternity."

I can 100% attest to his first promise, and have great hopes for the second!"

Choose an hour, day or night, that works best for your schedule, or if you can be flexible, choose an hour from our prioritized list of needed adorers. There are 7 holiday breaks throughout the year and breaks for inclement weather, as well. The Eucharistic Adoration leaders will arrange a brief orientation and your start date, as well as provide substitute support when needed.

Stop by the table after Masses Feb 22-23 OR click on the Eucharistic Adoration icon on the parish website: www.stceciliaparish.org OR send an email to: adoration@stceciliaparish.org



The Grand Adventure: Grandparenting in the 21st Century

Join this six-session Lenten series for grandparents! Learn simple ways to enhance, enrich, and empower you in your role as a grandparent. Explore "Grandparents as Evangelizers," get tips on long-distance grandparenting, plus many other topics!

Register at: www.stceciliaparish.org/grand-adventure

Presenters:

Dr. Gary & Kay Aitchison

- Longtime parishioners of St. Cecilia's -

Formerly Associate Dean of the College of Business at Iowa State University, Gary and his wife Kay now spend their time spreading the Christian Family Movement and advocating for Catholic grandparenting throughout the nation and abroad.

Schedule:

March 2nd
March 9th
March 16th
March 23rd
April 6th
April 13th

*All sessions meet from 7-9pm
in the Oscar Romero Room*



We Rolled ...



Thanks to you, our parish-wide *Let's Roll* community service project was a great success. It was coordinated by the Parish Life Committee and the Social Justice Committee distributed the items to the organizations listed below.

- Parishioners** in need. ACCESS offers housing & services for survivors of abuse.
- Butterfly Freedom House** provides a Christian family environment to former female inmates.
- Emergency Residence Project** provides shelter and food to the homeless.
- Friendship Ark Homes** provides homes & services for adults with intellectual disabilities.
- Martha's House of Hope** provides a loving home for pregnant women.
- Matthew 25 House** provides a Christian family environment to former male inmates.
- Mid-Iowa Community Action (MICA)** provides opportunities to people in vulnerable situations.
- Wings of Refuge** provides a safe home & supportive services to survivors of sex trafficking.



Butterfly Freedom House



Emergency Residence Project



Friendship Ark Home



Martha's House of Hope



Wings of Refuge

A Committee of St. Cecilia's Catholic Church
2900 Hoover Avenue, Ames, Iowa 50010
(515) 233-3092 www.stceciaparish.org

Social Justice Contacts

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

AMOS - *STC Contact:*
Kathy Wipf 232-6232

CATHOLIC DAUGHTERS OF THE
AMERICAS - *STC Contact:*
Rose Tondra 232-4598

CLIMATE ACTION TEAM -
STC Contact: John Wilson 232-1087

DAYS FOR GIRLS - *STC Contact:*
Mary Ross 232-5080

EMERGENCY RESIDENCE
PROJECT - *STC Contact:*
Ben Kellen 515-460-2844

FOOD AT FIRST - 611 Clark Ave.,
Ames - 515-344-4357 - *STC Contact:*
Julie Haas 232-7138

GOOD NEIGHBOR EMERGENCY
ASSISTANCE, INC. - 613 Cark Ave.,
Ames - 515-296-1449
STC Contact: Charlie Weber
460-3335

HOME FOR AWHILE -
STC Contact: Mary Ross 232-5080

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

PRISON MINISTRY - *STC Contact:*
Barb Moore (515) 337-1551

SAINT CECILIA SOCIAL JUSTICE
COMMITTEE - *Contact:*
Doreen Berg 956-3414

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

The Social Justice Committee meets on
the third Monday of each month at
7:00 p.m. in the St. Louis Room.
Everyone is welcome to attend.
CONSIDER BECOMING A MEMBER

Wings of Refuge

Wings of Refuge (WOR) is a Christ-centered organization located in the central Iowa area. It is supported by St. Cecilia's parish through the Social Justice Committee. WOR's mission is to end exploitation of girls that are caught up in human trafficking. They offer girls a safe home, 24/7 staff, medical care, trauma work, goal setting, education, life skills and faith exploration.

This month they are launching what is called the "I Carry the Light of Your Story Initiative". The following invitation is a way that you can help these girls get through difficult times.

You are invited to

Write a letter of

Encouragement to a Survivor



*Letter should be 3-5 sentences long and
include a message of hope.*

*Please help these special victims
and e-mail your letter to*

onemore@wingsofrefugeia.net