



The Mission

CATHOLIC CHARITIES • Diocese of Arlington

Family Finds Freedom, New Life

After spending 17 years in a refugee camp, a Bhutanese family is pursuing its own American Dream with the help of Catholic Charities' Migration and Refugee Services

When Bhim Dahal arrived in the United States in October 2009, he had spent the previous 17 years in a refugee camp in Nepal after the ruling family in his home country of Bhutan drove out certain ethnicities without cause.

More than 100,000 Bhutanese refugees were forced into camps. Dahal, 31, remembers the small hut with bamboo walls and a plastic roof that his six-member family lived in. Their conditions were clean, but cramped. The United Nations Refugee Agency handed out rations, but it was never enough.

"It was like a parrot's life in a cage,"

Dahal said. "You had no home, no job, no identity. They would put you in jail for even applying for citizenship."

Lacking any material possessions, Dahal left everything behind seeking official resettlement in the United States. He saw it as his last chance to obtain the human dignity that had been stripped of him in his home country.

Catholic Charities' Migration and Refugee Services (MRS) was the first to help restore that dignity and help Dahal start a life of freedom in the United States. When Dahal's mother and three younger brothers safely arrived in Virginia in March 2010, MRS was there to help them as well.

The U.S. government resettles about 70,000 refugees annually on a humanitarian basis. Nine agencies are contracted to help with resettlement, and the U.S. Conference of Catholic Bishops (USCCB) is the old-

est and largest of those nine.

MRS is one of more than 100 offices that resettles refugees under the USCCB. Last year, MRS settled about 350 refugees.

Like Dahal and his family, MRS steps in the moment the refugees step off the plane. Many preparations have been arranged before the family even touches down at Reagan National.

MRS works with landlords to secure leases for the refugees, obtains furniture for their new apartment and has food waiting in the apartment—a hot meal that is culturally familiar and basics in the refrigerator.

"They did a really good job," Dahal recalls. "Whatever we needed and whenever it was, MRS was—and still is—there to help us."

Dahal is especially grateful that MRS helped him find a job. He started as a security guard at Geico Insurance, but has now climbed the ranks, working as a document specialist to help process claims.

He started building a savings account immediately, and just three years after moving to the U.S., Dahal proudly purchased a home in Fredericksburg for himself and his family.

"The best part about being here is that there are no limitations of mobility in terms of jobs or social class," he said. "Back in Bhutan, we were not allowed

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Like Bhim Dahal and his mom, pictured above, all refugees are legal immigrants and either (1) forced to flee their home country because their government is persecuting them or (2) their government cannot protect them from internal or external sources of persecution. Dahal purchased a home in Fredericksburg only three years after being resettled in the U.S.

● **MIGRATION AND REFUGEE SERVICES**

"Freedom" continued from page 1

to do certain jobs. I would not have been able to work in insurance if we were still there."

He now volunteers with MRS, taking others to the doctor, library or bank. He also volunteers as a medical interpreter at Mary Washington hospital. He estimates that about 100 Nepali refugees live in the Fredericksburg community.

Dahal and his family have adjusted well with the help of MRS and are now thriving. Two of his brothers are employed and the youngest has just started classes at Germanna Community College.

"As the days pass, I feel more comfortable here than I was in Nepal."



Bhim Dahal and his mom.

Establishing Self-Sufficiency

MRS helps refugees gain autonomy as soon as possible after arrival in the United States

Catholic Charities' MRS is the largest refugee social provider in Northern Virginia with four offices and 24 staff members who are constantly on the move. Our staff is waiting at the airport to pick up the refugees and welcome them to their new country—even if their flight lands in the middle of the night.

Below is an extensive list of the ways that MRS assists refugees in their challenging transition. Services are not limited to the items on this list, as we serve our clients in countless ways.

HOME

- Find an apartment for the family prior to arrival even though they have no U.S. credit history
- Furnish the apartment with donations from generous parishioners and community members
- Assist with integration into the local community
- Provide cultural orientation

EDUCATION

- Assist clients in enrolling in English classes
- Assist client families in enrolling children in school
- Assist families with adjustment to new school system
- Follow up with students, teachers and administrators to ensure the smoothest transition possible

CAREER

- Provide an employment assessment, job development and vocational job training
- Assist with job search, referrals and placements
- Provide pre-employment training and follow-up for employment retention

CASE MANAGEMENT

- Provide case management services for all clients
- Refer clients for health screenings at the Department of Health, transport them to appointments and interpret as needed
- Assist with naturalization services
- Provide self-sufficiency strategic planning

MRS Celebrates World Refugee Day on June 21

Catholic Charities' Office of Migration and Refugee Services (MRS) celebrated World Refugee Day



Attendees wait in a simulated refugee camp outside the MRS office in Arlington.

on June 21 by hosting an eye-opening program entitled, "A Refugee Journey."

The program simulated the treacherous journey that refugees must endure when seeking safety from violence and political unrest. A panel discussion followed the event, with actual refugees sharing testimonials of the trials they endured as refugees. More than 45 participants attended the event.

"It really opened my eyes to people around me who are suffering from displacement," said Tiffany Waits, administrative assistant to Bishop Loverde. "I was struck by the idea that their lives

were changed in an instant by something that was beyond their control."

Derek Maxfield, MRS associate director, worked with MRS staff for several weeks preparing the program.

"I wanted the participants to discover what our clients go through," Maxfield said. "Now they can take the information back to their communities and raise awareness of the seemingly insurmountable obstacles that refugees have gone through and how MRS and our parish and local communities can assist them as they start a new life in the United States."

● **PRESIDENT'S MESSAGE**

September 5th is the Feast Day of Blessed Teresa of Calcutta. Everyone has their favorite stories about Mother Teresa's virtues. I have two.

When Time Magazine published a cover story critical of her work, her sisters vacillated on whether to show her the story. They decided to show her, and she commented that we simply have to accept the good and the bad. Then she went about her work. That was perseverance and humility.

When invited to the National Prayer Breakfast in 1994, she courageously called abortion "the greatest destroyer of love and peace." That was a tangible act of love for all of God's people.

His Holiness Benedict XVI, Pope-Emeritus, said that Blessed Teresa of Calcutta is "an exemplary model of Christian virtue who showed the world that an authentic love for others opens the door to knowing and being with God."

**"Each one of them is Jesus in disguise."
-Blessed Teresa of Calcutta**

Inspired by the example of Mother Teresa, here at Catholic Charities of the Diocese of Arlington, we pray to receive the grace to be more virtuous so we might help more people in need.

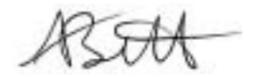
In this summer edition of *The Mission*, we hope to show you how God's love and the love of His Church open doors for the poor in many ways:

- Through the relocation of our Educational Services program to be near those in need of ESOL, Citizenship and financial literacy courses
- Through food distribution to the hungry in our diocese
- Through our new counseling hub in Colonial Beach
- Through the compelling work of our Migration and Refugee Services program to help refugees become self-sufficient

These and other Catholic Charities programs and services bring the transformative love of Christ to our brothers and sisters in need.

I hope that you will be moved to join with us in bringing our mission to life to help the poor, recalling the beautiful admonition of Mother Teresa: "Each one of them is Jesus in disguise."

God Bless,


Art Bennett
President and CEO
Catholic Charities of the
Diocese of Arlington



● **IMMIGRANT SERVICES**

Thriving in New Manassas Location

Hogar Immigrant Education Services relocated April 1st to be closer to those in need

The new education center in Manassas is a gift that embodies the words of Jesus, "When I was a stranger you welcomed me." Learning English and taking citizenship classes is essential to life in the United States. Being near the action is critical to reaching those in need. As Pope Francis keeps reminding us, "We are a church of and for the poor. Jesus sends us to everyone."

-Fr. Robert Cilinski, Pastor at All Saints Church in Manassas Catholic Charities Board Member

A report on our first 90 days:

- 6** levels of ESOL classes that were offered, from beginning to advanced
- 288** ESOL and/or Citizenship students who were enrolled in a course
- 93** the percentage of Citizenship students who passed their naturalization exam last year
- 58** volunteers who taught ESOL or Citizenship classes
- 98.5** the percentage of these clients who live below the federal poverty line

Catholic Charities' Hogar Immigrant Education Services is planning a financial literacy workshop for the fall semester. With the help of Catholic Charities Board Member Fernanda Howard, BB&T bankers will volunteer to give the workshop.

The first workshop will be held in October and will educate Hogar students and community members on "Credit in the United States: What is Good Credit and How to Build Credit in the U.S."

Brooke Hammond Perez, program director for Hogar Immigrant Education Services, is organizing the event along with David Ramos, BB&T's Regional Multicultural Markets Officer. They also

plan to give future financial literacy workshops on the importance of savings and first-time home ownership.

"We are very excited about this partnership with BB&T, as it will afford us the opportunity to provide additional educational offerings to immigrants in the diocese," Perez said. "Teaching immigrants how to navigate the U.S. financial system will empower them to participate more fully in their communities."

GET INVOLVED!

If you would like to volunteer or sponsor a workshop, please contact Brooke Hammond Perez at BPerez@ccda.net or 571-208-1572, ext. 101.

Substantiating a Fundamental Need: Food

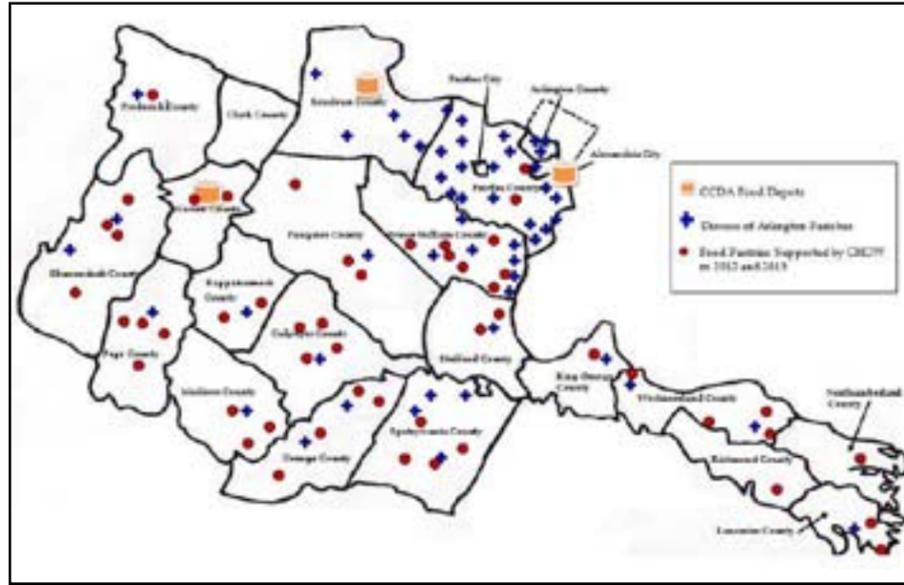
CCDA operates three food depots connected by a critical distribution network

"For I was hungry and you gave me food, I was thirsty and you gave me drink..." -Matthew 25:35

The Gospel of Matthew guides Catholic Charities of the Diocese of Arlington's Food Ministry. We are here to substantiate the most basic human need, the need for food and water.

Christ House in Alexandria currently serves as our main Food Ministry hub, with our Western Regional Office in Leesburg and Loaves and Fishes in Front Royal serving as food depots. All three of these locations allow for walk-in clients.

They are connected by a critical food distribution network, Christ House on Wheels (CHOW). With the help of dedicated volunteers, CHOW distributes food to pantries in the entire diocese, where food insecurity affects as much as 16% of the population.



1. Christ House Alexandria

Christ House is Catholic Charities' main food ministry hub. This 150-year-old building in Old Town Alexandria serves many purposes for CCDA, including our men's shelter, evening meal program, emergency assistance program and thrift shop.

Christ House's food pantry operates out of the building's cellar, which presents many challenges. However, CCDA was still able to serve about 1,000 walk-in clients last year with 20 lb. pre-packed bags of food.

Each bag of food also includes a prayer card and a few healthy recipes that can be made from the bags' contents, such as chicken and rice, bean stew or chili.

Christ House also plays an integral role in distributing food throughout the diocese. Christ House on Wheels (CHOW) makes about 150 deliveries a year to pantries all across the diocese, as designated on the map above. CHOW is supported by one staff member and many dedicated volunteers like the Foos family, below.

Family volunteers at Christ House as a Corporal Work of Mercy



Dan Foos stands outside Christ House with seven of his children before making a CHOW delivery.

Growing up, Dan Foos remembers his mom regularly delivering large pots of chili to Christ House for the evening meal. With children of his own, he wanted to get involved in a similar service project—something they could do as a family.

For the past three years, the Foos family has been delivering food from Christ House to pantries across the diocese. About once a month, Dan takes a day off, borrows a trailer and packs the Sub-

urban full of children—he and his wife, Sarah, have nine ranging from age 17 to 8 months.

"Feeding the hungry is one of the corporal works of mercy that we are called to perform," said Dan, a parishioner at Our Lady of Angels in Woodbridge.

Last month, Dan and seven of his kids, drove two hours each way to deliver 90 boxes of food to the CCDA food depot, Loaves and Fishes, in Front Royal.

"It's fun, and we get to help other people at the same time," said Walter, 12.

2. Western Regional Office Leesburg

Leesburg

Catholic Charities' Western Regional Office (WRO) serves those in the western portion of the Arlington diocese with emergency assistance for rent, utilities and food.

As a food depot, WRO gave out 38,400 lbs. of food from July 2012 through June 2013, helping almost 3,100 individuals with food assistance.

The WRO food depot underwent a transformation this summer and now allows clients to "shop" around the facility and choose what items their families need, as opposed to receiving pre-

packed bags. The facility also had refrigerators donated so they can offer milk to clients.

Like all CCDA programs, volunteers are critical to WRO, especially in its ability to serve the hungry in the western part of the diocese.

"Every month we have local families who call and offer to bring us any food items that we need," said Martha Michael, WRO pro-



WRO volunteers organize the shelves so clients can choose what items they need.

gram manager. "All of our great partnerships allow us to better serve those in need."

"My family would like to say that Catholic Charities has been an awesome place to lean on. Buying groceries on a fixed income is a juggling act, but knowing that there are loving and thoughtful people like you in the community makes our lives more manageable. Being a diabetic is challenging, but shopping for better choices under this new system works well for our household. Your thoughtfulness means so much to us."

-A WRO client and mother

St. Francis de Sales' KOC coordinates "Share Sunday" food collection for WRO depot

On the second Sunday of every month, St. Francis de Sales parish in Purcellville hosts a food drive known as "Share Sunday." On average, the parish raises 1,600 lbs. of food each month.

Dennis Godfrey, Jack Spisak and additional members of the Knights of Columbus at St. Francis de Sales are key players in the collection, packing up the collected food and delivering it to WRO.

"One of the beatitudes is to feed the

hungry, and that's what the church has gotten behind," Godfrey said. "It's heartwarming to see how the congregation has made this a priority."

Godfrey also spends time volunteering at WRO, giving up about 20-30 hours a month to assist with distribution at the food depot.

"Loudoun is the richest county in the country but there are still pockets of real poverty," he said. "This is one small way that I can help out."

3. Loaves and Fishes Front Royal

One of the largest food pantries in our diocese is Catholic Charities' food depot, Loaves and Fishes, which opened in March 2011 in Front Royal. The depot also partners with Loving Arms In-Home Care, a Catholic nursing home facility, and is located on its grounds.

Loaves and Fishes has one paid employee and about 10 regular volunteers who run the depot. In addition to stocking shelves and assisting clients, volunteers also deliver food to smaller pantries and to people who cannot leave their homes—fundamental needs for this rural area.



From July 2012 through June 2013, Loaves and Fishes distributed more than 320,000 lbs. of food, serving about 200 families per week. As seen by the picture on the left, Loaves and Fishes allows clients to "shop" through the depot so they can choose what items they need.

With increased funding for food assistance and plans for a centralized food distribution warehouse, we can better feed people in all 21 counties of the diocese—in and outside the "beltway." To learn more or become involved in our food ministry program, please contact James Michels, Vice President for Development, at JMichels@ccda.net or 703-841-3841.

Fruits of a Bountiful Harvest at Christ House

Volunteers plant and maintain garden to feed the hungry in Alexandria



Above, volunteers work on the garden in June. Below, the fruits of their work by August.



GET INVOLVED!
If you would like to donate fresh produce or volunteer at Christ House, please contact Sister Annie at AJuan@ccda.net or 703-548-4227.

The fruits of a bountiful summer harvest are now being served at Christ House, thanks to many dedicated volunteers and Sister Annie, volunteer coordinator at Christ House.

The garden behind Christ House in Alexandria was blessed in a groundbreaking ceremony on June 1. More than 25 volunteers came with their own tools, compost and seedlings, helping the Christ House residents transform a previously neglected piece of land into a fresh and developing garden.

Since then, volunteers and the residents work on the garden daily—helping to water, weed and prune the garden.

The parcel of land belongs to the Meushaw family, who also owns the office building and parking lot directly behind Christ House. The Meushaws are leasing the sliver of land to Christ House for \$1 to plant the vegetable garden.

Red and green peppers, tomatoes, squash, eggplant, cucumbers and herbs are a part of the initial harvest. They have been served at the Christ House Community Table—which provides a hot meal for between 60-80 people each night of the year. The vegetables have also been given away at the Christ House food pantry.

Volunteers are also committed to creating a bountiful harvest from the garden at St. Martin de Porres, a senior day center. The senior participants have also gotten involved with the garden this year.

The garden has yielded enough fresh produce for the seniors to take home more than 150 bags of produce. Amber Dewey leads the group of volunteer gardeners, which this summer has included students from St. Mark's and Our Lady of Good Counsel schools.

St. Veronica Parish Donates Produce from Garden

The mission of our vegetable garden at St. Veronica is to live out, in a small but very practical way, our solidarity with the poor by providing fresh and nutritious produce. Parishioner Sandy Greeley had the idea for the garden to be planted and tended by our parishioners who then distribute the food to charity. In this way, we are able to build community through our work and God's creative action. We want to re-awaken the connection with our Creator who is the source of all that is good.

—Fr. Edward Hathaway, Pastor at St. Veronica Church in Chantilly

Parishioners at St. Veronica in Chantilly also harvest a garden each summer and dedicate a portion of the crops to Catholic Charities. Fr. Edward Hathaway, St. Veronica pastor, recently blessed the organic garden which is located on the parish grounds.

Sandy Greeley, a cook by trade and a gardener in the making, started the garden as a way to provide farm fresh food for people who ordinarily might not have access to it. The garden has doubled in size since its origin in 2010.

"It is a wonderful feeling to be able to help people like this," Greeley said.

With the help of dedicated volunteers from the parish community, including

her co-gardener Joe Fernandes, Greeley and her team have grown tomatoes, green beans, cucumbers, squash, spinach and other lettuces this summer.

Fernandes, who grew up in Kenya watching his mother tend her vegetable garden, is a "Master Gardener" and stops by St. Veronica's often to tend the garden.

Each week Greeley makes a large delivery to Christ House in Alexandria where the produce is given out to visitors to the food pantry. A portion of the yield is also delivered to the Dominican Sisters in Linden.

"It's a great pleasure," Greeley said. "We are very happy to do this."



Sarah McLain, a St. Veronica's parishioner and garden volunteer, harvests vegetables to take to Christ House.

Meet Dr. Michael Horne, Psy. D.

Program Director at Family Services, Fredericksburg

How did you come to Catholic Charities? Prior to starting here in May 2012, I was working in private practice. I felt like my ability to address the needs of the community was limited to the people sitting in front of me. However, as a Catholic Charities employee, I am a part of something bigger than myself and my clients—we are transforming lives across the diocese.

What exactly do you do in your role? I spend about half of my time seeing a variety of clients who are hoping to overcome marital issues, mood disorders, traumatic experiences or other mental health concerns. I also handle the managerial side of the clinic—staff development, writing grants, program expansion and networking with local

agencies that share CCDA's mission. Most of my time is spent in Fredericksburg, but I also travel to Colonial Beach a few days a month to see clients.

What is the most challenging part of your job? Finding more resources so we can hire more clinicians and help more people.

What is the best part of your job? The thing I look forward to the most is interacting with the people I work with—both colleagues and clients. It's a phenomenal gift.

Why are you passionate about Catholic-based psychology? We see each client as a child of God created in His image and likeness—that belief changes everything. It's completely different than seeing a client as a collection of symptoms or a series of problems. We want our clients to fully develop into the person that God has called them to be.



Previously, Horne spent three years working for PBS in Houston. He pursued psychology after a "reversion" to the Catholic faith, where he felt like God was calling him to something more.

Counseling Services Expand Across Diocese

In August, Catholic Charities of the Diocese of Arlington (CCDA) opened two additional parish counseling hubs at St. William of York parish in Stafford and St. Elizabeth of Hungary parish in Colonial Beach. Family Services already has six counseling locations—in Arlington, Burke, Fredericksburg, Lees-



St. Elizabeth of Hungary is located in Westmoreland County, which has the highest rate of suicide in the diocese with 25.8 suicides per 100,000 persons according to Mary Washington Hospital.

burg, All Saints parish in Manassas and Christ the Redeemer parish in Sterling.

Fr. Francis de Rosa, pastor at St. Elizabeth of Hungary, approached CCDA about opening a satellite counseling clinic at his parish, offering a meeting space on the parish grounds and immediately adjacent to the Our Lady of Guadalupe Free Clinic.

"St. Elizabeth's Church in Colonial Beach undertakes, perhaps, the most fruitful outreach to the community that our small town has to offer," Fr. de Rosa said. "We are able to provide food and emergency cash assistance, and the Guadalupe Free Clinic provides more than \$1 million in free health care annually. Providing mental health care in cooperation with Catholic Charities is a logical next step in our mission to serve Christ's poor and needy in this far-off corner of the diocese."

Dr. Michael Horne is offering coun-

seling at St. Elizabeth's on a part-time basis. Another CCDA clinician, Anne Devine, is running a filial family program which focuses on improving parent-child relationships. It was started at St. Margaret of Cortona to help break intergenerational homelessness.

"There are two big obstacles for people to receive mental health counseling—time and expenses," Horne said. "With locations across the diocese, we are addressing both of those barriers because people don't have to travel as far. We want Catholic Charities to be where the need is greatest."

GET INVOLVED!
We offer counseling services at a reduced rate, sometimes as little as \$5 a session, for the vulnerable in our diocese. If you would like to help offset these costs, please contact James Michels, Vice President for Development, at JMichels@ccda.net or 703-841-3841.

Catholic Charities Ball

Sustaining our annual operation; spreading the spirit of charity among the faithful

The annual Catholic Charities Ball provides critical funds to help us meet the needs of the poor; it is essential to filling the gaps so we can continue to extend programs and services to people of all faith. For more than 30 years, the Ball has raised awareness among lay leaders and people of good will who wish to support Catholic Charities as we serve people in need of professional care and Christian compassion.

Please consider supporting—even if you are unable to attend—this important fundraiser. We hope past supporters will also renew their sponsorship again this year. Below is a list of the 2013 supporters who gave \$2,500 or more; we are also grateful to the hundreds of other 2013 supporters not listed.

2014 Catholic Charities Ball: Friday, February 21, 2014

For more sponsorship information or general information about the 2014 Ball, please contact James Michels, Vice President for Development, at jmichels@ccda.net or 703-841-3841.

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The Mission, Summer 2013

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