



The Mission

Catholic Charities of the Diocese of Arlington

Summer 2009

Counselors Help Couples Keep Their Marriages Strong

Photo by Jeanne Spaeth



Counselors Pat Cole (left) and Jessica Chan finalize details of their presentation.

Catholic Charities and the Diocesan Office of Family Life co-sponsored a series of free workshops this past spring about common problems in marriage such as miscommunication and disagreements about managing money. Pat Cole and Jessica Chan, both licensed clinical social workers in Catholic Charities' Family Services, focused on

"Couples' Communication" at a May 4 session that drew 62 participants at Our Lady of Good Counsel Parish.

"Disagreements are normal in marriage," said Cole, "but the way you argue can determine a great deal about the general quality of your marriage. There are certain tools you can use to help you argue in a healthy way. For example, avoid character assassination such as 'you're so selfish,' which focuses on the person rather than the problem, which might be needing help to do the dishes."

Chan gave some additional tips: "Focus on the current problem rather than bringing up things from the past. Ask your spouse if this is a good time to talk. When you're wrong, admit

it. When you're right, you don't need to rub it in! Consider what is best for 'us' in each situation."

Cole urged couples to remember the little things like "saying good-bye in the morning, reconnecting at the end of the day, and trying to keep 'friendship' and 'fun' alive in marriage."

David Cavanaugh, program director of Family Services, reports that requests for counseling are increasing. "The current economic crisis is causing stress in some families," he says, "and our waiting list now numbers more than 50 individuals."

Family Services is an accredited mental-health service provider offering out-patient counseling. Fees are based on a sliding scale; medical insurance is accepted. Call 703-841-2531 for more information or go to www.cdda.net.

Bishop Encourages Staff and Supporters

Christ House was pleased to welcome Bishop Loverde April 29 when he came to offer the monthly Mass in the shelter's chapel. Attendees included Catholic Charities' staff and supporters.

The bishop encouraged attendees to continue their work for those in need, and he called Christ House "a tangible expression of our concern for the poor" and "a visible testament to

allow God's love to become real, tangible, and effective."

Noting that saints can inspire us by their example, the bishop spoke about St. Catherine of Siena, whose feast day is April 29.

"She gave her entire life to be a bride of Christ," he said. "She joined the 3rd order of St. Dominic, lived at home, and gathered a large group of friends about her. She influenced their lives by her counsel and the wit-

Photo by Jeanne Spaeth



Bishop Paul S. Loverde

ness of her life, eventually influencing the entire Church and giving counsel and advice to the Pope."



Stephen Luteran

FROM THE DESK OF Stephen Luteran

We have been blessed in completing another year of “Bringing the Gospel to Life” by serving those in need in our Diocese.

As we begin our new fiscal year, I want to thank you for your support in helping to advance our mission and embody the spirit of charity

and justice.

We are called to be a people of hope. Hope is often tested during difficult times.

This past year, we faced many difficulties and challenges in keeping up with requests for help. But, with your support, we were able to assist thousands of people who turned to us.

It takes many people to make Catholic Charities work, and each of us plays

an important part. Together, we are truly making a difference to those who walk through our doors everyday.

Our light must be a beacon of hope for those in need.

We pray for your continued support.

Stephen Luteran, M.S.W., L.C.S.W.
Executive Director
Catholic Charities
of the Diocese of Arlington

Jobs Ministry Offers Hope

Catholic Charities’ new job ministry, Christians Are Networking (CAN), encourages job seekers to have hope and resourcefulness in the face of the national economy’s rising unemployment rate, which reached 9.5% in June according to the U.S. Department of Labor.

At weekly sessions, CAN organizers Bill Hummel, Elizabeth Lucas, and other volunteers lead unemployed individuals in prayer and then offer workshops in such key areas as résumé preparation, networking, and interview skills.

Lucas encourages individuals “in career transition” to view their situation as an opportunity. “There are not many do-overs in life,” she says. “This is an opportunity to find that thing in life that is truly going to make you happy. A CAN job search distinguishes itself from a secular approach by integrating God and prayer into the process.”

Citing the example of a newly unemployed accountant who came to realize that he really hated working as an accountant, Lucas advises, “Find your vocation instead of just a job. Pray for discernment. Use this as an opportunity to grow closer to God. He is in this with us. Reconnect with your family, especially if you lost a job that required a great deal of time



Photo by Bill Hummel

Roger Campbell reviews résumé preparation at a recent CAN workshop.

away from home.”

Hummel says, “Much has been written recently about our country’s ‘greatest generation.’ I hope history will look back and find our current generation’s response to this economic crisis as one where we all helped each other and had a renewal of faith and hope to be all that God calls us to be.”

Free sessions are held Thursdays from 6:30 to 9:30 p.m. at St. Martin de Porres Senior Center at 4650 Taney Avenue in Alexandria.

For more details about CAN as a job-seeker, volunteer, or coordinator for a new chapter of CAN, call 703-683-7704 or 703-830-5467 or go to www.cdda.net/programs_jobs.php.

News in Brief

- Catholic Charities thanks St. Joseph's School in Herndon for its generous delivery of food to the agency's Western Regional Office in Leesburg at the end of the school year. Students collected a large supply of canned ravioli for the hungry.

- A \$25,000 grant from the Neighbors in Need Fund of the Community Foundation for the National Capital Region will help support Catholic Charities' programs providing food, clothing, shelter, and emergency financial assistance to needy clients in FY2009 and 2010.

- A food drive organized by St. Mark Church this past spring provided three and a half van loads of food to the Christ House food pantry. Thanks goes to St. Mark parishioners for their generosity.

- St. Anthony Parish and Catholic Charities organized a "Day of Hope" at the parish on June 20 for individuals who are unemployed, in need of food, facing possible eviction, or troubled by other financial or legal problems. Information booths and workshop sessions focused on such areas as job hunting, personal financial management, preventing eviction or foreclosure, dealing with stress, and applying for food stamps. In addition to offering free counseling sessions and legal advice, the event provided 45 families with bags of food.

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Catholic Charities Ball Tradition Continues



Photo by Jennifer Morris

Bishop Paul S. Loverde (above center) celebrates the 27th annual Catholic Charities Ball with (left to right) Ball Co-chair Joayn Bahr, Catholic Charities' Executive Director Stephen Luteran, Ball Co-chair Carol Reskovac, Special Gifts Coordinator Carolyn McMillan, and Special Gifts Chair Christopher Lindsay.

The final tally for the February 20 event, held at the Ritz-Carlton in Tysons Corner, was \$485,000 to directly benefit the programs and services of Catholic Charities.

Luteran said, "We thank the generous, faithful supporters of the Ball."

The agency's web site (www.cdda.net) lists the full roster of 2009 Ball contributors.

Naturalization Workshops at More Locations



CDDA file photo

Citizenship applicants are assisted by Hogar Immigrant Services' Program Director John Odenwelder (left) and Legal Services Group Manager Michelle Sardone.

To make its Naturalization Workshops more accessible to immigrants seeking help in applying for citizenship, Catholic Charities' Hogar Immigrant Services added two new locations this year: Purcellville and Sterling.

At the workshops, attorneys and trained volunteers assist legal permanent residents in completing the lengthy Form N-400,

Application for Naturalization.

After going through a series of workstations, each applicant leaves with a completed application that has been reviewed and signed by an experienced immigration professional, as well as with required passport photos and an envelope addressed to the U.S. Department of Homeland Security.

To help applicants later take the required citizenship test, Hogar offers citizenship classes to prepare for the exam. Seventy-nine of 81 Hogar students passed the test this past fiscal year.

For information about Naturalization Workshops, which are held about every six weeks, or citizenship classes, call 703-534-9805, ext. 250, or go to www.cdda.net and click on "calendar."

Golfers and Sponsors Support Programs and Services

Thanks goes to golfers and sponsors of the 2009 Catholic Charities Golf

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Winners at the June 22 event at the International Country Club in Fairfax were Jason Miller for the putting contest; Yang Shim, Patrick Leonard, Jason Miller, and Jones Talent for the team with lowest gross score; Jim Richards, Mike Liapis, Mike Jimenez, and Ric Molen for the team with lowest net score; Mike Liapis for male player with longest drive; Lynn Stephenson for female player with longest drive; Tom Skiavo for player with straightest drive; Gene Ostrowski for male player closest to the pin; and Mary Jo Gibson for female player closest to the pin (photos at www.cdda.net).



Photos by Jeanne Spaeth



Rick Johnston and Anne Gordon (top left and top right) do their best at the 17th annual Golf Classic. Golfers (lower photo) from the Knights of Columbus (Mt. Vernon Council) take a break before starting their game.

Stephen Luteran said, "We thank all supporters, especially Golf Committee organizers Bob Fitzpatrick, Tom Kelley, Butch Poplin, and Yang Shim."

Prison Ministry Focuses on After-Care

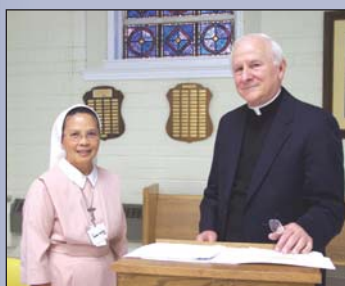


Photo by Lisa Socarras

Sr. Connie welcomes Fr. Michael Bryant to the prison ministry conference at St. Thomas More Cathedral.

Without help to find employment, housing, and community connections, more than half of released prisoners will end up back in jail, according to Fr. Michael Bryant, D.C. Detention Facility chaplain, who spoke at a June 7 prison ministry seminar cosponsored by

Catholic Charities and Truro Church. Fr. Bryant stressed the importance of after-care and of providing released inmates with mentoring support.

Shirley Coffield, administrator of Truro Church's after-care program, said that mentors receive training in such areas as listening and substance-abuse issues and meet inmates before their release and afterwards for up to 6 months.

Sr. Connie Parcasio, prison ministry director for Catholic Charities, said, "Ex-inmates need the support of persons in the community to walk the difficult road to transition. Without such help, it is likely that they will return to their former ways."

To assist, call 703-841-3832.

St. Martin's Spruce Up



Photo by Marjanne McMillan

Volunteers recruited by Rebuilding Together Alexandria did a great deal of landscaping and indoor work at Catholic Charities' senior center on April 25. Volunteers from PerformTech repaired divider walls inside St. Martin de Porres Senior Center and planted new shrubs and flowers outside. The seniors and staff thank the volunteers for their generous work.

Call 703-751-2766 for information about the center.