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Forward to a Friend

June 2018

Thoughts From Cheri



"Give thanks to the Lord, for he is good, his love endures forever." -
Psalm 118:1

I heard recently that being grateful dispels fear and anxiety. What an image! Imagine a ray of light (gratitude) dispelling the darkness of fear, doubt and anxiety! It makes sense. When I focus on the things that are going well, the people in my life, my health, my home, my friends and my work, I feel lighter. Gratitude leaves much less room for negative thoughts and feelings. For example, the next time you are worried, thank God for whatever it is you are worried about: "Lord, thank you for all that I have to do today. Thank you for my vehicle that works and my good health. Thank you for my co-workers and my employer. Thank you for my family and friends who support me. Thank you for helping me with all that I need to accomplish today." See if you can come up with 25 things for which you are truly grateful. In this way, we can be light not only for ourselves, but for each other.

Cheri Bush
Development Director

We have so much to be thankful for in Bloomington

The Bloomington Health Foundation unanimously approved \$114,000 to add a Case Worker and \$150,000 for a Mental Health Therapist to join our staff in Bloomington. This is a \$264,000 total gift over the next three years to enable us to serve 1,600 more people each year in need of help, hope and healing! <https://bloomhf.org/news/our-focus-2018/>

We have so much to be thankful for in Bedford

Our efforts to raise \$100,000 for Becky's Place by June 30th are going well. To date, we have raised a total of **\$56,671.15!** If you would like to help us reach our goal, please stop by Bedford Federal or Becky's Place or email Cheri Bush cbush@archindy.org for more information.

Thank you for your support!

Want to help?

Take a slice out of homelessness

The entire sale price of your \$1.99 fruit pie goes to help homeless women and children at Becky's Place.



What's Your Slice?

Where: Pappas, 2615 Mitchell Road, Bedford, IN 47421 (NEW LOCATION)

What: The entire sale price of your \$1.99 fruit pie goes to help the homeless

When: Every Thursday starting August 10



Help Catholic Charities by shopping for groceries at no extra cost to you!

1. Register your Kroger Plus Card at Kroger.com/communityrewards (if you do not have one, they are available at the Customer Service desk at any Kroger)
2. Click on **'Sign In'** or **'Create an Account'**
3. Search for **'Catholic Charities Bloomington'** or enter **'15757'**
4. Click **'enroll'**.
5. Help Catholic Charities every time you shop!



Catholic Charities
803 N. Monroe Street
Bloomington, IN 47404

Becky's Place
1108 5th Street
Bedford, IN

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