



Community Partner



Working to Reduce Poverty in America.



ARCHDIOCESE OF INDIANAPOLIS  
The Church in Central and Southern Indiana

## SAVE THE DATES

### Bloomington Play Therapy Ribbon Cutting

**Date:** Wednesday, November 13th  
**Time:** 5:30pm  
**Location:** Catholic Charities Bloomington  
**Details:** Come and see our new space and find out more about the work being done at Catholic Charities Bloomington.

### Becky's Annual Thanksgiving Day 5K Run for Hope and one-mile family walk

**Date:** Thursday, November 28th  
**Time:** 9:30am-12:00pm  
**Location:** On the Square, J Street, Bedford  
**Details:** [www.beckysplacebedford.org](http://www.beckysplacebedford.org)

### Becky's Place Christmas Open House

**Date:** Tuesday, December 10th  
**Time:** 6:00p.m. – 8:00p.m.  
**Location:** Becky's Place Shelter for Women and Children (1108 5th Street, Bedford)  
**Details:** Shelter Tours with former residents, Silent Auction, Christmas Cookies, Holiday Decoration and more.

### Becky's Place Mardi Gras

**Date:** Saturday, March 7  
**Time:** 6:30p.m. – 11:00p.m.  
**Location:** Shamrock Event Center  
**Details:** Live auction, New Orleans cuisine and Live Music

### Legacy Gala

**Date:** Friday, April 24th  
**Time:** 6:00pm  
**Location:** J.W. Marriot Indianapolis  
**Details:** The first annual Archdiocese of Indianapolis Legacy Gala benefitting Catholic Charities, Catholic Schools and Bishop Simon Brute College Seminary. More information will be available soon.

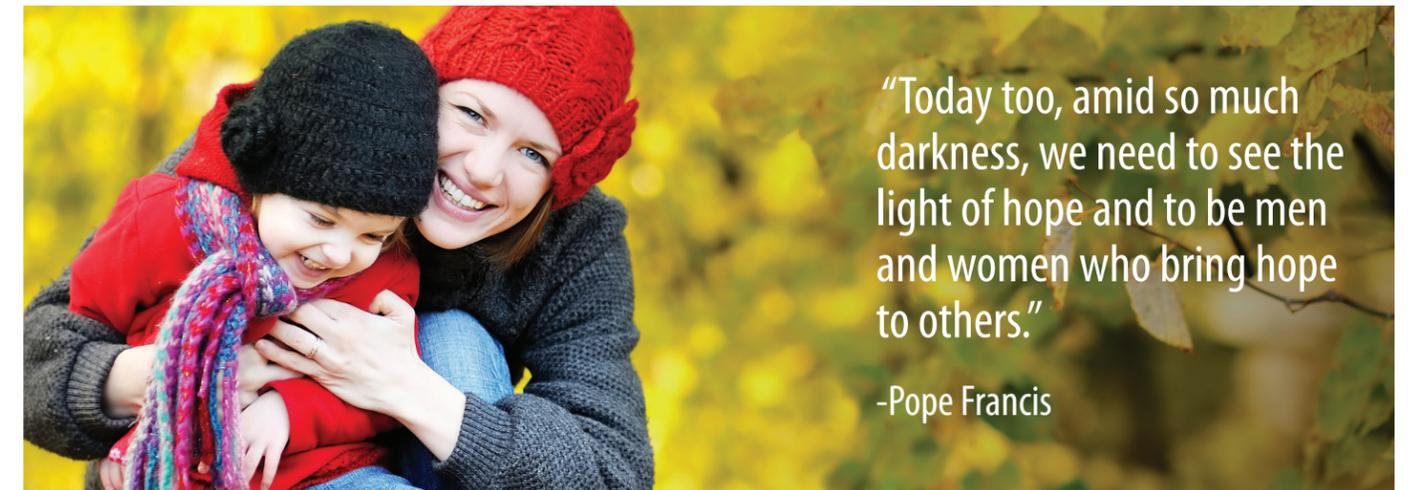
### Bloomington Annual Breakfast

**Date:** Tuesday, May 12th  
**Time:** 7:45am-9:00am  
**Location:** IU Memorial Union  
**Details:** Enjoy a breakfast with other community leaders and learn about what is happening at Catholic Charities Bloomington

Follow us on Facebook at "Catholic Charities Bloomington" and "Becky's Place"

# Catholic Charities

Fall News 2019



"Today too, amid so much darkness, we need to see the light of hope and to be men and women who bring hope to others."

-Pope Francis

## Catholic Charities will continue to be 'light' for others

Women and men who bring hope to others—that's the mission behind what we do here at Catholic Charities in the archdiocese. Many of the individuals we serve come from experiences of darkness: the loss of a job, an illness, a breakdown in their family structure. Many face homelessness and hunger.

At Catholic Charities, our work of bringing hope is more than just giving those in need a roof over their head or food to eat. It's about helping people become self-sustaining and realizing God's will for them. Life transformation is our goal.

On November 20, Catholic Charities of the archdiocese of will be celebrating its 100th anniversary with the theme "Be the Light."

From its very beginning, Catholic Charities has been a pioneer in social services, leading the way in providing a holistic approach to an individual and family in need. It led the way in many innovative social service programs and partnerships with other Catholic health care and educational institutions.

Catholic Charities has grown tremendously throughout the years and the work of Catholic Charities Bloomington and Becky's Place in Bedford provides professional mental health and homeless services to over 1,000 individuals annually. The majority of those served are children under the age of 18.

Although a lot has changed since our founding in 1919, our mission has remained constant: *to provide service to those in need, to advocate compassion and justice in the structures of society, and to call all people of goodwill to do the same.* Our focus is on helping those who can move out of poverty and caring for those who are not able to do so. We serve in this way because our Catholic faith compels us to serve those on the margins and those who are most vulnerable.

Catholic Charities have been nimble and efficient throughout our history in providing compassionate and effective care. As we look toward the future, there is a tremendous need for Catholic Charities services to be present in both Bloomington and Bedford.

Please know that Catholic Charities commitment into the next century is to provide help and hope for our neighbors in need. If you'd like to know more about Catholic Charities 100th Celebration events, please visit our website <https://www.archindy.org/cc>. I ask that you pray for the staff and volunteers of Catholic Charities that we will continue to shine Christ's light for all we serve.

*David J. Bethuram*

David Bethuram  
Executive Director

## Bloomington Success Story

When John\* first came to Catholic Charities, he had not felt like himself for a long time. He was dealing with depression and anxiety, on top of a mobility limiting physical handicap. Many of John's issues were related to past trauma, which caused him to experience PTSD symptoms regularly. All this left him feeling hopeless, powerless, and with low self-esteem. He tried several other counselors in the past but had not had good experiences. He was frustrated, discouraged, and not sure where to turn.

At Catholic Charities John found his therapist easy to talk to because of their experience with individuals with disabilities. His therapist was quickly able to reach him through empathetic listening, honesty, and humor. Through therapy, John was able to process his struggles as a person with a disability and reclaim his identity. We worked through self-defeating thoughts and negative beliefs imposed by others and society. He developed the ability to catch himself in negative thought patterns and redirect himself

through journaling and other coping skills. Catholic Charities helped John reprocess his trauma using EMDR. He learned to use self-care and positive affirmations to remind himself of his worth and resilience. Today, John is feeling more like himself than he has in many years and enjoys activities that are important to him.

*\*Name changed for privacy*

For more information about our therapy programs visit our website at [ccbin.org](http://ccbin.org)

## Bloomington Play Therapy Remodel

Thanks to the generosity of a donor, the play therapy room at Catholic Charities Bloomington is getting an upgrade. The play therapy area is moving to a larger room in the building that will allow more space for the children that utilize it. The room will include furniture donated

by Paul Nord, a carpenter at Sun Circle Farm. Paul built all the furniture out of a single oak tree. Catholic Charities staff donated their time to help prepare the new play therapy room by giving it a new coat of paint. We are excited to have a new space to provide play

therapy as an option for children that are struggling with a mental health challenge. A special dedication of the new play therapy room will take place on November 13th at 5:30pm.



## Becky's Place Success Story

Sally came to Becky's Place in a broken state having lost her son to a unfortunate circumstance. She stayed to herself and it took her about two months to warm up to staff and other residents. At the time, a Becky's Place case manager knew her son, and that helped her feel more comfortable and cope with her grief. She slowly warmed up, and finally started to show her true, sweet side. She had trouble getting out of bed to find a

job, but she managed to get one. She had trouble getting out of bed to get her goals done, but she always got them done.

Sally was at Becky's Place for nearly a year and needed all that time to find herself again. After a while, she started smiling again and felt well enough to spend time with her grandson, her son's child. Before she moved out, she was always smiling. The year before, you wouldn't have

heard but maybe two words from her. Seeing that change in such a short time was phenomenal.

It is stories like Sally's that makes the works of Becky's Place worthwhile. Being able to see a woman go from a broken state to bright and outgoing is what Becky's Place strives to do each day.

For more information visit our website at [Beckysplacebedford.org](http://Beckysplacebedford.org)

## Is your Church participating?

No Room at the Inn is our local church campaign for Becky's Place at Christmastime.

## Service Opportunities for Youth Groups

Becky's Place is looking for church and other youth groups to help residents move out of the shelter and into their permanent homes. This is a great opportunity for those looking for service hours or a way to give back to the community. Thank you to Toby Adams and the Mt. Pleasant Christian Church Youth Group for their recent help. For more information on how your youth group can get involved, contact Becky's Place at (812)275-5773

## No Room at the Inn

Support Becky's Place this Christmas Season

Our Goal is  
to get **25 Churches**  
to reach **25 Families**  
to contribute **\$25.00**  
by December 25

**BECKY'S PLACE**  
Providing Shelter. Creating Hope

[BeckysPlaceBedford.org](http://BeckysPlaceBedford.org)

