



# Caritas Outreach Ministries

1612 W Dalke Ave, Spokane, WA 99205

509-326-2249

[www.caritasoutreachministries.org](http://www.caritasoutreachministries.org)

Open: M 10:30-1pm & W/Th 10am to 1pm

Executive Director – Lauri Clark-Strait

Operations Manager – Kelsie Rowland

Spring 2016

## Kaye DeLong: Testifying to Her Touch

Caritas celebrated the life of Kaye DeLong, the past Executive Director who served Caritas from 1999-2015, on Sunday January 31, 2016 with a gathering of volunteers, past clients, Board members, and even a friend from college who had learned of Kaye's passing and wanted to share her memories of a dear friend. Kaye died on January 5, 2016 after suffering from cancer for many years. At the memorial, those in attendance were asked by Fr. Mike Savelesky, former pastor of Assumption Parish, to reflect and share personal testimony about how their lives were touched by Kaye's love, care and concern. Peggy Finnegan, a volunteer at Caritas for the past three years, spoke of how Kaye "had her finger on the pulse of Caritas - she knew the clients and what their special needs were." Fr. Mike commented, "During my eleven years of pastoral service at Assumption, I came to deeply appreciate the role of Caritas and its inspiring leaders - Kaye DeLong in particular. The partnership we established has provided Assumption an avenue to reach out in love and practical care to those to whom the Gospel most clearly obliges us. As a pastor I could always count on the stewardship, but also the compassionate care exercised at Caritas. In so many wonderful ways Kaye DeLong personally embodied the Gospel values incarnate in its ministry. "

Bob Walker a current Caritas Board member told us how mischievous Kaye could be, and others described how Kaye's personality was bigger than life, how she filled a room with her presence, how she remembered everyone's names and situations. A client and a mother of ten, told us how Kaye would always ask how they were doing and encourage them to take extra bread, or a cake home that week. Kaye made an impact in the Spokane community. Sue Miller who worked alongside Kaye for many years, said "People from other agencies respected Kaye's wise and prudent discernment. Kaye was always well aware of the stewardship entrusted to her. She dispensed of donated goods and funds carefully, and was frugal with overhead expenses, knowing that donors expected her to do good work with their gifts to Caritas." Doing good work, reaching out to those in love, bringing a smile to a hurting family and not just a handout, welcoming all to help with this wonderful ministry, will be Kaye's legacy. As Fr. Mike said, "Blessing us so richly in life, may she now be embraced by God's eternal love and peace". We will miss Kaye terribly but are comforted in our belief that she is with our God in heaven.



**Caritas Necessities Campaign**

February is a month of showing our love. During the month, Caritas will be gathering necessities (i.e. toiletries, paper towels, laundry detergent, etc.) for our clients to show them how much they are loved. We invite you to do the same.

Each Monday we will post a list of needed items. We ask that you consider how often you use the items listed and how much that would mean to someone else.

Caritas is located at 1612 W. Dalke in Spokane  
Volunteers are here M,W,Th from 9:30AM to 1:00PM to accept your donations.



### The Food Bank needs the following:

Canned Veggies      Soups      Canned fruit

*Spaghetti sauce and assorted tomato stuff*

PACKAGES OF SPAGHETTI      Canned beans—all kinds

Mac N'Cheese      Rice      Cereal

*Peanut butter & Jelly*

**Hand lotion, shampoo, paper towels, and Band Aids**

# Christmas at Caritas

*Because that's what kindness is. It's not doing something for someone else because they can't, but because you can.*  
~Andrew Iskander

Christmas is always a special time, but this Christmas at Caritas was exceptional. We had decided we wanted to do a few things to enhance our client's holiday experiences and touch their lives with a bit of kindness. In doing so, each of us was touched more deeply than we could have imagined - by the kindness and generosity of our Caritas community, friends and supporters. Practically every day between Thanksgiving and New Year's, Kelsie and I were moved to tears.



We connected with the Phytt Society, a group of wonderful women who put together bags of gifts for a number of adults who were on their own for Christmas. The Criminal Justice program at SCC adopted a family through us and completely "did Christmas": tree, caroling, food, presents, the works). A Rotary Club and a variety of church groups and individuals also sponsored families. Preschool children gathered food. School children gathered gifts. Quilters and knitters brought in blankets and hats for people of all ages. An individual who had just lost his sister and caregiver donated multiple stuffed animals. Women's groups put together gift baskets for door prizes. Our sponsoring churches brought in food and presents and monetary gifts - including over \$3500 for Holiday Heat and Utilities. Caritas Volunteers gave their time, their talents, their energy, their personal finances, and their joy (along with their delicious food) to throw a Christmas party for our clients. Santa, Woodstock and Snoopy even gave up some of their precious time to visit our party and distribute some of the gifts collected for our clients' children.

It was an exceptional Christmas at Caritas. It began by us wanting to help those who couldn't. It culminated with the beautiful spirit of giving because so many of you could. Thank you for your unsurpassable kindness.

**Lauri Clark-Strait**  
Executive Director



*Thank you so much to all the donors and volunteers that make Caritas possible. Caritas has been a ministry that continues to bless our family. God uses you all as an agent of Blessing us so we can pass the Blessings to others. May God bless each of you! - The Palmers*



### Faces of Caritas

Sue Travis has been with Caritas Outreach Ministries for five years. She first got involved by attending an Open House event at Caritas and something she had 'always wanted to do' became a real opportunity to serve. She has rotated through different volunteer stations and is currently keeping data records up to date as well as doing store pick ups to fill our bread wall! Very recently, Sue also became an active board member for Caritas.

Sue says, "Caritas is a chance to be a part of something doing good," and she appreciates the role of our supporting churches that come together to serve God on common ground.

Sue's volunteer tip is to help where you are. You don't have to travel out of your way to find a need. See what you can do during your normal weekly routine that is in line with the passions and gifts God has already planted on your heart.

## Getting to Know Our Clients

At Caritas, we believe in ministering to the whole person. Connecting with clients on an individual level is just as important as meeting a physical need with food. It's amazing what comes up in conversation when you take the time to get to know someone. Many times, we find there is another need we can help fill or find a service for.

"K" is a food bank client who has been unable to work due to physical limitations. We connected her with the Phytt Society, one of our Christmas sponsors, seeking to bless seniors who live alone. After the holidays "K" came into the food bank to share a thank you. That sponsor gift moved her to tears. It was the only bit of Christmas she had this year. She recently underwent surgery as well, compounding the emotional exhaustion. Knowing she was cared about got her through the season. We were also able to tailor a food order to match her post-surgical requirements thanks to the generous donations to our food bank.

What might be considered a small effort on your part can mean the world of difference to a neighbor in need. I feel so blessed to be in a position to match services to Caritas clients; something I couldn't do without our supporters and donations.

Kelsie Rowland – Operations Manager

*Now that we are in Lent, what we choose to lift up in thought and prayer could be a variety of subjects. Caritas would like to suggest FOOD as a worthy idea to benefit the food bank's need for supplies.*

*Perhaps you and your family can come up with a creative and meaningful way to remind us all of the hunger and poverty here in our city.*

*You might choose a favorite fruit to share with Caritas as you give it up for Lent. How about a can of favorite vegetables for each day you remember God's blessings to us. Maybe work with another family to combine ideas. Look over the list of needs in this newsletter and see what you could contribute.*

*The practice of using your spiritual gift of generosity for the common good will is a blessing to those who are considering the lessons of Lent.*

*How about donating a can a day for 40 days? It would be a daily reminder that others are hungry during this season of prayer, fasting and almsgiving.*

*Thank you to all who give so that others can eat nutritious meals.*





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U.S. Postage  
**P A I D**  
Spokane, WA  
PERMIT #4

Caritas would like to welcome a new participating church, Sozo Church on Woodside Ave!



Caritas would like to thank Del & Joan Olson for donating 16 beautiful quilts and fun knitted hats!



*Caritas is collecting small items to put into plastic Easter eggs for our Easter Egg Hunt*

*on Saturday March 19<sup>th</sup> at 1 pm*



Yes I want to help Caritas Outreach Ministries with a donation

Please make your tax-deductible contribution payable to Caritas Outreach Ministries

Name \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_