

February

MENU OF ENGAGEMENT

CATHOLIC CHARITIES OF CENTRAL AND NORTHERN MISSOURI

SCAN HERE:



For access to links and PDFs for the items listed below!

February is Black History Month and Heart Health Month. Not to mention the month we celebrate sweethearts on Valentines Day and enter into the penitential season of Lent. With many spiritual gifts available to us this season, we are also called to give selflessly. Whether by alms, service, or prayer, your gift to those in need will minister to their needs and bear fruits you may not see with your own eyes, but can feel in your heart.

See

» **LEARN**

About health outcomes and disparities in diverse communities with the [Poverty and Racism report from CCUSA](#).

» **EXPERIENCE**

What Catholic Charities can offer to local communities by inviting the Health and Nutrition Services team to present to your parish, classroom, or community group. Just call us at **573-635-7719** to learn more or schedule a visit.

» **ENCOUNTER**

Others by participating in hospital ministry, or visiting the ill or homebound in your parish. Call your parish office to see how you can participate.

Judge

» **REFLECT**

“We cannot tolerate or turn a blind eye to racism and exclusion in any form and yet claim to defend the sacredness of every human life.”

- Pope Francis

» **RELATE**

How do you value and care for your health? For the health of others? How could a person’s wealth, location, or demographics like age or race, affect their access to healthcare?

» **UNDERSTAND**

Discuss with your family, classroom, or parish: In the face of discrimination, biases, and health disparities – what are we called to do as the Church?

Act

» **PRAY**

Pray the [Prayer for the Needs of the Sick](#) from Catholic Charities USA with your family, classroom, or parish.

» **SERVE**

Others by creating care packages for local nursing staff, doctor’s offices, or first responders that your classroom, family, or parish group can drop off to show your support.

» **GIVE**

Save three lives this month! Give Blood at the Catholic Charities Red Cross Blood Drive this month in Jefferson City at our Central Office (1015 Edmonds Street, Jefferson City, MO 65109) on **February 13th** throughout the day from **10:00 AM - 2:00 PM**.