

‘Butterfly Brilliance From a Caterpillar Crawl?’

When was the last time you found yourself face to face with a fuzzy, creeping, crawly caterpillar? Do you remember feeling compelled to pick it up and let it crawl its way up your arm or twirl its way around your fingertip; imagining the day when it would be transformed into a brilliant butterfly?

Once that humble caterpillar starts transforming, there is no turning back. Its full potential will be reached and you will soon marvel at the beautiful butterfly in your midst.

In essence that caterpillar is a metaphor for you and me as followers of Jesus.

When we are transformed through our new life in Christ, we begin the process of reaching our full potential. There is no turning back to the old version of ourselves. We are meant to have new life and to have it abundantly.

At Catholic Charities we seek transformation for those we serve. Because of your support our staff and volunteers tirelessly strive for the transformation that allows those we serve to reach their full potential.

When you support the efforts of Catholic Charities you express your understanding that those who are poor in body or spirit start the journey patiently working towards the day when their brilliance shines and brings joy to all they encounter in life. Transformation is always an inside-out process for those we serve.

All of God's blessings that bring about healing begin on the inside of us and is then manifested outwardly. He turns our caterpillar challenges into butterfly brilliance!

What is perhaps the most remarkable outcome is that transformation doesn't end with those we serve. As you provide compassion and support, God's grace is working within you... that inside-out process of transformation is created within you. You are forever changed when you serve as an instrument of God's grace—you take on the brilliant image of Christ. *“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold the new has come.”* Corinthians 5:17



In 2018, with your help, we served 7, 951 persons; over 1,500 more individuals than in the prior year. That is an incredible investment in compassion and a lot of butterfly moments!

You helped transform the lives of children, families in crisis, vulnerable adults, seniors, refugees, the uninsured, the poor, the homeless, and the unborn.

Here are just a few of the inside-out transformative stories* we are able to share because of your compassion.

- Henry, an elderly gentleman with diabetes who was lacking prescription drug insurance was assisted by our Medication Application Service Caseworker with enrolling in programs that allowed him to receive his prescriptions at no cost.
- Brittany, a single mother with two young children, was provided a pathway to move onward to complete her education and upward to employment in her chosen healthcare profession. Her Catholic Charities licensed social worker accompanied her on this journey to self-sufficiency.
- Tom, a young father suffering from depression, was provided with competent and caring mental health services from one of our licensed therapists so that he is now able to re-engage with his wife and children....and retain his employment.
- David, a middle-aged gentleman suffering from multiple losses and challenges, found himself homeless this winter. He was welcomed by compassionate and caring volunteers who staff our Winona Community Warming Center and was connected with various services that are helping him begin again.
- Martha, a widow with no children and suffering from advanced dementia, was provided with respect and compassionate care by a Catholic Charities Caseworker who serves as her court appointed guardian/conservator.
- John and Sue, both suffering the effects of arthritis, are enrolled in the Arthritis Foundation Exercise Program through Catholic Charities' Health and Wellness Program. They are both thrilled to report they are finding renewed strength and flexibility; they are sharing walks and enjoying time with their grandchildren again.

Next time you find yourself face to face with a fuzzy caterpillar I hope it reminds you that there is a butterfly within each one of us. And with your help and compassionate support, we will dedicate our efforts to helping in that transformation process for those we serve at Catholic Charities.

God bless you for believing in our mission and most especially for believing in those we serve. Heartfelt thanks for your compassionate support of the Catholic Charities Annual Appeal—Mother's Day weekend—May 11th/12th.

Your support is life-changing....you are transforming lives and helping them reach their full and brilliant potential!



Mary Alessio—Director of Advancement

*names have been changed in the article for confidentiality