

# SERVICE IN ACTION

October 2023



## The Importance of Our Front Desks

Our front desks are a person's first impression of Catholic Charities.

Catholic Charities' main campus operates several front desks – Emergency Assistance (EA), Immigration Legal Services, Porta Caeli House (PCH), the combination desk for Dental and Pregnancy Services, as well as the main front desk (MAIN). Each of the front desks is similar: they are staffed with volunteers and employees who try to be welcoming, understanding, and patient with clients and guests.

The people staffing the MAIN desk are usually the first people with whom a client will engage, so the people at those desks must be able to determine services a client might need, which usually involves listening to a story and figuring out from that story what programs and services might be helpful. Volunteers need to know about each program and keep up-to-date on operating hours and eligibility requirements for them. Otherwise, no special training is required!

A client at the EA desk might need work clothes, an ID, assistance with a Section 8 housing, or a safe place to

stay. EA volunteers must sometimes triage those who really need help soon against those who might not be in such dire straits. Immigration and the dental/ pregnancy desk help check in clients and refer them to other agencies if CCEOK cannot help them, all in a variety of languages.

PCH front desk volunteers are the kind, compassionate people who guests and visitors encounter during life's most challenging moments. Families of guests who are visiting PCH for the first time are shown the bedroom of their loved one, where the communal spaces are, bathrooms, and where to find the kitchen for meals.

Volunteers at any of the front desks are usually the first contact a family or client has with Catholic Charities, so it is important that those volunteers present a friendly, warm, engaging face to our clients and families who might be distraught or burdened by something many of us might never encounter. We are welcoming them into our facility, and for PCH, into our home!

It takes a special person, but to those who choose these positions, the rewards can be immeasurable!





**CCEOK employees made the night possible by serving our volunteers!**



**Volunteer Appreciation Dinner**

It was a great night of fun, fellowship and food in appreciation of our fabulous CCEOK volunteers.

Eastern Oklahoma Outreach locations will be celebrating their volunteers soon. Ask your coordinators for details!

**Thank you to all of our outstanding volunteers!**





# HANDS OF CHRIST

By Dcn. Bill Monteith

Manager of The Market at Catholic Charities

St. Teresa Of Avila, 16th century Carmelite mystic, once wrote, "Christ has no body on earth but yours. No hands, no feet but yours. Yours are the hands through which He blesses the world." When our Lord ascended to Heaven, He promised that He would send the Holy Spirit to strengthen us and to fill us with the love of Christ. This love must radiate out like a bright light, showing God's love and compassion for all to see. That light shines brightest when we show love and compassion to our neighbor.

In my short time here at CCEOK, I have been humbled and honored to serve amongst some of the most giving people I have ever met. I, of course, am speaking of our volunteers and employees (staff). They have taught me so much about how to be loving and patient and how to serve with joy without counting the cost. It is truly an honor to be part of such a group.

We live in a world where the dignity of the human person has been minimized in the pursuit of wealth and comfort. Our Christian faith teaches us that this cannot be. Every person we serve at CCEOK has their own unique story of why they are in need, but they are all equal in one very important aspect. They, as we, are created in the image and likeness of God, deserving of Christ-like compassion. When we serve those in need, we are serving Christ Himself. It can be hard work, sometimes without any thanks, but we are never closer to our Creator than when we extend a helping hand to our neighbor. Remember the words of St. Teresa and let us all strive to serve God by serving others in love. Vivo Cristo Rey



A big CCEOK

WELCOME

to all of our newest volunteers!

Jerilyn Schulz - Counseling  
Kailey Ghilea - Dental  
Braden Merrill - Dental  
Kathleen White - Dental  
Marion Burnett - Disaster  
Matthew Ramos - Disaster  
Abigail Rivera - Disaster  
Don Robison - Disaster  
Marisela Garcia - Education  
Emily Hagemann - Education  
Judith Jones - Immigration  
Justin Rosinski - Immigration  
DeAngela Wallace - Kitchen  
Tara Dicks - Mary Martha Outreach  
Jennifer Hammers - Mary Martha Outreach  
Michelle Billows - Ministry of Compassion  
Eileen Wheeler - Ministry of Compassion  
Scott Wheeler - Ministry of Compassion  
Ronald Fox - Porta Caeli House  
Greg Husen - Porta Caeli House  
Saxon Little - Porta Caeli House

Your gift.  
Their *hope.*

Every day our neighbors come to Catholic Charities in search of hope. Your donation allows us to say "yes" to the needs of our community. Together, we are Love Changing Lives!

Donate to the 2024 Annual Appeal at [cceok.org/donate](https://cceok.org/donate)

Please wear your CCEOK or PCH shirts to Mass on Annual Appeal weekend October 7th & 8th.





High school Senior Josie McIver spent about a year volunteering at MMO, taking note of the different types of food that was donated, and created, for a Girl Scout Gold project, a 40-page recipe book using many of the food items that MMO regularly receives. The book also contains instructions on how to store, handle, and cook many of the fruits and vegetables someone might get in their basket.

Thank you for helping us in our mission, Josie!

More recipes!



# MARKET HOLIDAY HOURS

NOVEMBER	Sun. 12	Mon. 13 9am - 2pm	Tues. 14 9am - 2pm & 5pm to 7pm	Wed. 15 9am - 2pm	Thur. 16 9am - 2pm	Fri. 17 Closing Early 9am - noon	Sat. 18 Day of Blessings 9am until we run out
	Sun. 19	Mon. 20 9am - 2pm	Tues. 21 9am - 2pm Closed Tues Evening	Wed. 22 Closing Early 9am - noon	Thur. 23 CLOSED Happy Thanksgiving!	Fri. 24 CLOSED	Sat. 25 CLOSED
	Sun. 26	Mon. 27 Opening Late noon - 3pm	Tues. 28 9am - 2pm & 5pm to 7pm	Wed. 29 9am - 2pm	Thur. 30 9am - 2pm	Fri. 1 9am - 2pm	Sat. 2
DECEMBER	Sun. 3	Mon. 4 9am - 2pm	Tues. 5 9am - 2pm & 5pm to 7pm	Wed. 6 9am - 2pm	Thur. 7 9am - 2pm	Fri. 8 CLOSED	Sat. 9
	Sun. 10	Mon. 11 9am - 2pm	Tues. 12 9am - 2pm & 5pm to 7pm	Wed. 13 9am - 2pm	Thur. 14 9am - 2pm	Fri. 15 Closing Early 9am - noon	Sat. 16 Day of Blessings 9am until we run out
	Sun. 17	Mon. 18 Opening Late noon - 3pm	Tues. 19 9am - 2pm & 5pm to 7pm	Wed. 20 9am - 2pm	Thur. 21 9am - 2pm	Fri. 22 CLOSED	Sat. 23
JAN	Sun. 24	Mon. 25 CLOSED Merry Christmas!	Tues. 26 CLOSED	Wed. 27 Opening Late noon - 3pm	Thur. 28 9am - 2pm	Fri. 29 Closing Early 9am - noon	Sat. 30 CLOSED
	Sun. 31	Mon. 1 CLOSED Happy New Years!	Tues. 2 CLOSED	Wed. 3 Opening Late noon - 3pm	Thur. 4 9am - 2pm	Fri. 5 9am - 2pm	Sat. 6



Thanksgiving Day of Blessings is coming up on Nov. 18th!

## UPGRADED RAMEN

1/2 tablespoon cooking oil	1 cup water
1/2 teaspoon minced garlic (or 1/8 teaspoon garlic powder)	1 package instant ramen (seasoning discarded)
1/8 teaspoon ginger powder	1 handful fresh spinach
1 handful sliced mushrooms (optional)	1 egg
1 cup any flavored broth	1 green onion, sliced (optional) sriracha to taste

### Instructions

1. Add the oil, garlic, and ginger to a small sauce pot and sauté over medium for about one minute.
2. Add the sliced mushrooms and sauté for about a minute more.
3. Add the broth and water and bring to a boil.
4. Once boiling, add the uncooked ramen noodles. Boil for about 3 minutes, or just until they are tender. Do not overcook the noodles.
5. Stir in the spinach until wilted. Turn the heat down to low, crack the egg into the broth, and let sit for about six minutes, or until the egg whites are cooked and the yolk is still runny.
6. Transfer the soup to one or two bowls, then top with sriracha and sliced green onion.



## GET INVOLVED



Volunteer with us! [cceok.org/volunteer](http://cceok.org/volunteer)  
 Join our Facebook Group!  
 For story ideas, feedback, etc.,  
 email: [volcommunications@cceok.org](mailto:volcommunications@cceok.org)

MAKE A DONATION!

