



THANKSGIVING NEWSLETTER 2025

1062 N. Koeller Street,
Oshkosh, WI 54902-3245
Telephone: 920-231-2378
Email: info@fathercarrs.org
www.fathercarrs.org

TAI CHI: THE GENTLE PATH TO WELLNESS AND STRENGTH

Tai Chi is recommended by reputable institutions like John Hopkins University, Mayo Clinic and Harvard. With this in mind, Father Carr's Wellness Clinic is committed to community wellness and promoting good health. Wellness is promoting individual well-being, longevity, prevention and minimizing effects of chronic medical conditions. For these reasons, the Saint Francis Free Clinic is offering FREE Tai Chi sessions every 1st and 3rd Saturday at 9 am-10 am. All are welcome.

Tai Chi is a centuries-old Chinese martial art that has evolved into a popular low-impact exercise practiced around the world. Using slow movements, deep breathing, and a meditative focus, Tai Chi offers a unique blend of physical fitness and mental clarity suitable for people of all ages and fitness levels.

Tai Chi is gentle on the joints and muscles, making it especially beneficial when recovering from injuries. Tai Chi builds strength, improves balance, and enhances flexibility. The slow, flowing movements engage the entire body, promoting better posture, coordination, and body awareness.

The mental benefits of Tai Chi are compelling. Regular practice has been shown to reduce stress, anxiety, and depression. It encourages mindfulness and helps calm the nervous system, offering a natural way to manage the emotional pressures of modern life.

Tai Chi is widely accepted and promoted. The top 10 key benefits of practicing Tai Chi include: reducing stress and anxiety, improving balance and preventing falls, increasing muscle strength, enhances flexibility and mobility, relieves chronic pain, improves sleep, better cardiovascular health, boosts the immune system, enhances concentration and focus in addition to promoting mind-body connection.

In summary, Tai Chi is more than just an exercise—it's a holistic practice that nurtures the body, mind, and spirit. For those seeking a low impact, yet deeply effective workout, Tai Chi offers a graceful and enduring path to wellness.

TAI CHI & CHAI TEA - a Chai Tea social follows each exercise session.
EVERY 1ST & 3RD SATURDAY
9:00AM - 10:00AM
FATHER CARR'S PLACE 2B

GRACES UPON GRACES

You've heard the stories, seen them in movies, and maybe experienced it in your own family - the classic scene of everyone coming around a bountiful Thanksgiving table and sharing what they are thankful for. Oftentimes these responses include family, friends, health, memories; all in all, things that are given to us, things we cannot buy. There's a reason that the things that are most dear are what we have simply received. It comes down to the reality that everything is grace.

To fully come to terms with this concept and further appreciate it, we must first come to terms with our own littleness. What is that? Littleness, put simply, is the reality that without God, we are nothing. We cannot buy for ourselves breath for our lungs, a beat for our heart, the ability to fall in love or cherish memories. Every little thing that we have or do is possible because of God. Now, I invite you to pause from reading this for a couple minutes and let this sink in - what if I lived my life knowing that everything down to the literal breath in my lungs was given to me by God?

Yeah, that's a pretty tough pill to swallow. But now I invite you into the freedom this reality gives us. Sure, we can buy things and achieve things and we can do this for our greater good, but somewhere along the line all of that was still made possible through God. We are little, broken, and sinful people who are owed nothing, and yet the God of the Universe wants to freely give us everything out of pure, infinite love and for our greater good. He gives us everything we need to bring us close to His heart, answer the call He has for us, and know a deep joy in each day. This is grace.

Let's take it one step further though - if God can give us everything, why do we still suffer? My brothers and sisters, it is because God can turn our suffering into grace. He is not numb to our suffering; in fact, He experienced every bit of it and much more on the cross. When we suffer it is an invitation to let God show us a new depth of His love, to let Him enter and heal our hearts, to trust that good is yet to come. When we respond to suffering with trust rather than resentment, numbness, or ignorance, we get to see the abundance of graces God pours out because we know the depths of the hurt they are being poured into. This is where our freedom lies, to know that truly everything is freely given to us as a grace from God to bring us closer to His merciful heart.

Maybe this year wasn't what you thought it would be, and the new year can't come soon enough. Before rushing ahead, consider taking one last look not just at what has happened to you, but how God has and wants to work through it. He wants us to receive every grace given to us. He wants us to know the freedom that comes from being little. He wants to show us how deeply He loves us. That is something we can be very thankful for.

Sami Boehm
Contributing Writer

GROWTH

Sometimes I get frustrated when we run into roadblocks at the clinic. A patient's insurance refuses to cover the cost of their medication, which is essential to their well-being, but there doesn't seem to be any good solutions I'm aware of. Someone desperately needs specialty care, but there doesn't seem to be any affordable, reasonable solutions in sight. We are out of diapers again, and we must send someone away empty-handed. Working for a free medical clinic is extremely rewarding but does not come without its challenges and frustrations.

But every day, I am reminded of the beauty of this place, and the tremendous growth we have seen. Our clinic is averaging close to 200 patient visits per month and will have reached a new record of patient visits in a year (520 patient visits in 2020 to 1837 patient visits in 2024). This year, we are on track to surpass 2,000 patient visits. This growth has brought its challenges - needing staff Monday nights with 2 providers to make sure we are able to see everyone without turning people away. But it also means we are providing even more care and love. The word is spreading about the work we do, the care we provide, and people in need feel comfortable coming to us.

We are offering more specialty care than ever before: wellness visits, sleep clinic, foot care, virtual dietician appointments, liver health testing, diabetic educator appointments, psychiatry, etc. The list goes on. And while there are still moments that frustrate me, and goals I have for improving our clinic, I am beyond grateful to God, and to Father Carr, who are looking down on us, answering our prayers, and always providing for us.

I am confident that no matter what challenges we will face, we will continue to grow, improve, and help those in need in our community. I am so proud of our clinic, our staff, where we started, and how far we have come.

Happy Thanksgiving from all of us at the Saint Francis Free Clinic,

Emily Htwe, RN, BSN
Clinic Director
St. Francis Free Clinic



EVERY WEDNESDAY 5:30AM
FATHER CARR'S PLACE 2B



A COMPLETE THANKSGIVING

When our gratitude for the past is only partial, our hope for a new future can never be full. As long as we remain resentful about things that we wish had not happened, about relationships we wish had turned out differently, about mistakes we wish we had not made, part of our heart remains isolated, unable to bear fruit in the new life ahead of us. - Father Henri Nouwen

As we celebrate this Thanksgiving Day, let us remember that God is present in every breath we take, at every moment of every day, good or bad. Let our faith in the Lord provide a renewed hope, not only for ourselves, but for all those around us. Let us give thanks to God our Creator for everyone He brings into our lives.

Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus. - 1 Thessalonians 5:15-18

On behalf of the Staff and Board of Directors at Father Carr's Place 2B, I would like to wish everyone a Thanksgiving Day of peace, love and hope. May the presence of our Lord Jesus Christ be felt in your hearts this day and always.

**Pax Christi,
Jim**

THANKSGIVING DAY DINNER PROGRAM

THURSDAY NOVEMBER 27TH, 2025

- **THANKSGIVING DAY DINNER**
 - DELIVERY 10:30AM – NOON
 - TAKING ORDERS NOW (920) 231-2378
- **MOTHER TERESA CENTER DINE-IN**
 - SERVING FROM NOON – 1:30PM
 - NO RESERVATIONS NECESSARY



FATHER CARR'S PLACE 2B
1062 N. KOELLER STREET
OSHKOSH, WI 54902
(920) 231-2378

HAVING A HEART OF GRATITUDE

We live in a world where God surrounds us with a showcase of His love in the beauty and diversity of creation. We give thanks for the color of the changing seasons, the bounty of the harvest, and the palette of color in the rising and setting of the sun each and every day. All of these things are temporal and come and go with the changing of the seasons. Giving thanks for all these blessings is most appropriate. But these are things we perceive in the world around us.

It is that which is beyond our vision, the deepest parts of our humanity, where we the true reasons for our "thanksgiving".

Are we grateful that out of great love, God made us in His likeness an image?
Are we grateful to God for His continuous love even when we are at times, less than deserving!
Are we grateful for God's infinite love when others deny us their love?
Are we grateful for the gift of eternal life?
Are we grateful for loving friends that always seem to be there when we need them most?
Are we grateful to God for the graces He bestows so that we can forgive others?
Are we grateful for having Jesus Christ, Our Savior, who makes this all possible?

Be grateful in your heart this Thanksgiving that you are secured in a love beyond all telling!

Praise and Thanksgiving be unto to God!

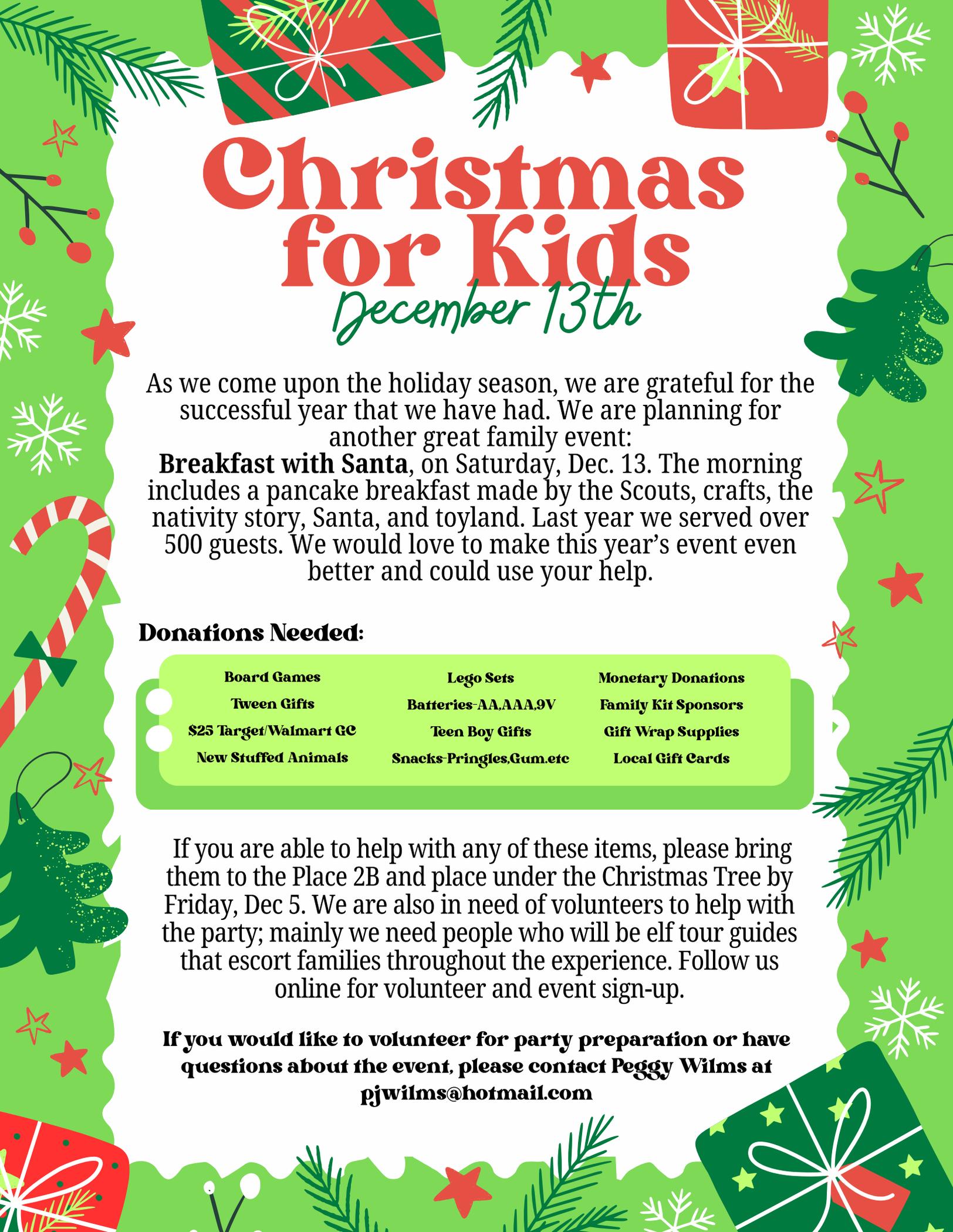
Fr. Dave

IRA / QUALIFIED CHARITABLE DISTRIBUTIONS (QCD) GIVING OPTION

As we journey towards the end of 2025, we would like to remind those of you who are 70.5 years or older, gifts up to \$100,000 from your IRA may be directly transferred from an IRA to a qualified charity such as Father Carr's Place 2B Life Enrichment Center, a non-profit 501(c)(3) organization. Even though the SECURE Act raised the required minimum distribution (RMD) age to 73, the QCD age remains at 70.5, so QCDs can be used for charitable giving even before RMDs begin.

Check first with your IRA administrator or tax advisor for more detailed information about Qualified Charitable Distributions' processes and timeline.

For more information on the IRA/QCD option and other additional ways to donate to Father Carr's, please contact either **Jim Boehm, Father Carr's Executive Director at (920) 231-2378 or at jimboehm@fathercarrs.org** or **Deacon John Ingala (Father Carr's Board of Directors' Development Committee Chair) at (920) 203-9272 or deaconji@gmail.com.**



Christmas for Kids

December 13th

As we come upon the holiday season, we are grateful for the successful year that we have had. We are planning for another great family event:

Breakfast with Santa, on Saturday, Dec. 13. The morning includes a pancake breakfast made by the Scouts, crafts, the nativity story, Santa, and toyland. Last year we served over 500 guests. We would love to make this year's event even better and could use your help.

Donations Needed:

Board Games	Lego Sets	Monetary Donations
Tween Gifts	Batteries-AA,AAA,9V	Family Kit Sponsors
\$25 Target/Walmart GC	Teen Boy Gifts	Gift Wrap Supplies
New Stuffed Animals	Snacks-Pringles,Gum,etc	Local Gift Cards

If you are able to help with any of these items, please bring them to the Place 2B and place under the Christmas Tree by Friday, Dec 5. We are also in need of volunteers to help with the party; mainly we need people who will be elf tour guides that escort families throughout the experience. Follow us online for volunteer and event sign-up.

If you would like to volunteer for party preparation or have questions about the event, please contact Peggy Wilms at pjwilms@hotmail.com



ATTENTION DEER HUNTERS GOOD LUCK AND BE SAFE!

**PLEASE CONSIDER DONATING
SOME OF YOUR VENISON TO
FATHER CARR'S PLACE 2B.**

GROUND MEAT IN 1 LB. PACKAGES PREFERRED



**FATHER CARR'S PLACE 2B
1062 N. KOELLER STREET
OSHKOSH, WI 54902
(920) 231-2378**

VOLUNTEERS NEEDED



**VOLUNTEER AT OUR NEW DENTAL CLINIC & MAKE A DIFFERENCE LOCALLY
HERE IS WHAT WE NEED:**

-  **Dentists**
-  **Dental Hygienists**
-  **Dental Assistants**
-  **Dental Clinic Manager**



EVEN JUST ONCE A MONTH IS HELPFUL!



APPLY NOW



920-231-2378 (Mother Teresa Center)
920-230-2273 (Clinic)
emilyhill@fathercarrs.org (Clinic Director)

ESTO VIR OSHKOSH

EVO Men's Spirituality Morning

7:00 am - Arrival / Welcome
 7:05 to 7:40 - Confessions
 7:20 am - Holy Rosary
 7:45 am - Holy Sacrifice of the Mass
 8:15 am - Breakfast / Fellowship
 8:45 am - Presentation
 9:30 am - Wrap Up
 9:45 am - Departure



**BECOME THE
COURAGEOUS MAN
GOD IS
CALLING YOU
TO BE.**

BE A MAN!

**Every 3rd Saturday September - May
Mass - Rosary - Reconciliation
Breakfast - Speaker - Fellowship**



FATHER CARR'S PLACE 2B
1062 N. KOELLER STREET
OSHKOSH, WI 54902
(920) 231-2378



Matthew 25:31-46

The Place 2B, Ltd.
1062 N. Koeller Street
Oshkosh, WI 54902-3245

www.fathercarrs.org

Nonprofit Org.
U.S. POSTAGE
PAID
OSHKOSH, WI
Permit No. 90

CURRENT LIST OF NEEDS FOR FATHER CARR'S PLACE 2B

Food Pantry Staples

Fresh or Frozen Meat (we accept venison)

Coffee
Cumin
Onion Powder
Garlic Powder
Cinnamon
Chili Powder

Breakfast Cereal
Pancake Syrup
Peanut Butter
Canned Fruit
Canned Chili
Jam/Jelly
Chef Boyardee
Canned Meat

Flavored Oatmeal
Black Pepper
Granola/Snack Bars
Spaghetti/Spaghetti sauce
Chunky/Progresso soups
Applesauce
Hamburger Helper

Shelter Needs

Cleaning Supplies

Bath Towels

Bathroom Cleaner

Laundry Detergent

Ministry Needs

City Daily Bus Passes

Sidewalk Salt