



The Father McKenna

C E N T E R • I N C

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November 2025 Newsletter

Winter Programming Update: Hypothermia Transition Housing Program Starts Nov. 17th!



Can you believe it's that time of year again? Our Hypothermia Transition Housing program (Hypo, as the staff like to call it!) will be starting up on November 17th, and we will welcome around a dozen men to the Center for the first of their 120 nights with us.

The Hypothermia program offers participants a consistent, safe place to spend the winter nights, combined with intensive case management, financial literacy classes, and dedicated support in the hope that participants will complete the

program having secured housing and/or employment. Our case management staff has been hard at work identifying candidates for this year's program, and we're hopeful for their continued success over the next four months.

This year's program will again be supported by the Gonzaga Mothers Club, whose volunteers generously provide and share hot, home-cooked meals with the men every night. This year we will also be introducing holiday and weekend breakfast service to the program, with those meals kindly provided by the Gonzaga Fathers Club! These meals are a cornerstone of the Hypothermia experience, and we couldn't be more thankful for the Gonzaga community and their support. We hope you'll be joining us for a meal this winter!

With thanks,
The Father McKenna Center Team



Save The Date: McKenna Center Advent Mass Saturday, December 20 • 4:00 PM

Mark your calendars and plan to join us on Saturday, December 20th for an afternoon of prayer and song as we come together to celebrate the Christmas season! Light refreshments will follow in the McKenna Center. We hope to see you there!

Jesuit Volunteer Annie Class on Benefits Cuts and Increased Demand in the Food Pantry

As the weather gets colder, food costs increase, and uncertainty around benefits grows, we are seeing a steady increase to the number of families visiting our Food Pantry. Annie Class, our Jesuit Volunteer for this year who serves as our Food Pantry Coordinator, took some time a few weeks ago to talk about what differentiates the Center from other pantries, how the increased demand is affecting us, and what we're doing to meet the needs of our community. Check out the video on our YouTube here:



We are doing all that we can to ensure that families facing food insecurity can rely on us for meat, produce, bread, and milk and eggs, as well as the regular non-perishable options. Visit our website to learn more about how you can support the pantry this winter.

A Reflection on Gratitude from McKenna Center Spiritual Director Jimmy Beh (Gonzaga '11)

It's hard to believe Thanksgiving is right around the corner! Despite how fast the fall seems to go, I am sure most of us are looking forward to this holiday. A break from work and school, quality time with friends and family, sporting events, Thanksgiving Day Parades, and, who knows, maybe some awkward extended family dinner conversations (everyone's favorite!).

My hope, though, is that we all can make some time to reflect on the core theme of this holiday—thankfulness. Said another way—gratitude.



In the Daily Examen prayer, popularized by St. Ignatius of Loyola and practiced by countless of his followers since, it says first to become aware that you are in the presence of God and then to “review your day with gratitude.” We are thus encouraged to notice and contemplate the big and small things in our lives that bring us joy, that deepen our relationships, and that help us further develop meaning and purpose.

Unfortunately, gratitude is not always the same as enjoyment. While it is important to take time to appreciate and savor the goodness in our lives,

a holistic approach to gratitude integrates both the seemingly positive and negative. It helps us to see God at work in all aspects of our lives.

Take, for example, Stephen Colbert. A well known TV personality and late night show host who had a somewhat famous interview with Anderson Cooper a few years ago regarding some comments he had shared about his faith. Colbert had said, *"What punishments of God are not gifts?"* Cooper, clearly choked up and emotional, later asked Colbert if he really believed this? Colbert responded with; *"Yes. It's a gift to exist. And with existence comes suffering. There's no escaping that. But if you are grateful for your life. Then you have to be grateful for all of it."*

We do not wish for suffering, nor should we allow ourselves to fall into the problematic thinking of God as a puppeteer who sends suffering into our lives to simply test us. No, suffering is simply part of this world and each of our lives, and gratitude is about how we choose to respond to that reality.

One guest (lets call him Joe) at the McKenna Center highlights this perfectly. During our weekly men's group on Wednesdays, we were reflecting on this very topic of gratitude and Joe shared with the group, *"that he was grateful for what he has gone through because he would not be where he is today without it."* Think about that. He is grateful for experiencing homelessness, for losing his job, and even for experiencing abandonment from friends and family during his darkest times. He is not happy that it happened. He would never have wished for it to happen.

But it did happen and now, as he has found a new job and secured stable housing, he looks back with gratitude. He sees now how much he has grown as a person and how his own struggle has given him the gift of connection and inspiration to others who are going through their own struggles.



So, as you enter into this time of thankfulness, what are you grateful for? And how might this gratefulness be inviting you into a deeper relationship with those around you?

Happy Thanksgiving,
Jimmy Beh and the Father McKenna Center Team

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