



Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

May, June, and July 2008



Reflections
gives of their time—is that God’s richest blessings be upon each one of you. May there be peace in your hearts for the great works you are doing.

This is a good example of the many blessings that come to me personally as a result of the work I do for God and the community at the Sunshine Soup Kitchen. This prayer is not just meant for me; it is for every person who gives of their resources, no matter the extent. Be blessed, volunteers and donors. I would add my prayer that you would know the source of your blessing.

And here is another blessing and example of God’s provision. Even the secular world knows that man does not live on bread alone, but also needs spiritual sustenance. Pastor Juan Saa of LifeWay Church in Derry has been nudged by God to bring the Men’s Fraternity program to the men of the soup kitchen. This is a Bible-based journey to masculine wholeness. This will be the second Bible study group running in conjunction with the soup kitchen meal program. This fills my well in a way that is hard to describe. I have always believed that the soup kitchen, being a Christ-centered ministry needs to provide spiritual sustenance. It has taken more than 10 years to see this happen.

God’s blessings are indeed rich. My thanks to Bob and Theresa for their faithful prayers.

~Cynthia Dwyer

*From the fullness of his
grace we have all received
one blessing after another.*

John 1:16

Prayer Concerns

Please join us as we pray for:

- New study group for men
- S recovering from surgery
- E in the hospital
- Work for those seeking it

*Be joyful always; pray continually;
give thanks in all circumstances,
for this is God’s will for you in Christ Jesus.
1 Thessalonians 5:16-18 (NIV)*

Numbers to Note

2008 YTD (March 31)

Guests served 2,083

Meals served 3,284

Average of meals per day 52

Volunteer hours logged 1,511

2007 YTD (March 31)

Guests served 1,534

Meals served 2,320

Average meals per day 38

Volunteer hours logged 1,489

Table of Contents

<u>Current Needs</u>	<u>2</u>
<u>Prayer Concerns</u>	<u>1</u>
<u>Sunshine Soup Kitchen Statistics</u>	<u>1</u>
<u>Staff Changes!</u>	<u>2</u>
<u>Londonderry Lions Breakfast</u>	<u>3</u>
<u>Sunshine Soup Kitchen Mission</u>	<u>4</u>
<u>Board of Directors</u>	<u>4</u>

Staff changes

There is no argument that the birth of children into a family changes the living style of the family or couple. This is no less true when the newborn is a grandchild. It seems that everyone you talk to glows with pride at the mention of grandchildren, especially that first one. With the impending birth of her first grandchild, Dee felt the need to free herself from regular employment and left the soup kitchen office assistant position in early April. It is always sad to lose a staff member, but who can argue with the need of a grandmother to bond with her grandchild? Dee will continue as group coordinator of the Londonderry Christian Church volunteer group, so she won't be missed too much.

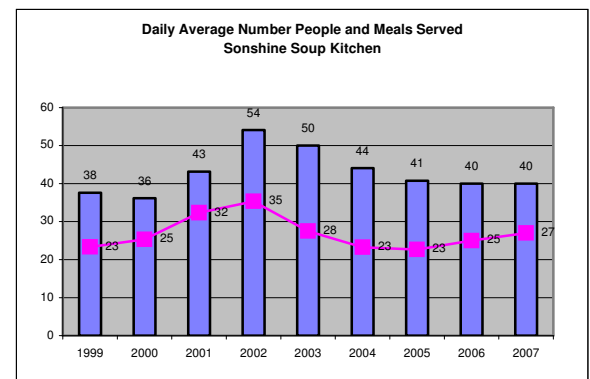
You'll be hearing a new voice on the phone and seeing a new face in the office shortly. Sue White took on the position on April 23. Many thanks to Pinkerton student Courtney Weatherby, who bridged the gap for a few weeks.

Volunteer Appreciation

Each year in honor of National Volunteer Appreciation Week, the staff of the soup kitchen takes the month of April to honor the many volunteers who make the fulfillment of the soup kitchen's mission possible. This year, each volunteer received a pot of beans with a verse from Mark 6:42 attached to it that reads, "They all ate and were satisfied." This verse comes from the story that describes how Jesus turned a small amount of food into enough to provide for the needs of an entire crowd. This is a story that seems difficult to understand and very separate from our real lives when we think about it in the abstract, but many of you have experienced this story with us at the soup kitchen. You've been here on days when our supply of food was starting to look a little insufficient because of an unusually large crowd—but we were able to stretch it and everyone was fed. Similarly, you've been here on days when the ham or turkey went into the oven later than it should have and seemed like it might not have enough time to cook properly—and yet, somehow, it was ready in enough time for our guests to enjoy. Through your service at the Sunshine Soup Kitchen, God continues to show His compassion by providing for the needs of the community. Thank you all for being a part of this.

Marked increase in soup kitchen use

Did you look at the statistics on the first page, *Numbers to note*? Last year's statistics were included to show the startling increase of people using the soup kitchen and the number of meals served. We have seen an approximate 36% increase. Inflation? Unemployment? Cost of living? You name it. These are hard times and they show in the faces and stories of people eating at the Sunshine Soup Kitchen. We haven't seen meal counts this high since 2002, when the average daily meal count was 54. Isn't it a good thing that those who have extra have the heart to share with those going through tough times?



Current needs

At this time the following list of items (in order of greatest need) are in short supply. This list is also posted on our web site and updated monthly. Go to www.soupinderry.org to check it out. Thanks!

- Shopping bags
- Paper Towels
- Creamer (CoffeeMate)
- Green Beans
- Canned white potatoes
- Spaghetti sauce



What We Give

When I first started to volunteer here at the Sonshine Soup Kitchen, I was a rising junior in high school who had just returned from a leadership program and was all fired up to immediately go out and change the world. Though I have always been dedicated to community service, I had not previously made a true commitment to helping my community on a regular basis. I liked to think of the differences that I could make in the world, but my thoughts were little more than that. I was an idealist, but it wasn't until I experienced the camaraderie with others who felt the same way that I took the first step in truly making a difference in the world around me. It was this goal—to show that I could make a difference—that first inspired me to volunteer at the Sonshine Soup Kitchen.

However, as I began to come here and volunteer on a weekly basis, I realized that I truly enjoy volunteering. My thoughts and plans had all been based off the idea that I would someday be able to make a difference in the world around me—as I volunteered here at the kitchen, I realized that the truth was that I was already capable of making a difference. As I helped out in the kitchen, I saw how even something as simple as smiling at people and wishing them a good evening as they left after their meal elicited a smile in response. I realized that I returned to the soup kitchen every week not because I wanted to prove that I could make a difference, but because I became a better person through helping others. I have been coming to the soup kitchen

for over a year and a half now, and I continue to feel that sense of joy as I help others. Albert Schweitzer once said “I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.” When I first started to volunteer at the soup kitchen, I was coming because I was inspired by the examples of others and wanted to show that I could make a difference in the world around me, and that when I was older I would change the world. Now, I return to the soup kitchen each week because I have found the way to make that difference by helping others, and have enjoyed helping others one week at a time. I found a truth that has become an important part of my life—that giving something of yourself to others doesn't result in a loss of self, but in the gaining of an inner sense of identity and certainty in ourselves. Or, in the immortal words of Winston Churchill: “We make a living by what we get, but we make a life by what we give.”

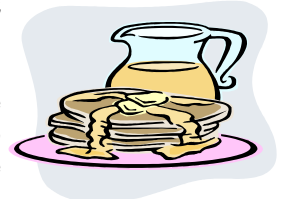


Courtney, acting temporarily as Office Assistant in April.



Londonderry Lions host breakfast

In the heart of this snowy winter, the Londonderry Lions Club served up a hot breakfast that warmed our stomachs and hearts. Over \$400 was brought in by this first time event. This was a good start to our year financially, and we thank the Lions Club members for their effort from the bottom of our sweet stack!



The Sonshine Soup Kitchen...

...is to be an interfaith community project to reach out to individuals and families struggling to live independently. We do this primarily by serving a free meal in a spiritually uplifting atmosphere to any person who enters our facilities and by seeking to exhibit the love and grace of Jesus Christ in our service.

SSK Board of Directors

Jane DeRosa, Chairperson
Richard Cardner, Secretary
Cynthia Dwyer, Executive Director
and Treasurer
Atty. Edmund Boutin
Cynthia Cleary
Christina Germain
Linda German
Leona Lampro
JoAnne Packard

Sonshine Soup Kitchen

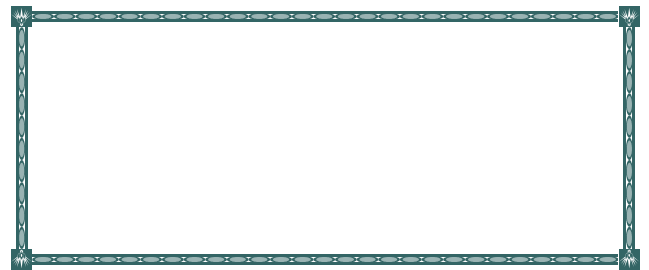
4 Crystal Avenue # 4
Derry, NH 03038-2428
Phone: 603-437-2833
Email: sskdirector@verizon.net
sskcoordinator@verizon.net
Internet: www.soupinderry.org

Office Hours: Monday-Thursday, 1-6 p.m.
Meal served at 4:30 p.m., Monday ~ Friday



Sonshine Soup Kitchen
4 Crystal Avenue
Derry NH 03038-2428

NON-PROFIT ORGANIZATION
US POSTAGE PAID
DERRY NH 03038
PERMIT #66



If you do not care to receive this quarterly publication, kindly notify our office.

