



Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

MARCH, APRIL, MAY, & JUNE 2012



There is no doubt

in my mind that my life has been changed for the better because I said yes to this job. To a large extent, it is due to the people

I have met and worked with at the Sunshine Soup Kitchen. Some refer to this as people who leave an imprint on your heart. Right now I am thinking of Ron as such who made an imprint on my heart.

I "inherited" Ron and his wife Marilyn from the founding director of the Soup Kitchen, Pat Murphy (Sevener) in 1997 when I took the job of executive director. All I knew of Ron back then was that once a year he would show up and take a box of bank statements and financial records from Pat and then return in a week or so saying everything was all set. He had performed the outside check on the financial health of the organization. One of those things I was to learn more about after I took the reins.

As soon as the Board selected me to replace Pat, they wisely advised me to switch from a professional accounting program to a home/small business program to manage the accounting and to see if Ron would take on administering the payroll. Turning over the payroll to Ron was a hidden blessing; one because as time went by I got busier and Soup Kitchen service grew and secondly because of who Ron is.

Ron is a person who clearly exhibits the image of Christ in all he does. He was always there for me when I had questions or insecurities about the corporation accounts or taxes. He was knowledgeable and willing to find answers if he didn't know them already. He never complained when I occasionally messed up on payroll hours, or wage changes. As time went by, I grew to fear the day he would decide to retire. But he faithfully continued to serve as payroll processor, auditor, and advisor to me for some 15 years.

Back in the early days, my biggest challenge was compiling the IRS return for nonprofit organizations. With Ron's help I learned to tackle this beast, but he never took the task out of my hands. He empowered me to do it myself. My biggest fear was doing something blatantly wrong flagging the attention of the IRS. Sure enough, that very first year I got the dreaded letter stating that the return was incomplete and we were being assessed a fine for every day until it was completed. I

hardly knew where to begin.

I called Ron, and he didn't even flinch. He said, "You know, you are dealing with a machine here. These letters are generated by a computer and it is all automated." He walked me through the corrections and how to word a letter to the "Machine" to put us back right. Hey! I even got the penalty fee waived. What a gift this man was to me.

So after he retired some years ago, he told me that he was keeping a couple of his accounts and would continue to process payroll and verify the books for the Soup Kitchen. What a relief, for the moment. In January of this year, he decided to retire for good. I was very sad to receive his letter of termination, because it was less the end of a business relationship and more the loss of a friend and mentor.

It's not surprising to me that Ron is also an accomplished musician and served as organist and music director in churches for decades. I had the pleasure and privilege to witness a private concert one day when I stopped by his home. He and a neighbor were practicing a duet on piano. It added a bit of heaven to my day.

I am forever grateful to Ron for his immense contribution to the Sunshine Soup Kitchen and for enriching my life.

~Cynthia Dwyer

Table of Contents

| | |
|--------------------------------------------|------------|
| <u>Board of Directors</u> | <u>9</u> |
| <u>Calendars</u> | <u>7-8</u> |
| <u>Current needs</u> | <u>2</u> |
| <u>Heartfelt thanks</u> | <u>3</u> |
| <u>Numbers to note</u> | <u>9</u> |
| <u>Prayer concerns</u> | <u>3</u> |
| <u>Recognition of business donors 2011</u> | <u>6</u> |
| <u>Something to chew on</u> | <u>2</u> |
| <u>Sunshine Soup Kitchen Mission</u> | <u>9</u> |
| <u>Special Mention Page</u> | <u>5</u> |
| <u>TD Bank promotional</u> | <u>4</u> |
| <u>Volunteer appreciation</u> | <u>3</u> |
| <u>Welcome Brian</u> | <u>4</u> |

Something to chew on

I really never knew much about Mother Teresa. Sure, I knew she was a living Saint; she was somewhat of a celebrity, but nothing beyond that. Recently, I read *Mother Teresa of Calcutta* by Leo Maasburg. I could not put this book down. The way Mother Teresa lived her entire life only to bless others is astounding to me. I would like to share a few excerpts that really stood out to me:

“For we encounter Jesus – and this was Mother Teresa’s deepest conviction – first in the Most Blessed Sacrament and second in the poorest of the poor, indeed in every fellow human being who is suffering. For her, the presence of Jesus in the poorest of the poor was just as real as in the Eucharist. Jesus teaches, “Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me” (MT 25:40).”

“Mother Teresa wanted to help people, not accuse or judge them. So she helped the poor, the drug addicts, and the AIDS patients. She helped Hindus and Muslims and also Christians and atheists, when they were dying. Her love knew no boundaries; she made no distinctions as to race or religion, social status or world view. In that way she showed us what Christian love of our neighbor is supposed to be.”

“There is more hunger in the world for love and appreciation than for bread.”

“Over the years, I have noticed that helping out in a soup kitchen or helping with the poor is only difficult and takes will power at the very beginning. After a while, most people who do these things are filled with great joy. And some of them have very interesting conversations with these “very spoiled” poor people; now and then friendships are formed that last for years, for they are “wonderful people” once you get to know them and their stories.”



Makes you stop and think right? How easy is it to bless one another? Sometimes it takes just a smile. Maybe you are interested in volunteering but feel that the pace is too much. Why not volunteer in another way? Come and enjoy dinner and be a blessing to one of the guests who eat here – share your time. Sound like something you would enjoy – blessing someone? If so please call the office, and we can set up a day for you to join us.

~ Christine

Current Needs

Updated list at:
www.sonshinesoupkitchen.org

Food Needed:

Coffee
Black pepper (in disposable shakers)
Canned clam chowder
Sugar free drink mix

Items Needed:

Paper towels—OUR STOCK IS DEPLETED
Cold cups
Heavy duty kitchen mitts/pot holders
Disposable desert plates
Napkins
55 gallon trash bags
Kitchen trash bags
Dishwashing detergent
Dishwasher detergent



Clothing Needs:



In the month of March there is still a nip in the air, but by the time the next edition of this newsletter comes around it will be full-blown summer. So at this time, we would like to ask that as you bring out your warm weather clothing, you think of the Soup Kitchen clothing closet. We will be removing the sweaters and jackets soon and the racks will need to be replenished with shorts and t-shirts. Please remember that casual clothing is needed, not business attire. Make sure items are clean and ready to wear—no mending needed.



One other thing...

We could use a laptop computer for training purposes. Any one have one after an upgrade that needs a good home?

Heartfelt thanks



The work of the Sunshine Soup Kitchen is accomplished by many individuals and members of 32 different organizations from 24 towns in southern New Hampshire. The representatives of those organizations sometimes change. The start of a new year seems to be an appropriate time to acknowledge the service provided by those who will no longer be volunteering regularly at the Soup Kitchen and to welcome the new volunteers who have picked up where the others left off.

Many blessings to the following groups for their years of dedication and service:

- 👤 [Pastor Ara of the Ararat Congregational Church in Salem has passed leadership on to Matt Peters](#)
- 👤 [Bill and Simone Stahl relocated after three years of service](#)

Our new groups have jumped right in with new ideas and great attitudes! We welcome the following groups:

- 👤 [Dave Forest and Friends](#)
- 👤 [We Can Change the World under the leadership of Mariah Larocque](#)
- 👤 [Lauren Sullivan and Friends](#)

Prayer concerns

Please join us as we pray for:

- C battling addiction
- M for housing
- L & C for housing and addiction

*In the morning, O Lord
you hear my voice;
in the morning I lay my requests before you
and wait in expectation.
Psalm 5:3 (NIV)*

Volunteer appreciation

When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?"

"Yes, Lord," he said, "you know that I love you."

Jesus said, "Feed my lambs."

Again Jesus said, "Simon son of John, do you truly love me?"

He answered, "Yes, Lord, you know that I love you."

Jesus said, "Take care of my sheep."

The third time he said to him, "Simon son of John, do you love me?"

Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."

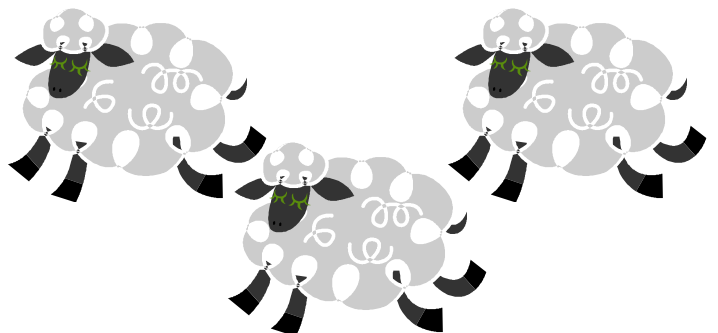
Jesus said, "Feed my sheep."

(John 21:15-17, NIV)

This passage from the Book of John gives a poignant and powerful view into the heart of the Savior after his time on Earth had been lived out. The words are directed to the apostle Peter, but listen in your heart to see if you hear the words being spoken to you.

Certainly the directive is not meant to be a literal provision of food, even though this dialogue immediately followed breakfast on the beach served to a group of the apostles by Jesus himself. But certainly the ministry of the Sunshine Soup kitchen is an example of taking care of the people that Jesus loved enough to die for.

We are using this Scripture as the theme verse to honor our hard-working volunteers this year. Every person who volunteers during the month of April will receive a token gift as a reminder of selfless service and the best reason for serving, love of Christ.



TD Bank Fundraiser

Do you have an account with TD Bank? Become an Affinity Member by calling your local branch and linking your account to the Sonshine Soup Kitchen, **code: A2904**.

The Sonshine Soup Kitchen will earn ½% on the average checking account balance of your account, and ¼% on the average balance of most other interest-bearing accounts.

Don't have an account yet? Open one now and ask to become an Affinity Member linked to the Sonshine Soup Kitchen, **code: A2904**. The Soup Kitchen will earn the same rates as above and YOU will receive \$25.

THE NAMES OF AFFINITY MEMBERS AND ACCOUNT INFORMATION ARE NEVER DISCLOSED!

Thank you for considering this great fundraising opportunity for the Sonshine Soup Kitchen.

Facebook

Yep, we are there, but the site is still being developed. If you "like" social networking, do check it out. Thanks to Katie DeRosa for taking on this challenge.



And speaking of getting up with technology...

If you would prefer to receive your newsletter electronically, send us an e-mail to sskofice@myfairpoint.net and use "subscribe" as your subject. We'll take care of the rest. For each newsletter we do not mail, we save \$.15. This adds up when your mailing list contains over 1700 addressed.

Welcome, Brian!

I am very happy and excited to join the community of support and fellowship at the Sonshine Soup Kitchen as the new Kitchen Coordinator. I am originally from Windham and I had heard of SSK through friends of mine who had volunteered here during their years at the local high school. Beginning late last summer, I began regularly volunteering at SSK and got to know the staff, volunteers, and guests. Originally, I thought it would be simply a "good deed" for my community. What surprised me was the great enjoyment and satisfaction the experience provided. Now, as Kitchen Coordinator, I manage the kitchen and dining room five days a week and, in addition to joy and satisfaction, I am also proud to be a part of a great team of co-workers: Caroline, Christine, and Cynthia. Everyday, we use our unique gifts and abilities to bring together the large SSK community of guests, volunteers, and donors. I am truly grateful for these rewarding days.

Looking forward, I hope to continue accumulating new and helpful experiences (no two days are identical here) and to find ways to contribute my particular gifts wherever they may be most effective.

~ Brian

Donor recognition

It is not always easy to decide how to give recognition to donors. Some people want their good deeds to be private. Others enjoy sharing them in a public way. This is a very personal decision that the Soup Kitchen tries not to force one way of the other.

We have found that most businesses benefit from the "advertising" gained from public recognition and, unless otherwise instructed will, from time to time make these donors known. Individuals and families usually prefer more anonymity, so these people are never mentioned by name in any of our publications. Our sincere hope is that everyone is rewarded in a way that feeds their souls.

See the next two pages and please note the generous businesses who have contributed lately.

ADVANTAGE TRANSPORTATION SERVICE
 ALLEY KAT GRILL
 ALLSTATE GIVING CAMPAIGN
 AMCO, LLC
 AMERICAN EXPRESS CHARITABLE FUND
 APPLEWOOD LEARNING
 ARARAT CHURCH
 BARKA KID'S CARE
 BECKLEY CHIROPRACTIC
 BERKEY BUSINESS SERVICES
 BETA SIGMA PHI XI MU
 BIOSAN LABORATORIES, INC.
 BIRCH HEIGHTS
 BODE EQUIPMENT CO.
 BROTHERS AUTO BODY
 BURNS BROS PROCESS EQUIP
 CALVARY BIBLE CHAPEL
 CAMP HALE ALUMNI ASSOCIATION
 CENTRAL CONGREGATIONAL CHURCH
 CENTRAL CONGREGATIONAL LBS
 CHILI'S/PEPPER DINING
 CHURCH OF TRANSFIGURATION
 CLAM HAVEN
 COGSWELL BENEVOLENT TRUST
 CROW'S DINER
 CTS
 DELLERA
 DERRY GARDEN CLUB
 DERRY LITTLE LEAGUE
 DERRY NEUROLOGICAL ASSOCIATES
 DERRY ROTARY
 DERRY TEACHERS
 DERRY VILLAGE ROTARY
 DOLLAR BILLS
 E DERRY MEMORIAL ELEMENTARY
 EMBROIDERY CREATIONS
 ETZ HAYIM SYNOGOGUE
 FESTIVAL FOR YOUTH
 FIRST BAPTIST CHURCH
 FIRST PARISH CHURGH
 GILBERT HOOD MIDDLE SCHOOL
 GILBERT HOOD PTSA
 GIOVANNIES ROAST BEEF
 GIVE WITH LIBERTY
 GRANITE RIDGE ENERGY, LLC
 GRANITE ROSE
 GREATER DERRY TRACK CLUB
 HALCYON CLUB
 HAMPSTEAD CONGREGATIONAL CHURCH
 HAMPSTEAD NATIONAL HONOR SOCIETY
 HANNAFORD
 HARRINGTON
 HESS EXPRESS
 HIDDEN VALLEY RV & GOLF PARK
 HOOD STUDENT COUNCIL
 HP HOOD LLC
 IBM
 J & J/TRUIST FOUNDATION
 JOURNEY CHURCH
 JULIANO'S PIZZARIA
 KLEMM'S BAKERY
 KNIGHTS OF COLUMBUS
 LADESCO INC
 L'DERRY CHEERLEADERS
 L'DERRY PRESBYTERIAN CHURCH
 L'DERRY SELF STORAGE
 L'DERRY UNITED METHODIST CHURCH
 L'DERRY AUTO BODY & REPAIR
 L'DERRY CLERGY ASSOCIATION
 L'DERRY LIONS CLUB
 L'DERRY WOMEN'S CLUB
 LONGMEADOW CHURCH
 LONGO STAFFING, LLC
 MACK'S APPLES
 MANCHESTER COMMUNITY COLLEGE
 MARGARITAS, SALEM
 MASSABESIC SENIORS
 MASS. HOSPITAL ASSOCIATION
 MERRIMAC SPOOL & REEL CO.
 MIZPAH REBEKAH LODGE 15

Recognition of business donors 2011

MOBIL ON THE RUN
 MOOSEHILL PROVISIONS
 MR. STEER
 NE PRO/ENGINEER USER GROUP
 NEWCOMERS CLUB/ DERRY, L'DERRY, CHESTER
 NH MASONIC C.F./ST. MARK'S LODGE
 NORTH BRANCH CONSTRUCTION
 NORTHRIDGE CHURCH
 ORCHARD CHRISTIAN FELLOWSHIP
 PALERMO'S PIZZA
 PARKLAND FOOD SERVICES
 PARKLAND LAB AND EKG
 PARKLAND MEDICAL CENTER
 PAY IT FORWARD
 PELHAM CONGREGATIONAL CHURCH
 PELHAM NURSING CENTER
 PENTUCKET BAPTIST CHURCH
 PEPPERIDGE FARM
 PINKERTON ACADEMY SCIENCE DEPT
 PINKERTON ACADEMY STUDENTS
 PINKERTON ASTROS SOCCER TEAM
 PINKERTON CITIZENSHIP COMMITTEE
 PINKERTON CLASS OF 1957
 PINKERTON STUDENT COUNCIL
 PINKERTON VARSITY CHEERLEADERS
 PLEASANT VALLEY NURSING CENTER
 PUBLIC SERVICE OF NEW HAMPSHIRE
 QUAL-TEC MANAGEMENT CORP
 RE/MAX REAL ESTATE
 ROCKINHAM CHURCH
 ROTARY CLUB OF LONDONDERRY
 RYTHEM OF NH
 SALEM EXCHANGE CLUB
 SANEL AUTO PARTS
 SANMINA
 SAUL O SIDORE MEM. FOUNDATION
 SCHNIEDER ELECTRIC N AMERICA FOUNDATION
 SHABBY CHIC SWEETS BOUTIQUE
 SHAW'S
 SHELLIE'S NEIGHBORHOOD BUTCHER
 SIMPSON CHARITABLE FOUNDATION
 SM ELECTRONICS
 ST. LUKE'S UNITED METHODIST CHURCH
 ST. ANNES
 ST. JUDES PARISH
 ST. LUKE'S UNITED METHODIST WOMEN
 ST. MARK THE EVANGELIST CHURCH
 ST. MARK'S KNIGHTS OF COLUMBUS
 ST. MATTHEW CHURCH
 ST. PETER CHURCH, AUBURN
 ST. PETER'S CHURCH
 ST. THOMAS
 STEPPING STONES
 STONEYFEILD FARM
 SUBWAY SUBS
 TAMAJA PIES
 TIMBERLANE REGIONAL HIGH SCHOOL
 TOWN OF CHESTER
 TOWN OF DERRY
 TOWN OF LONDONDERRY
 TRINITY ASSEMBLY OF GOD GIRLS CLUB
 GIRL SCOUT TROOP 10745
 TURN TO THE STARS
 UNCLE BEN'S ICE CREAM
 UNITED HEALTH GIVING
 UNITED STATIONERS
 UNITED WAY - BAE
 UNITED WAY- GRANITE
 UPPERROOM
 UWGN
 VAN BERKUM NURSERY, LLC
 VINTAGE GRACE
 WALGREENS, DERRY
 WALLE CORP.
 WAL-MART
 WEATHERVANE SEAFOODS
 WEIGHT WATCHERS
 WINDHAM HIGH SCHOOL STUDENTS
 WINDHAM PRESBYTERIAN
 ZION CHRISTIAN FELLOWSHIP

SPECIAL MENTION PAGE



Shabby Chic, of Windham, a sweets boutique, kept us in gourmet desserts.



Salem Margarita's



Chris and Joel provided a fun Mexican night in November.



Derry Village Rotary



Charlie Crompton and Jennifer Devlin of the Derry Village Rotary Club delivered clothing collected through the Club's month-long effort in February.



Hannaford, Londonderry gave weekly donations of bread and produce.

Apple Acres



apple acres

donated home-made pies.



A local Pepperidge Farm distributor drops off cases of snacks and cookies on a regular basis.



Shaw's, Derry donates bakery goods on a weekly basis.



The Food Service department at Parkland pulled together a huge food drive early this year.

Mack's Apples generously donates excess apples and cider during the winter months.



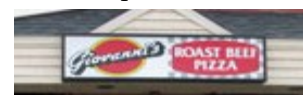
Jams
Relishes
Fruit Spreads
Maple Syrup

Moosehill Provisions provided salad dressings.



Derry Track Club organized a food drive in conjunction with their Thanksgiving Day road race. The bounty was delivered by hard-working Parks and Recreation crew.

Giovanni's, Londonderry donated pizza dinners.



Numbers to note

As of December 31, 227,564 meals were served by volunteers to people in need at the Sunshine Soup Kitchen. The highest meal count for one year was 2010— 15,212 meals, an average of 59 meals per day. Our current YTD average (as of Jan 31), of meals served per day was 60, 7 of which were delivered to home-bound persons. The following chart gives recent historical data of interest.

| <u>2011</u> | |
|------------------------|--------|
| Guests served | 9,967 |
| Meals served | 14,801 |
| Average meals per day | 58 |
| Average people per day | 39 |
| Volunteer hours logged | 8,424 |
| <u>2010</u> | |
| Guests served | 10,668 |
| Meals served | 15,212 |
| Average meals per day | 59 |
| Average people per day | 41 |
| Volunteer hours logged | 7,940 |

| | 2008 to 2009 | 2009 to 2010 | 2010 to 2011 |
|-------------------------------------|--------------|--------------|--------------|
| Meals increase | 15.9% | 10.8% | -2.7% |
| Ave. meals per day increase | 14.8% | 7.4% | -1.7% |
| People increase | 28% | 8.4% | -6.6% |
| Ave. people per day increase | 30% | 5.1% | -4.9% |



The Sunshine 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

Linda German, Chairperson
 Jane DeRosa, Vice Chairperson
 Richard Cardner, Secretary
 Cynthia Dwyer, Executive Director
 and Treasurer
 Atty. Edmund Boutin
 Cynthia Cleary
 Roland Conner
 Michael Gagnon
 Margaret Ives

Sunshine Soup Kitchen

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 Derry, NH 03038-2428
 Phone: 603-437-2833

Email: sskdirector@sonshinesoupkitchen.org
sskcoordinator@sonshinesoupkitchen.org
 Internet: www.sonshinesoupkitchen.org

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

