



Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

JULY, AUGUST, SEPTEMBER, & OCTOBER 2013



Reflections

God sets the lonely in families.

(Psalm 68:6a NIV)

In the past months, we honored our mothers and fathers, each with their own special day.

Scripture reveals God's creation of mankind operating in family units. Our modern society does its best to undermine this order. Although each human life begins with the union of a male and female, not all are families or become families or last as families. Families are fragmented. People learn to rely on themselves because, well, who else will be there for them when they need someone? It is much easier to learn how to do life on your own. No one can let you down that way. There is less hurt and much self-satisfaction in achievements that are not shared. I do not believe that this mindset pleases or is honoring to God, but I hardly think there is a family or individual in American who is not affected by this deviation in God's plan for families. We have not only learned to accommodate to the deviation but, from a societal standpoint, have accepted the changes as valid.

My husband and I have fought long and hard to model our family on biblical principles. At this stage in our life together, we are blessed to reap some of the rewards of the diligent work applied in our younger years which was not always popular with our two children as they were being raised. One of the benefits is enjoying a friendship relationship with our grown children, a friendship that allows for the child to be the teacher.

I learned an important lesson about faith from my daughter recently. Earlier this spring, after spending time in prayer with her husband, they put their home on the market. No job transfer or reason to move other than their growing family wanted more space and the housing market had improved. After just a few short weeks they had a qualified buyer and accepted an offer. They rented a storage unit and began moving non-essential household items. Then, two weeks later, the deal fell through because of one of those delicate little details in real estate that get in the way of approved financing. Needless to say, they were very disappointed. I figured they would make some aggressive adjustments and try again. Instead, they again went to God in prayer and got the sense that the timing was just not right. They chose to trust in this and took the house off the market. They would try again in a year.

I was really quite flabbergasted at this. I profess a strong faith and trust in God, but realized in this example that I really don't trust to the extent that I profess. The child has begun to teach the parent.

I will be remembering this lesson as I consider my dependence on God with the whole Soup Kitchen building campaign. And I am very thankful for a safe family environment in which to learn this lesson.

~Cynthia Dwyer

**Sing to God, sing praise to his name,
extol him who rides on the clouds —
his name is the Lord —
and rejoice before him.
A father to the fatherless,
a defender of widows,
is God in his holy dwelling.**

Psalm 69: 4,5 (NIV)

Numbers to note

<u>5/31/12 YTD</u>	
Guests served	4,361
Meals served	6,360
Average meals per day	59
Average people per day	41
Volunteer hours logged	3,493
<u>5/31/13 YTD</u>	
Guests served	3,898
Meals served	5,967
Average meals per day	56
Average people per day	37
Volunteer hours logged	3,866

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The Main Ingredient

The Sunshine Soup Kitchen was blessed with a grant from the Alexander Eastman Foundation this year. This grant was given to us so we can provide fresh fruit and vegetables to our guests, both for taking home and for use in our daily meals. The money from this gift provided the impetus for us to plan healthier menus and has provided us with much positive feedback, not only from the people who come to dine, but also from health-conscious volunteers.

The guests have welcomed the menu changes with open arms (and mouths) and are very appreciative of the opportunity to take fresh fruits and vegetables home with them. Many of the persons who eat here have said that buying produce is just too expensive and falls to the end of their shopping lists. We have always made the best use possible of the produce donated from local supermarkets. But the reality is that donated produce we try to use has been culled from the grocer's tables, destined for disposal. Some of it is beautiful, some of it - not so much. Having fresh fruit and vegetables available is a huge gift to everyone. Seeing the manner in which our guests "shop" for their items to take home is an eye opening experience for me. Seeing men and women smile while they hold and sniff their choices, examining items to find the best and freshest ones, is a great thing to see. In my eyes, everyone deserves fresh, good quality food.

I have seen many guests benefit from our new menu, and I have even received feedback from a local dietician who has many of our guests as clients. This dietician let me know that many clients who use the Soup Kitchen have mentioned how our meals have gotten much healthier, and they are trying new items they have not had before! Yay for them!

Moving forward, we will keep working on the menus so all who come here will benefit from nutritional and appealing meals. This is what we are here for and recognize that, before any of the other issues that face our guests can be addressed, their stomachs need to be filled with good food.

Thank you to all of our groups for assisting us with this, and keeping sugar and salt to a minimum in all meals. I look forward to making this a better place for everyone, day by day.

~ Christine

Board changes

At The beginning of the year, family obligations (and a second home in Arizona) brought Richard Cardner to the decision of resigning from the Soup Kitchen Board. Richard faithfully served as secretary for 11 years bringing wit and wisdom to every meeting. He is greatly missed.

Elected to the Board at the March annual meeting are the following:

- Brenda Bach of Windham
- Gail Colglazier of Londonderry
- Janice Mobsby of Derry
- Greg Smith of Chester

New members bring new ideas and new enthusiasm. Members of long duration provide history and experience.

No volunteer calendars in this issue

Go to www.sonshinesoupkitchen.org to view calendars. If you need one post mailed to you, please call the office at 437-2833.

Prayer concerns

Please join us as we pray for:

- C, battling cancer
- B, a volunteer also battling cancer
- J, with severe health issues
- Guidance in finding a new Soup Kitchen home
- Provision for the *Build to Feed* campaign

Offer praise and thanks to God with us for:

- B, in greatly improved housing
- J who faithfully brings God's word to the spiritually hungry

Let the morning bring me word of your unfailing love, for I have put my trust in you.

*Show me the way I should go,
for to you I lift up my soul.*

Psalms 143:8 (NIV)

TD Bank

Please remember that the TD Affinity Program is an ongoing opportunity to provide funding for the Soup Kitchen. They provide the funding if you code your account. If you have not already coded your existing account(s), **PLEASE DO IT TODAY!** Sunshine Soup Kitchen, **code: A2904**.

If you don't have an account yet, consider opening one and ask to become an Affinity Member coded to the Sunshine Soup Kitchen. You can use this coupon for non-interest bearing accounts and TD will help YOU with a \$25 gift.

The names of Affinity members and their account information is never disclosed.



Matching gifts—a good idea!

Many companies have a matching gift plan available to employees. These are programs designed for you to donate to charitable organizations with a percentage matched by your employer, and many companies even match dollar for dollar. We would certainly appreciate being the beneficiary for any of these plans. Please check with your company's human resource department to see what is available to you.

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United Way Giving

Another way to give is through your corporate United Way campaign. Sunshine Soup Kitchen does not have an agency number with United Way, but you can still designate us as your charity of choice. Call (437-2833) or e-mail (director@sonshinesoupkitchen.org) the Soup Kitchen office to get our tax number.

On-line giving opportunity

Do you like the convenience of giving with a "click"? The Sunshine Soup Kitchen now has a link to PayPal right on our website. How easy can it be to give?



Data Updates and e-mail

Up-to-date information is important to us, so if you change your address, phone number or e-mail address, please let us know. If at any time you do not wish to receive newsletters, please call or e-mail the office, and we will remove you from the list. Call 437-2833 or e-mail office@sonshinesoupkitchen.org.

If you would prefer to receive your newsletter electronically, send an e-mail to office@sonshinesoupkitchen.org and use "subscribe" as your subject. We'll take care of the rest, but don't forget to tell us who you are and what post address to remove from our mailing list. For each newsletter we do not mail, we save \$.16. This adds up when your mailing list contains over 2,100 addresses!

Important notices

Remember, for your safety no open-toed shoes are allowed in the kitchen or dining room. Also remember to dress appropriately for a food server — no tank tops, midriff tops or low necklines.



The Soup Kitchen
will be closed on
July 4 and
September 2.

Current needs

Food items

- Pickle spears
- Parmesan cheese
- Canned pears
- Canned fruit cocktail
- Canned peaches
- Canned pineapple
- Applesauce
- Cold cereal (low or no sugar)
- Regular coffee
- Green or black pitted olives
- Bread crumbs
- Ketchup
- Salad dressing
- Canned beef broth
- Chowder
- Cream soups
- Hearty soups
- Canned beets
- Canned carrots
- Creamed corn
- Canned mixed vegetables (Veg-All)
- Canned peas

Clothing

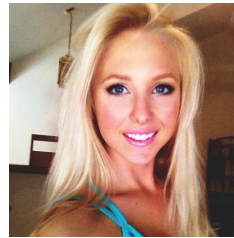
Men's, women's and children's new underwear and socks, all sizes

Other

- Windex
- 8-1/2" x 11" white copy paper
- Portable projector
- Oreck upright vacuum
- Medium size food service gloves
- Gallon size Ziploc bags
- Liquid dishwasher detergent
- Styrofoam and paper bowls
- Cold cups
- 3 compartment Styrofoam delivery containers, 9"



New staff



Welcome to Brittney Duperon, our new Office Assistant! Brittney's first day will be July 8, and she comes to us with a great background in psychology with plans to pursue further education in nutrition. What a great combination for the Soup Kitchen ministry!

The position opened up when Caroline decided to spend more time in her family business, Merrill Farm of Londonderry. Caroline will be very much missed, BUT not gone. She will continue to serve as a kitchen volunteer with her home church, St. Luke's United Methodist.

Build to FEED

FEED stands for feed, empower, encourage with dignity, and this phase captures the essence of the Sunshine Soup Kitchen ministry. *Build to Feed* is the title of our capital campaign and it is fully launched and moving forward.

In early April, we reached the Phase 1 fundraising goal of \$50k. We means "us". The community support for this part was astounding. This sum was raised in just 50 days! The second part of this first phase is acquiring a site. Progress is being made on this, but so far, we have not been able to fulfill this part of the matching grant requirement. An extension was granted for another 12 months to meet this condition and the Board has every expectation that we will be able to do so with the help of our rector, Ralph Valentine.

The Board is diligently pursuing funding for this project, and we could certainly use some help. If you have some experience in fundraising and would be interested in joining our *Build to Feed* capital campaign committee, please speak to Cynthia or any of the other Board members.

Brian, the Kitchen Coordinator, speaks of the talk in the dining room and reports that a day hardly goes by that one of the guests or volunteers doesn't ask about when we are moving. Everyone is looking forward to the independence operating out of our own facility.

Please check out the media section of our web site and view the public service announcement. It speaks well to the need for this project.



Board chair, Linda German, Cynthia Dwyer, and Christine Fudala celebrate reaching the \$50k goal.

Sonshine Soup Kitchen Wall of Fame



Al Lamson of St. Mark's Lodge, Derry, presents a gift to Christine Fudala.

Former Board member and current member of the St. Thomas Aquinas order of the Knights of Columbus, Michael Gagnon displays a generous contribution to the *Build to FEED* campaign.



Richard and Barbara Rockwell proudly display their governor's award for volunteerism.

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

Linda German, Chairperson
 Jane DeRosa, Vice Chairperson
 Gail Colglazier, Secretary
 Janice Mobsby, Treasurer
 Cynthia Dwyer, Executive Director
 Atty. Edmund Boutin
 Brenda Bach
 Cynthia Cleary

Sonshine Soup Kitchen

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

Email: director@sonshinesoupkitchen.org
program@sonshinesoupkitchen.org
office@sonshinesoupkitchen.org
 Internet: www.sonshinesoupkitchen.org

Office Hours: Monday-Friday, 1-6 p.m.

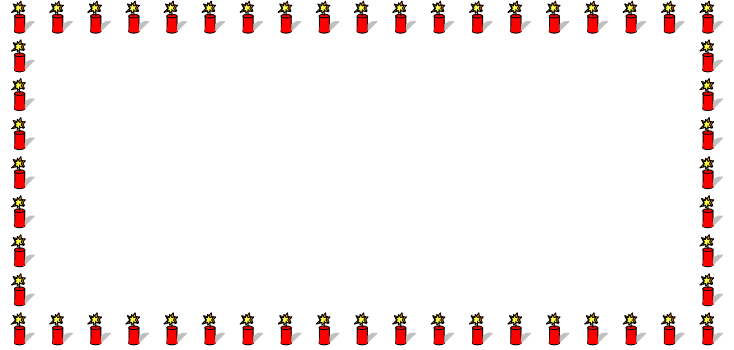




Sonsshine Soup Kitchen
 4 Crystal Avenue
 Derry NH 03038-2428

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If you do not care to receive this quarterly publication, kindly notify our office.
 Want to go green and receive the newsletter via e-mail? Send a message to office@sonshinesoupkitchen.org.

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- ...and much more!