



Sunshine Soup Kitchen News

Feed Encourage Empower with Dignity

March, April, May and June 2015



Reflections

I am one of those persons who take on responsibilities beyond my abilities and reason. This characteristic is not necessarily good or bad, but is part of how I am programmed. Balancing this quality (or liability) with realistic goals and priorities often causes me a fair amount of stress (understatement) -- like Atlas holding up the sky. Mind you, I have no illusions of the world's need for me or of my real or imagined skills and strength. It is just how I think when I am stressed and overwhelmed by a long list of tasks to complete.

In the midst of this somewhat warped thinking I got a flash of insight that refreshed my perspective and these words from the Apostle Paul, recorded in Romans 12: 3-8 sparked the serendipity.

³For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. ⁴For just as each of us has one body with many members, and these members do not all have the same function, ⁵so in Christ we, though many, form one body, and each member belongs to all the others. ⁶We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your¹⁰ faith; ⁷if it is serving, then serve; if it is teaching, then teach; ⁸if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead,¹⁰ do it diligently; if it is to show mercy, do it cheerfully. (NIV)

So here's to carrying out my work with faith, joy, and cheerfulness. I know that even when the sky gets heavy and I am tired, I am surrounded by others—staff, volunteers, board members, family, and friends who are each doing their part.

Tomorrow is a new day with renewed strength, energy, and opportunities.

²²Because of the LORD's great love we are not consumed, for his compassions never fail. ²³They are new every morning; great is your faithfulness. ²⁴I say to myself, "The LORD is my portion; therefore I will wait for him."

~ Cynthia

Waiting to Build to Feed

Yes, we are still actively searching for the right property to become available. Our two biggest obstacles are location (no surprise) and parking (no surprise). We think we may have news soon. Please keep the search in your prayers.



For Those In Need
sonshinesoupkitchen.org

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A little child will lead them



← Congratulations to our volunteer Nathan Miller! 100+ hours of service! What an example to follow!



→ A big thank you to this lovely 3rd grader, Emily, from Londonderry. She raised over \$300 for the Sonshine Soup Kitchen. Way to go Emily!!

This wonderful young donor, Angelina, → wanted donations for the Soup Kitchen instead of presents for her birthday. In her words she “wanted to help feed the hungry”. Way to go Angelina - we are so proud of you and blessed to have your involvement with this mission!



↑ We welcome our youngest volunteer. Alexis could hardly wait until her 12th birthday so she could come and serve at the Sonshine Soup Kitchen. It is great to see the younger generations serving!



Just in February, this engaging young boy went shopping with his mom so that we would have fresh milk to serve with our meal.

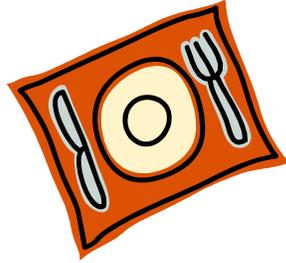


This lovely family brought fresh eggs to us for our meal program! Thank you, we used them the same day!

Current Needs

Food items

- Parmesan cheese
- Canned beets
- Canned chicken
- Canned potatoes
- Canned fruit cocktail



Clothing

- Men's, women's and children's winter clothing
- Winter footwear, all sizes
- Thermal underwear, all sizes
- New socks, all sizes



Kitchen supplies

- Disposable plates, bowls, cold cups and hot cups
- Disposable cutlery
- Three compartment delivery containers
- Paper towels
- Napkins
- 13 gallon kitchen trash bags
- 55 gallon barrel liners
- Gift cards to local supermarkets
- Rubber kitchen cleaning gloves

For other needs please visit our web site at
www.sonshinesoupkitchen.org.

Numbers to Note

	<u>2014</u>
Guests served	9,304
Meals served	14,208
Average meals per day	45
Average persons per day	37
Volunteer hours logged	8,628

	<u>2013</u>
Guests served	9,671
Meals served	14,473
Average meals per day	57
Average persons per day	35
Volunteer hours logged	8,619

For historical data, please visit:

<http://www.sonshinesoupkitchen.org/about/serving-data/>

Jane DeRosa retires from Board

Jane is a member of the 10-Year Club. That is 10 years as a very supportive Sonshine Soup Kitchen Board member. She may be the only member of the club, at least in easily accessible history. She served as vice-chair and chair. Being an influential kind of leader, not to mention really fun to be with, she encouraged her friends and entire family to volunteer with her preparing and serving meals over the years in the Soup Kitchen. That would be 12 or more years.

At the February board meeting, she was presented with the silver ladle by Chairperson, Linda German. If you ask me, Jane deserves an extra ladle of all the good things life has to offer.

Prayer concerns

Please join us as we pray for:

- D whereabouts unknown
- C for deteriorating health
- M recovering from two heart attacks
- Greater Salem Vineyard church's Bible study leadership
- Each board member by name, as decisions are made for the Sonshine Soup Kitchen's future

*All this is for your benefit, so that the grace that is reaching more and more people may cause **thanksgiving** to overflow to the glory of God.*

2 Corinthians 4:15 NIV

S

It is not always easy to decide how to give recognition to donors. Some individuals 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 or the other.

We have found that most businesses and clubs benefit from the "advertising" gained from public recognition and, unless otherwise instructed, we'll make these donors known from time to time. Our sincere hope is that they are rewarded in a way that feeds their souls.

Please forgive and notify us of any omissions.

See the next page and please note the generous businesses who contributed in 2014.

501 PIZZA
 AHERN & NICHOLS FAMILY DENTISTRY
 ALBERTO'S HOMEMADE CUISINE
 ALEXANDER EASTMAN FOUNDATION
 AMAZONSMILE
 AMERICAN EXPRESS
 APPLETREE ORTHODONTIST
 ARARAT ARMENIAN CONG CHURCH
 AVANDI'S RESTAURANT
 BANK OF AMERICA
 BENSON'S HARDWARE
 BETHANY CONGREGATIONAL CHRISTIAN CHURCH
 BLUE SEAL FEEDS
 BOY SCOUT TROOP 266
 BRIDGEWAY CHRISTIAN CHURCH
 CAFÉ TERESA
 CAKE FOR ALL SEASONS
 CALVARY BIBLE CHURCH
 CENTER FOR LIFE MANAGEMENT
 CENTERPOINT CHURCH
 CENTRAL CONGREGATIONAL
 CHESTER ACADEMY
 CHESTER, TOWN OF
 CLAM HAVEN
 COACH STOP RESTAURANT
 COGSWELL BENEVOLENT TRUST
 COLONIAL PRINTING
 COMMON MAN
 COPPOLA PHYSICAL THERAPY
 CVS
 DERRY FIVE STAR CINEMA
 DERRY GARDEN CLUB
 DERRY REPUBLICAN TOWN COMMITTEE
 DERRY RESTAURANT & PIZZA
 DERRY TEACHERS
 DERRY, TOWN OF
 DOLLAR TREE
 DONABEDIAN BROS., INC.
 DUFRESNE/LEKAS CPA
 ELECTRONIC TRANSACTIONS
 EPISCOPAL CHURCH OF THE TRANSFIGURATION
 EXCHANGE CLUB OF SALEM
 FIRST BAPTIST CHURCH
 FIRST CHURCH OF CHRIST SCIENTIST
 FIRST CONGREGATIONAL CHURCH
 FIRST PARISH CHURCH
 FRIENDS OF LONDONDERRY HOCKEY
 GIOVANNI'S
 GIVE WITH LIBERTY
 GRANITE ROSE
 GRANITE STATE ANALYTICAL SERVICES
 GREATER DERRY TRACK CLUB
 GREATER SALEM VINEYARD
 HALCYON CLUB
 HAMPSTEAD CONGREGATIONAL CHURCH
 HAMPSTEAD MIDDLE SCHOOL
 HANNAFORD SUPERMARKET
 HARVARD PILGRIM HEALTHCARE
 HOLY CROSS CHURCH
 HOW'S YOUR ONION?
 HYPE AGENCY
 J MICHAEL'S SPORTS PUB
 JAKE D'S RESTAURANT
 JANIE'S UNCOMMON CAFÉ
 KELLER WILLIAMS REALTY GRP
 KLEMM'S BAKERY

recognition of business & club donors 2014

KNIGHTS OF COLUMBUS
 LA CARRETA RESTAURANT
 LIBERTY UTILITIES
 LIFEWAY COMMUNITY CHURCH
 LOBSTER CLAW II
 LONDONDERRY CHRISTIAN CHURCH
 LONDONDERRY HIGH SCHOOL BAND CAMP
 LONDONDERRY LIONS CLUB
 LONDONDERRY MIDDLE SCHOOL
 LONDONDERRY SELF STORAGE
 LONDONDERRY UNITED METHODIST CHURCH
 LONDONDERRY, TOWN OF
 LONGMEADOW CONGREGATIONAL CHURCH
 MARGARITA'S RESTAURANT
 MARKET BASKET #42
 MOO'S ICE CREAM
 MOOSEHILL PROVISIONS
 MR. STEER
 NATIONAL ASSOC. OF LETTER CARRIERS
 NATIONAL GOVT. SERVICES
 NATIONAL HONOR SOCIETY, WINDHAM
 NBT BANK
 NEW HAMPSHIRE FOOD BANK
 OLIVER MERRILL & SONS
 OMNI INTERNATIONAL, LLC
 ON THE ROAD TO RECOVERY
 ORCHARD CHRISTIAN FELLOWSHIP
 PAISANO'S PIZZA
 PANERA BREAD
 PARKLAND FOOD SERVICES
 PAY IT FORWARD
 PEPPERIDGE FARMS
 PINKERTON ACADEMY ~ ATHLETICS
 PINKERTON CLASS OF 57
 QUALITY GRAPHICS INC
 RIG-A-TONI'S
 ROCKINGHAM SCHOOL OF MUSIC
 ROMANO'S
 SALEM FIREFIGHTERS
 SAUL O SIDORE MEM. FOUNDATION
 SHAW'S SUPERMARKET
 SOPHISTICAKES
 ST ANNE'S CHURCH
 ST JOSEPH'S SCHOOL
 ST JUDES PARISH
 ST LUKES UNITED METHODIST CHURCH
 ST MARK THE EVANGELIST CHURCH
 ST MARKS
 ST PETER AUBURN
 ST PETER'S EPISCOPAL CHURCH
 ST THOMAS AQUINAS
 STONYFIELD FARM
 SUNNYCREST FARMS
 SWEET 16 BOOK CLUB
 TALIA'S
 T-BONES
 TD BANK N.A.
 TENNEY UNITED METHODIST CHURCH
 THINK OFFICE FURNITURE RECYCLERS
 TRANSFIGURATION EPISCOPAL CHURCH
 UNITED STATIONERS
 USA SUBS
 VALENTINE GROUP
 WALMART 6830 DISTRIBUTION CENTER
 WEATHERVANE SEAFOOD RESTAURANT
 WENDY'S

Grants Received

For the third consecutive year, the Alexander Eastman Foundation has awarded a grant to Derry's Sonshine Soup Kitchen to assist in its healthy eating/healthy choices in-house and home food programs. Because of the success of this endeavor the past two years, \$7,500 was awarded for 2015. Utilizing a volunteer workforce, the Soup Kitchen has provided free hot dinners to persons in need since 1989, and has always enjoyed the Foundation's support.

The Eastman grants provide fresh fruits and vegetables for both the dining room and guest's enthusiastic take-home. Soup Kitchen guests report that the availability of these healthy food items impact their eating habits in a positive way.

The Foundation began its work in 1983 as a result of the dissolution of the Alexander Eastman Hospital, a community hospital founded in 1934. Grants and scholarship assistance are provided to promote good health and well-being for residents of the greater Derry area and to improve the quality and availability of health care in the community.

Additional information about the Foundation can be found at www.alexandereastman.org and about the Soup Kitchen at www.sonshinesoupkitchen.org.



Contact us

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program@sonshinesoupkitchen.org
Internet: www.sonshinesoupkitchen.org

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



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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 Nessell Colglazier, Secretary
Cynthia Dwyer, Executive Director
Janice Mobsby, Treasurer
Brenda Bach
Atty. Edmund Boutin
Cynthia Cleary
Margaret Ives
Greg Smith
William Carlisle



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Want to go green and receive the newsletter via e-mail? Send a message to office@sonshinesoupkitchen.org



The staff here at Sonshine Soup Kitchen are waiters. We do not cook the food, we do not provide it, you do. When we are our best selves, we are invisible, passionately focused on being sure our guests get a good meal, and our volunteers enjoy a satisfying experience. It would seem a poor business model, 4 part time staff, and an army of volunteers whose mission it is to provide 10,000 meals a year for free. But it has worked, in large part because of your selfless generosity, for decades.