



Sonshine Soup Kitchen News

Feed Encourage Empower with Dignity

MARCH, APRIL, MAY, & JUNE 2013



Reflections

The ship has sailed!

From the very first day that I began working at the Sonshine Soup Kitchen as the office assistant in 1995, I had my bags packed for the move. I didn't fully take over my workspace, personalizing it with plants and pictures because Pat, the founding director, was working on finding a new location. A capital campaign was being planned, but the ship was still docked. Then, two years later in 1997, before the campaign could be fully launched, Pat moved out of state and the director's position was offered to me. At that time, the campaign plans were undefined and all the energy for the project rested in Pat. As I moved into the executive director's position, I had a pretty steep learning curve to conquer, and I did not see the Board as fully committed to moving the Soup Kitchen from the First Baptist Church, so it was dropped.

Now, here we are 16 years later and the time is more than right to move forward with a permanent home for the Sonshine Soup Kitchen, the catalyst to this renewed effort being the offer of a \$50k matching grant. Until the staff began putting together a wish list for the building committee to use for the search, I hadn't realized just how much we were compromising by staying in the current location. I was quite used to lugging 50 or 60 pounds of supplies across the parking lot in all kinds of weather, many time in the early years, by myself. I didn't give much notice to the fact that as some of our guests became immobile, we didn't see them any more, or they were added to our delivery list. I did notice the day that a wheelchair was parked outside the door to the dining room and still do not know how the man managed to get down the half flight of stairs and then back up again. I have always been sensitive to the needs of our host church, and have always had to spend more time than I would have liked to training staff to leave the facility as good or better than we found it. And I know that through the years our generous host church had maintenance expenses above and beyond their own needs because the strain we put on the building. I got used to leaving my desk and making the effort to go across that parking lot, in all kinds of weather to check in on the operation. Christine does this now, but it makes overall management of the ministry a challenge. I have even gotten used to flying up and down two flights of stairs to access my office.

So, it is time to move out of mom and dad's house into our own. Time has proven the need for a soup kitchen in the Derry area is real. Please remember this: the Sonshine Soup Kitchen is not my ministry; it belongs to the community, neighbor helping neighbor. I may be the captain, but it will take the entire crew to sail this ship. The task ahead of relocating belongs to all of us

~Cynthia Dwyer

A phone call to sit down for

For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by

Elijah

1 Kings 17:16 (MSG)



We made it through another Christmas season! It is a busy, busy time for the staff during the holiday season. We witness much joy; we also see the neediest, and the most desolate people.

ply.

At the beginning of each Christmas season, I am like a child anticipating with excitement, all that Jesus will do for our guests. This year, one instance happened so quickly, that the provision of the Lord was verified within minutes.

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(A phone call to sit down for, continued from page 1)

A mother with five small children called to see if we could help her with a Christmas basket. This kind of provision we leave to the Derry Community Fund, local churches, and food pantries. In order to benefit from most of these sources, an application needs to be submitted within the right time frame, quite understandable given the volume of requests. The deadline had passed, so this family was facing a bleak Christmas with a meager meal and probably no gifts. My heart was touched and I took her phone number and told her I would see what I could do. As I scrambled to try to see what we could pull from our shelves, it became evident, what we had just wasn't going to cut it.

Flash forward 20 minutes. A gentleman walks into the Soup Kitchen office with three boxes of food containing a complete turkey dinner for six. He also drops off four bags with miscellaneous breakfast foods, and canned goods. A feast for an entire family! I could sense that a miracle beyond human means was in process. Along with the unexpected food, the staff was able to pull together presents for each child, so this family experienced the love that is meant to be shared at this special time of year.

I am so blessed to work here, and witness so much of Jesus' providence. Daily, it all comes together with many hands to serve the people who come here for their nightly meal. And it seems to get better each time!



Now, stay in your seat for this one, another "chance" happening. During the frenzied hours before our Fundraising Kickoff event on February 7th the phone rang. I strained to hear the faint voice over the hubbub of activity in the office. As my face changed from the strain of listening to incredible awe, everyone in the room quieted their chatter and began to notice that this was no ordinary business call. The caller explained to me that he was in another country and happened to be reading the on-line version of the Nutfield News, something he did regularly to feel connected to home. He told me that he would like to support us with a donation towards our new building. I was delighted! Another country, I asked? Where are you calling from? The caller stated he was in Afghanistan serving our country, and felt it was very important to call right then to let us know he was willing to support us. I was flabbergasted. Talk about being humbled on the spot. I needed to sit down.

I am truly blessed to see the miracles of how God works through all of us to care for persons in need. Just as the story referenced above from 1 Kings, the oil will not run dry because the One who sees it all will provide.

~ Christine

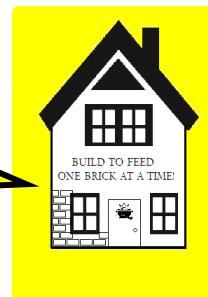


50 groups or individuals pledge to raise \$1,000 each within 50 days. This is the theme of the Sunshine Soup Kitchen's **Phase 1 building campaign**, and it was launched with an event on February 7. The invitation went out to all of our volunteer groups and many other clubs and businesses who have supported the Sunshine Soup Kitchen in the past. Those who arrived before the start time were asked to wait outside, just as our guests do before a meal. When the door opened these stalwart, shivering friends filed in and were glad to enjoy a hot cup of coffee. Then as others arrived, a light meal was served to each seated participant and there was lively conversation.

A short presentation followed giving the details of the 50-50-50 Challenge and then all were led in a cheer to heighten the motivation. At this time, we have received \$13,288.73 with pledges boosting that number.

CALL CYNTHIA IF YOU WOULD LIKE SOMEONE FROM THE SOUP KITCHEN TO SPEAK AT YOUR CLUB OR CHURCH.

WRITE YOUR NAME ON A BRICK AND HELP US BUILD TO FEED! HURRY, PHASE 1 ENDS MARCH 31!



Thanks to these early bird donors!

- | | |
|--------------------------|-----------------------------|
| ALLAIN, LAURA | HARRISON FAMILY |
| ALLIANCE HOMEHEALTH CARE | LOVE FAMILY |
| BANK OF AMERICA | MASSAGLIA FAMILY |
| BISHOP FAMILY | MORLEY, R CURTIS |
| BOUTIN & ALTIERI | SANDLER FAMILY |
| CALLIGANDES FAMILY | SKILTON FAMILY |
| CONNER FAMILY | ST ANNE'S PARISH |
| DEROSA FAMILY | ST JUDE PARISH |
| DERRY ROTARY CLUB | ST MARK'S PARISH |
| DWYER FAMILY | TILL, MARY |
| GDL CHAMBER MEMBERS | WINDHAM HIGH SCHOOL FACULTY |
| GUDINAS, MARIA | WINDHAM PRESBYTERIAN CHURCH |
| GERMAN, LINDA | |

Current Needs



- * Large size food service gloves
- * Olive oil
- * Canola oil
- * 9" take-out boxes
- * Kitchen sponges
- * Disposable cutlery
- * Rubber cleaning gloves
- * Men's winter jackets
- * Men's boots and shoes
- * Winter blankets

This list is kept current on our web site at www.sonshinesoupkitchen.org.



If you have the time, we are in need of **drivers to deliver meals**. This takes about one hour starting at about 4:45. Also needed are **drivers to pick up** donations are needed. Times and days vary and a van or truck is very helpful. Call or e-mail Christine if you are interested. (sskprogram@myfairpoint.net or 437-2833)

Prayer concerns

Please join us as we pray for:

- R with kidney failure
- C with depression
- SSK to find the right location and raise capital
- SSK staff through this busy project

*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

By this time it was late in the day, so his disciples came to him. "This is a remote place," they said, "and it's already very late. Send the people away so they can go to the surrounding countryside and villages and buy themselves something to eat." But he answered, "You give them something to eat."

Mark 6:35-37 (NIV)

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 the call of Jesus to serve and love one another as well as His empowering us to do His work. Special appreciation goes to Jean Manley who arranged for us to use Pampered Chef mini cookbooks and citrus peelers for our gifts.


INDEPENDENT CONSULTANT



The main ingredient

Working with the many volunteers who make the mission of the Sunshine Soup Kitchen possible is definitely one of the best parts of my job. Our volunteer friends are so generous with their time and their spirit that we sometimes must schedule them weeks in advance in order to squeeze them in. Over in the kitchen and dining room, Soup Kitchen volunteers encounter and accomplish almost every possible task from setting up tables and serving our guests to cooking and, of course, washing the dishes. I am always amazed at the resourcefulness and ingenuity of our volunteer cooks; I am always learning new tips and tricks that can help make the dining experience at SSK the best possible. Occasionally, the generosity of our volunteer community is so great that I have to brainstorm ways to safely store all the leftover food! Fortunately, we are hard at work raising funds for a new location with greater space for storage and refrigeration.

~ **Brian**

TD Bank fundraiser

This is an ongoing effort. TD will donate to the Soup Kitchen on a yearly basis and the gift is tied to account balances of our Affinity members. The identity of the members is never revealed to us. To become a member just call or visit any TD Bank as ask that your new or existing account be coded to benefit the Sunshine Soup Kitchen, **code: A2904**.



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Souper Bowl of Caring

Thanks to **Holy Cross Church** and **St. Jude's** for collecting funds for the Soup Kitchen through this national program. Interested in knowing more? Go to tacklehunger.org.



Staying in touch, 2013 style

Our web site has been reformatted and improved by Anna Dwyer. One of the improvements is the ability to make on-line donations through PayPal, which will greatly help with our Build to Feed campaign. Check it out. And Christine is reveling in the technology advances we are making by managing a presence on Facebook and Twitter. Do add the Sunshine Soup Kitchen to your social media to stay in touch.



And speaking of staying 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. Make sure you include your mailing address in message so we switch the right person. For each newsletter we do not mail, we save \$.15. This adds up when your mailing list contains over 1700 addressed.

Alexander Eastman grant

The **Alexander Eastman Foundation** is a grant making foundation serving the Derry area of New Hampshire, including the towns of Derry, Londonderry, Windham, Chester, Hampstead and Sandown.



The Foundation began this work in 1983 resulting from 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. In operating the Foundation, trustees are guided by the concerns that motivated the founders of the Alexander Eastman Hospital.

The Sunshine Soup Kitchen was granted funding by the Foundation for the purpose of providing more fresh foods, primarily fruits and vegetables to the persons we serve. The staff is so grateful for the means to improve our menus and give accolades to the trustees of the Alexander Eastman Foundation for their service to the greater Derry community.



Donor recognition

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 of the other.

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

See the next page and please note the generous businesses who contributed in 2012.

recognition of businesses & club donors

99 RESTAURANT, SALEM
 AHERN & NICOLS DENTISTRY
 AGANA FRUIT US, INC
 ALLSTATE INSURANCE
 AMERICAN LEGION AUXILIARY
 APPLE ACRES
 APPLEBEE'S, HOOKSETT
 APPLEWOOD LEARNING
 APPLE WOOD CONSTRUCTION
 BAE LEGACY EMS
 BAKED ON PASTRIES
 BANK OF AMERICA
 BIRCH HEIGHTS
 BIOSAN LABORATORIES, INC.
 BJORKMAN INDUSTRIAL POWER CORP.
 BK SYSTEMS
 BLUE SEAL FEED
 BODE EQUIPMENT CO.
 BOY SCOUT TROOP 266
 BOY SCOUT PACK 405
 BOY SCOUTS TROOP 10745
 BROADWAY CHIROPRACTIC
 BROOKLYN BAGEL
 BROTHERS AUTO BODY
 CHIEFTAINS MOTORCYCLE CLUB
 CLAM HAVEN
 CLEAR LAM PACKAGING, INC.
 COBRA MACHINING CORP
 COLONIAL PRINTING
 COMMUNITY CROSSROADS
 COMAX MANUFACTURING CORP.
 CONCORD FOODS, INC.
 CTS ELECTRONICS
 DAUGHTERS OF THE AMERICAN REVOLUTION
 DELLERA
 DERRY ADULT ED DANCE CLASS
 DERRY GARDEN CLUB
 DERRY ROTARY CLUB
 DERRY TEACHERS
 DERRY VILLAGE ROTARY
 DISCO HI TECH
 DOLLAR BILLS
 DONABEDIAN BROS., INC
 DJ'S SUPERIOR CLEANING SERVICES
 EAST DERRY SCHOOL PTA
 ELAN
 EMBROIDERY CREATIONS
 FESTIVAL FOR YOUTH
 FLAGSHIP FOOD GROUP LLC
 FLIR
 FOOTPATHS
 FRANKLIN VILLAGE APARTMENTS
 FRUITCROWN PRODUCTS CORP.
 GH HOOD STUDENT COUNCIL
 GH HOOD PTA
 GET IN STEP DANCE STUDIO
 GIOVANNI'S ROAST BEEF
 GRANITE RIDGE ENERGY, LLC
 GRANITE ROSE
 GRANITE STATE GI CONSULTANTS, PLLC
 GREATER DERRY TRACK CLUB
 HALCYON CLUB
 HAMPSHIRE FIRST BANK
 HAMPSTEAD GIRL SCOUTS
 HAMPSTEAD NATIONAL HONOR SOCIETY
 HANNAFORD SUPERMARKET, LONDONDERRY
 HAROLD SQUARE
 HARVARD PILGRIM HEALTH CARE
 HHS CLASS OF 1972 ALUMNI
 HIDDEN VALLEY RV PARK LLC
 HILLSIDE FARM
 HOOD PRO FUTURE GROUP
 HP HOOD LLC
 HYPE AGENCY
 INTERNATIONAL ORDER OF ODDFELLOWS
 JTS JOHANSON TRANSPORTATION SERVICE
 JULIANO'S
 KLEMM'S BAKERY
 KNIGHTS OF COLUMBUS
 LADESCO INC
 LEWIS ENGINEERING PLLC
 LONDONDERRY CLERGY ASSOCIATION
 LHS CHEERLEADERS
 LHS MARCHING BAND FRIENDS
 LSH NATIONAL HONOR SOCIETY
 LONDONDERRY LIONS CLUB
 LONDONDERRY SELF STORAGE
 LONDONDERRY WOMEN'S CLUB
 LONGO STAFFING, LLC
 MA'S ITALIAN BISCOTTI

MACK'S APPLES
 MANCHESTER COMMUNITY COLLEGE
 MANCHESTER MONARCHS
 MARGARITAS, SALEM
 MASSABESIC SENIORS
 MERRIMAC SPOOL & REEL CO., INC.
 MIZPAH REBEKAH LODGE 15
 MOBIL ON THE RUN
 MOOSEHILL PROVISIONS
 MR. H'S DRIVING SCHOOL
 MR. STEER
 NATIONAL ASSOC. OF LETTER CARRIERS
 NEWCOMERS CLUB/ DERRY, L'DERRY, CHESTER
 NEW ENGLAND PRO/ENGINEER USER GROUP
 NH AMATEUR BALLROOM DANCERS ASSOCIATION
 NEW HAMPSHIRE FARM BUREAU
 NH MASONIC C.F./ST. MARK'S LODGE
 NORTH BRANCH CONSTRUCTION
 OLIVER MERRILL & SONS
 PAISANO'S PIZZA
 PARKLAND FOOD SERVICES
 PARKLAND LAB AND EKG
 PARKLAND MEDICAL CENTER
 PASTENE CO.
 PAULIE'S NEIGHBORHOOD BUTCHER
 PAY IT FORWARD
 PELHAM CC
 PELHAM NURSING CENTER
 PEPPERIDGE FARM
 PELHAM POLICE RELIEF ASSOCIATION
 PINKERTON ASTROS SOCCER TEAM
 PINKERTON CHEERLEADERS
 PINKERTON CITIZENSHIP COMMITTEE
 PINKERTON FACULTY
 PINKERTON FBLA
 PINKERTON STUDENT ACTIVITY FUND
 PINKERTON STUDENT COUNCIL
 PINKERTON CLASS OF 1957/1958
 PLEASANT VALLEY NURSING CENTER
 PM RECYCLING, INC.
 PUBLIC SERVICE OF NEW HAMPSHIRE
 REGION 10 SUPPORT SERVICES
 RECCO
 RE/MAX REAL ESTATE
 ROTARY CLUB OF LONDONDERRY
 RYTHEM OF NH
 SALEM EXCHANGE CLUB
 SALON BELLAMY
 SAM'S CLUB
 SANDOWN FOOD PANTRY
 SANEL AUTO PARTS
 SANMINA
 SCHNIEDER ELECTRIC NORTH AMERICA FOUNDATION
 SCHUL INTERNATIONAL COMPANY LLC
 SCHREIBER LAW FIRM LLC
 SENIOR HEALTH CARE COM.
 SHAW'S SUPERMARKET, LONDONDERRY
 SLEEP INN
 SOFISTICAKES
 SOUTHERN NH MONTESSORI ACADEMY
 SPINDEL EYE ASSOCIATES
 SM ELECTRONICS
 ST. LUKE'S UNITED METHODIST WOMEN
 ST. MARK'S KNIGHTS OF COLUMBUS
 STAR TRANSPORTATION
 STEPPING STONES
 STONYFIELD FARM, INC.
 SUBWAY SUBS
 T-BONES OF DERRY
 TIMBERLANE REGIONAL HIGH SCHOOL
 TOUPIN RIGGING COMPANY, INC.
 TOWN OF CHESTER
 TOWN OF DERRY
 TRINITY ASSEMBLY OF GOD GIRLS CLUB
 TUCK IT IN YOUR BUN
 TWO GUYS SMOKE SHOP
 UNCLE BEN'S ICE CREAM
 UNITED STATIONERS
 VAN BERKUM NURSERY
 WALGREEN'S
 WALLE CORP.
 WALMART STORES INC
 WEATHERVANE SEAFOODS
 WEIGHT WATCHERS
 WHOLE SWEETS
 WINDHAM HIGH SCHOOL
 WINDHAM JUNCTION
 YMCA LONDONDERRY

Numbers to note

As of December 31, 2013, the Sunshine Soup Kitchen prepared and served meals for a cumulative total of 5,031 days. During this time span of 23 years, 242,727 meals were served by volunteers to 160,729 persons in need. For the year of 2013 we served an average of 60 meals per day, the highest in our history. The following charts give other historical data of interest.

| | 2011 to 2012 | 2004 to 2012 (1st year of 5-day operation) |
|---------------------------------|--------------|--|
| Meals increase | 2% | 35% |
| Ave. meals per day increase | 3% | 36% |
| People increase | 2% | 72% |
| Ave. people per day increase | 3% | 74.1% |

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
Michael Gagnon
Margaret Ives

| <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>2012</u> | |
| Guests served | 10,169 |
| Meals served | 15,163 |
| Average meals per day | 60 |
| Average people per day | 40 |
| Volunteer hours logged | 8,169 |

Board Changes

After three years, Roland Conner and Mike Gagnon are rising from their Soup Kitchen board seats providing opportunities for new Board members. Roland has been a long-time supporter of the Soup Kitchen and promises to maintain contact, when he is not basking on a Caribbean beach. Mike is choosing to devote more time to family (good example, good father, good husband) and promises to continue supporting the Build to Feed Campaign (good volunteer).

We are pleased that Cyndy Cleary is taking another three-year term.

Sunshine Soup Kitchen

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

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

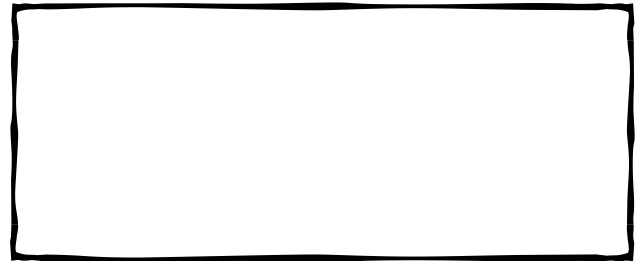




Sunshine Soup Kitchen
4 Crystal Avenue
Derry NH 03038-2428

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

Return service requested.



The
Challenge is
on!

WE HAVE UNTIL MARCH 31
TO RAISE \$100,000 AND WE
ARE OVER HALFWAY

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 sskoffice@myfairpoint.net.