



# Sunshine Soup Kitchen News

Feed Encourage Empower with Dignity

March, April, May and June 2014



Vic (not his real name) stopped by the office to say goodbye. He offered closure on a story that I don't get too often. I met Vic's brother back some years ago when he penned a note on behalf of the "Boys in the woods," thanking the Soup Kitchen for helping to make life bearable for a group of homeless men. The brother is educated and quite personable. He would pop in now and then for meals and, to my knowledge, he never had a permanent home. He would disappear for months at a time when he would find work out of town. Then he'd come back to his home turf where he knew where to get help. Always pleasant and polite to volunteers and guests, but Vic was another story. He was gruff and surly and kept his distance from other guests, staff and his brother.

My first recollection of Vic, some four years ago, was showing him to the self-serve coffee station. He had a robust weather-hardened appearance and kept much to himself. About two years ago he got sick, lost a lot of weight, and I realized how much the brothers looked and sounded alike. I would have to converse for a minute or two before I could speak the name with confidence and even then I would argue that Vic was Pete or Pete was Vic. Then Vic got even sicker and was hospitalized. He rallied round again, but Pete disappeared. Rarely would they communicate with each other, so asking about one to the other was an exercise in futility. Somewhere in all this, Vic came to a great appreciation of the safety net the Soup Kitchen was for him. He always knew he could get food and clothing here. After a while, he also appreciated the listening ear made available to him.

A death in the family opened up a living opportunity for the brothers out of state. Pete moved first and, then, some months later, sent for Vic offering an employment opportunity. After some years of Vic stopping in for meals or conversation in the office he stood in front of me and said, "I need a hug." Given our previous interaction, I was taken aback. But when he said he was leaving and wanted to thank the Sunshine Soup Kitchen for all we had done for him over the years, I caved. Human touch gives a strong message of acceptance and gratitude. He was giving it and I chose to receive it. Vic

has less than two years to live. If he can reconcile with his brother, work for as long as he is able, and live in a warmer climate, then the story will end way better than subsisting in the woods of New Hampshire.

I reminded him of the conversation I once had with him about the grace of Jesus and how no one is beyond redemption. Without preaching to him, I just suggested he listen for the voice of Jesus calling to him and I pray that he is able to. That would be less of an end to the story, but rather a glorious beginning. Amen and goodbye for now, Vic.

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 will keep you informed.

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## Staff Notes

My name is Ray Bonin, the sixth son and twelfth child of two good French Canadian Roman Catholics. I grew up in Lynn, Mass. Early on it was determined that one of the family's boys would enter the priesthood. As all of my older brothers demurred, one after another, that task fell to me. I joined the Carmelite Order in 1977 and was ordained a priest in 1982. I taught in the Order's Catholic School in Joliet, Illinois for six years, after which I volunteered to go to the missions in Peru. I served in parishes in Peru from 1988 through 1996. When I returned to the States in 1997, I left the priesthood and made a new life in Orlando Florida. There I lived for 8 years, until I returned to my native land, New England. My spiritual journey led me to the Episcopal Church where I found a home and a second chance at ministry. I was received as an Episcopal priest in 2012 and currently serve as the Priest in Charge of the Episcopal Church of the Transfiguration here in Derry. I began to volunteer at the Sonshine Soup Kitchen through my parish which has a long relationship with this good work. When the opportunity arose to be a part of the staff, I jumped at the chance. I am thrilled to be a small part of this great work. I meet Christ here every day.

Ray

Last May I left the Soup Kitchen to go back to work on our farm. In October, I got a call that my old position as office assistant was vacant again, and would I consider coming back. Well, I went back, but could only fill in for 2 days per week, since we were still busy with the apple harvest. Then Ray and Cathy were hired to share the office assistant position a few weeks later, so my temping days were over... until I got a call soon after that the kitchen coordinator position was vacant and would I consider coming back! Well, by that time the harvest was done, the farm stand was closed, and my son Evan was also looking for work, so I am back sharing the kitchen coordinator job with him. I can't seem to stay away from this place! Glad I can be of service.

Caroline

Hi, my name is Cathy and I am one of the new office assistants. I first became involved with the Soup Kitchen when my husband Al, and I moved to Hampstead, relocating from Chelmsford, Ma. We decided we wanted to donate some time to a worthwhile organization. After looking around, we decided to volunteer our time in serving meals at the Sonshine Soup Kitchen. Of course, we decided that Thanksgiving would be a good time to start. Little did we know that so many folks also volunteered at that time of year. After speaking with Christine, she accepted our request and we began serving the guests that come to the kitchen. Never realizing the tremendous need to continue our service, we stayed on for many months serving and also preparing meals for the guests. We had a wonderful time and met a lot of very nice folks.

We found that, at our age, we could only give a certain amount of time and effort to keep on going. We began by giving our time to help with the newsletter and Al also reached out to different organizations to help with donating much needed items.

In early November, I became aware of the need for an office assistant. I applied for the position and was hired along with Ray B. to do a job share which has proven to be extremely exciting. Being the newbie, my first day, I was totally surprised when we received a food donation from a fundraising event that brought in a tremendous amount of food. To say the least, I was totally shell-shocked and was literally thrown into a situation that I had no concept of dealing with. But, with the help of Cynthia, Christine and other volunteers involved, we managed to survive Thanksgiving and Christmas. How, I don't know, but God must have had a hand in this.

It's now February and the dust has somewhat settled and we are now able to go through proper training that both Ray and I need. But we did survive the process. It's been a fun time! Thanks to everyone.

Cathy

Hi, my name is Evan Gaythorpe, the other kitchen coordinator. I'm currently a junior at Southern New Hampshire University studying criminal justice. I am still trying to figure out what I want to do after college, either something in law enforcement or social work.

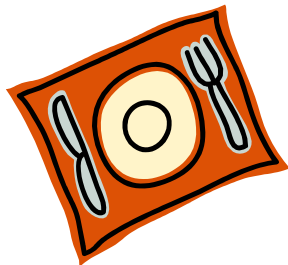
So far I really like the job. My favorite thing about it is the volunteers I work with. They are all really nice. This position is also giving me valuable experience in management and cooking.

Evan



## Current Needs

Regular coffee  
 Parmesan cheese  
 Canned pears  
 Canned fruit cocktail  
 Canned peaches  
 Canned pineapple  
 Applesauce  
 Cold cereal (low or no sugar)  
 Mrs. Dash Spices  
 Canned beets  
 Canned carrots  
 Creamed corn  
 Mixed canned veggies (Veg-All)  
 Canned peas  
 Disposable salt & pepper shakers  
 Canned chicken  
 Shelf stable milk  
 BBQ sauce  
 Hearty low sodium soups



For other needs please visit our web site at  
[www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org).

## Numbers to Note

	<u>2012</u>
Guests served	10,169
Meals served	15,163
Average meals per day	59
Average persons per day	40
Volunteer hours logged	8,169
	<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/>*



he Lord is good to all; he has compassion on all he has made.  
 Psalm 145:9 NIV

## Prayer concerns

Please join us as we pray for:

- N for peace
- J for hope
- C for patience
- C in recovery
- D and P for a new start

“Answer me when I call to you, oh my righteous God. Give me relief from my distress, be merciful to me and hear my prayer.”

Psalm 4:1 NIV

## The Main Ingredient

Over the years I have been here, I have witnessed many different situations, involving many different people, including their needs, addictions, illnesses and their daily situations.

Recently, one of our senior guests approached me to tell me how much he relies on the Soup Kitchen. This guest is blind in one eye, and almost completely blind in his other. This does not stop him, though. He walks everywhere, to workout, to shop, and to come to the kitchen for his evening meal.

This gentleman totally took me off guard. He told me he wouldn't know what he would do without being able to eat here at night. He was also so thankful for the fresh produce we have available.

He let me know, looking me right in the eye, that he would not eat if he didn't have the Sunshine Soup Kitchen to come to.

I am so blessed to be able to work and serve here. Sometimes when I take things for granted, I am humbled by knowing how some people struggle daily and that the simplicity of a warm nutritious meal served by friendly volunteers makes more of a difference in people's lives than most of us will ever know .

Christine

**D**id you know that, when you donate to the Sunshine Soup Kitchen, your contributions stay in this community?

## Hitchhiking with Ray



Once, many years ago, I was hitchhiking home from college in Milwaukee, Wisconsin to Massachusetts when I was given a ride by a hippie. I was grateful for the ride, but stunned when he offered me a meal with him at the commune where he was a member. It was a good, simple, organic meal, and I was welcomed without question. Afterwards, my new friend gave me a ride farther down the road. It was Thanksgiving. I was a stranger, and was offered hospitality, freely and without question. I don't know the motives for that community's generosity, but I am aware of its roots. It originates in the ancient Middle East, and is older than Christianity, older than Judaism. It is the obligation to care for the stranger that passes through, and to ensure that they are protected while in your care, and have enough provision to reach the next oasis.

It is a human impulse that comes from the awareness of our fragile existence. All of us, however comfortable we are now, are not far from traveling in the desert far from an oasis. None of us is self-sufficient; all of us must at some point rely on the kindness of strangers. This is, at its most basic level, what we do here at Sunshine Soup Kitchen. We show a little kindness to strangers. That is what our donors and volunteers do every day, over and over again. It is simple and direct, and we take this basic human obligation most seriously.

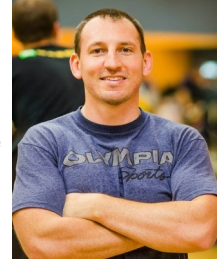
The Greeks had a word for this (the Greeks had a word for everything): it is philoxenia, the "love of the stranger," and it has many layers. On top of this basic human hospitality, people of faith have discovered a deeper meaning. In various places in the Jewish Scriptures, there are stories of this philoxenia. Added to its basic human obligation is the belief that in treating the stranger with hospitality, it may turn out that the stranger is an angel, that the act of hospitality is an encounter with the Divine. In the New Testament, especially in Luke's Gospel, this faithful vision is emphasized several times, in the story of the Good Samaritan, in the story of Zaccheus, even in the story of the disciples on the road to Emmaus. Even more deliberately in Matthew's gospel, Jesus makes it the test of the Kingdom of Heaven (Mt25:31-46). We enter the Kingdom of Heaven based on how we treat the least of our brothers and sisters.

However we understand its meaning, we all know in our hearts that the work here at the Sunshine Soup Kitchen is satisfying and worth doing. We are grateful to be a part of this good work. And who knows, maybe today we'll meet an angel.

Ray

## Spin for Hunger

When Josh Bourdon called back in November with a brain child ready to be born, the timing was less than ideal. Josh had become aware of the needs of community food providers in the area and wanted to help. November and December are crazy busy times for soup kitchens and pantries. The attention from the community and the generosity of donors is astounding, but it is a little like grocery shopping for the whole year in two months. Where do you put it all? How do you manage and organize it? It is a problem with immense blessings. Then, add to these challenges a host of eager volunteers wanting to serve their community over the holidays and a fundraising event and you have got, well, even bigger challenges.....and blessings.



But Josh is a workhorse with a heart as big as the state of New Hampshire. In less than four weeks, with the help of the organizations benefitting from the event, Josh pulled off an immensely successful fundraiser called *Spin for Hunger*. Derry's Workout Club donated the space. About 20 crazy riders solicited friends, relatives and employers to sponsor their ride. These proceeds along with a silent auction and cash raffle brought in over \$6,000, split between the Sunshine Soup Kitchen and First Baptist Church Community Food Pantry.

Special mention goes to Shawn Mullen for leading the ride and to Derry's Workout Club for hosting it.

*Spin for Hunger* was a most welcome challenge that helped turn the Soup Kitchen operations deficit around. Watch for a bigger event in the fall of 2014.



Sunshine Soup Kitchen Board members Gail Nessell Colglazier, Jane DeRosa, Cynthia Dwyer, Linda German, Brenda Back and Cyndy Cleary.



Watch us on Facebook and Twitter to see what happens behind the scenes. From donors to volunteers, you make it happen! We want to show our appreciation for you with the community!!





**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 of 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.

AGRANA FRUIT US INC  
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recognition of businesses & club donors

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## Grants Received

For the second consecutive year, the Alexander Eastman Foundation has awarded a \$5,000 grant to Derry's Sunshine Soup Kitchen to assist in its healthy eating/healthy choices in-house and home food program for the 2014 year.

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. Typical guest responses include, "I couldn't afford these things otherwise," and, "I've never eaten so well in my life. I feel wonderful!"

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](http://www.alexandereastman.org) and about the Soup Kitchen at [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org).



## Contact us

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Internet: [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org)

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



Other foundational gifts for 2013 include the following: \$1,000 from Walmart; \$800 from the Saul O. Sidore Memorial Foundation; \$2,500 from the Cogswell Benevolent Trust; \$1,000 from Bank of America; and \$1,000 from Johnson and Johnson.

In addition to these wonderful gifts, in 2013 the Soup Kitchen applied for and received grants from the Human Resource Departments of the towns of Chester, Derry and Londonderry totaling \$2,700. A significant amount of support, over \$24,000, was received from various corporate employee giving programs. This source is a direct result of individuals designating their employee giving through their companies to the Sunshine Soup Kitchen. Give with Liberty (Liberty Mutual) deserves a standing ovation for contributing almost \$19,000 of the total.

## 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

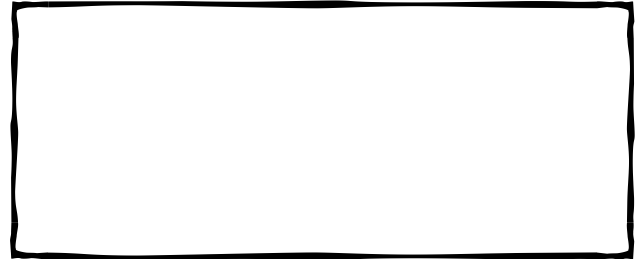
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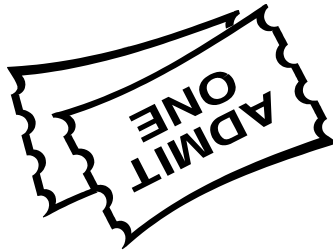
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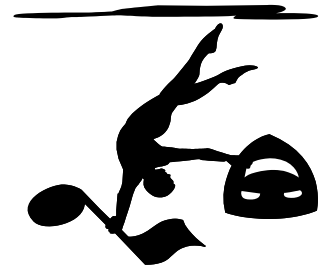
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 Want to go green and receive the newsletter via e-mail? Send a message office@sonsshinesoupkitchen.org



See inside for more information!!

An evening where Energy, Music & Comedy Collide!!

with Tony Pace



# Spring Fling