



# Sonshine Soup Kitchen News

Providing a free meal to anyone in need.

JULY, AUGUST, SEPTEMBER, & OCTOBER 2014



## *When you think of a diamond,*

you probably conjure up an image of a cut, polished stone set in a

beautiful piece of jewelry. An actual diamond in the rough typically looks like a small, non-descript stone that most lay people would hardly notice and would not recognize as a precious gem. (www.ehow.com/how\_8467681\_tell-rough-diamond.html) Once it is polished and cut with the characteristic flat sides, or facets, it is transformed into an object of great value, and it is the facets that reflect the light and colors around it giving the beautiful sparkle so appealing to the human eye.

I want to tell you about a gem of a relationship that brought appeal to my heart more precious than diamonds.

The timeline on this story, for brevity's sake, begins last spring when Rick Metts of Clam Haven put into place the relationship that today enables Soup Kitchen guests to enjoy market-fresh fruit and vegetables.

One of his local food suppliers had an over abundance of lettuce and suggested they call us to see if we wanted the bounty. This was one of those donations that came at the right time and was so fresh and appealing, everyone at the Soup Kitchen broke out in smiles. One light-catching facet.

This same year was the first year we asked the Alexander Eastman Foundation for funds to purchase healthy foods for a healthier menu at the Soup Kitchen. At first, more often than not, we purchased produce for this at retail locations. We were not ordering enough for a wholesaler to deliver, nor did we have the refrigeration space to store and hold case quantities. Even with some polishing to do managing the grant funds, the generosity of the Alexander Eastman trustees are another facet contributing to the beauty of parts coming together to make a whole.

Back to our friends at Donabedian, Brothers, food supplier. Throughout the months that followed Rick's match-making, we would get a call to offer another donation—probable overstock or refused shipments, but we didn't care—it was free food, fresh food, and they brought it right to us. The sparkle of another facet caught my eye, and we asked if they could accommodate our biweekly produce orders. Accommodate they did, and we now order from them, at wholesale prices, on a regular basis. Sparkle, sparkle!

What a beautiful gem this relationship turned out to be. It may have started with Mr. Metts, or it may have begun with another happening at another time

that was not even recognized, like stumbling upon a diamond in the rough.

~Cynthia Dwyer

**Epilog** to the story I wrote last year in this edition, available to review at [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org) or click this link: <http://www.sonshinesoupkitchen.org/2013-02-01/wp-content/uploads/2013/02/Newsletter-2013.07.08.09.pdf>.

My daughter's family will close on a new home and be moved in before the next school year begins. When the timing was right, all the pieces fell together in place like a well designed jigsaw puzzle. I don't know why I was rewarded so lavishly in the process by hosting the little family of four for several months, but what a joy to be under one intergenerational roof.

*God sets the lonely in families.*

Psalm 68:6a (NIV)

## Numbers to note



<u>5/31/14 YTD</u>	
Guests served	3,817
Meals served	5,778
Average meals per day	57
Average people per day	38
Volunteer hours logged	3,569
<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

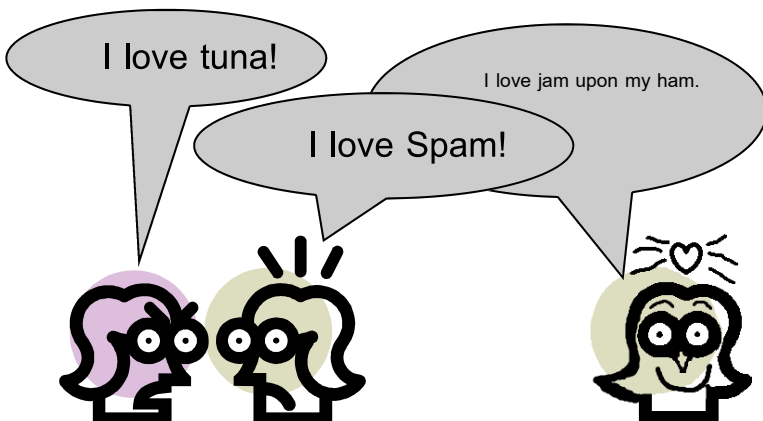
### Tuna or Spam?....Tuna or Spam?....

Seldom in my career at the Soup Kitchen, have I worried about what will be for dinner. I have worried about my creativeness with what to do using the available ingredients on hand such as tuna or Spam and how to serve it. I need to ensure that every meal served here is nutritious *and* delicious.

One afternoon as I was contemplating menus for the following week, I was approached by a new volunteer who had two plates in her hands. She had made two different dishes, one with tuna and, low and behold, one with Spam. As the look of bewilderment on my face turned to a look of extreme happiness, I was thinking, "You're kidding me! No, this is really happening! THANK GOD!!" She requested I taste them and get back to her with my thoughts. I tried the tuna dish for lunch that day and was delighted that it looked, smelled, and tasted like something I would order at a restaurant. It was a winner! The next day I sampled the Spam creation. Once again I was amazed at the look, smell and taste of this dish. It was also a winner!

I am blessed by so many volunteers and chefs who display never ending energy and creativity in meal preparation. Their continued support to make delicious meals at the Soup Kitchen cannot go unmentioned. I extend by heartfelt thanks to you for your help in making my job such a joy. I can't mention all of you by name, but you know who you are. ♥

~ Christine



## The real value of a can of corn

A can of corn costs only \$.89; we add it to our shopping cart without a second thought. We add it to the parish bin for the Sunshine Soup Kitchen and the effort costs us nothing. But that can of corn is more valuable than we think. There are other fingerprints on that can besides ours that increase its value many times over.

That \$.89 can of corn has the fingerprints of the rough hands of the farmer who puts that dark pebble-sized seed into the planter. He cares about that corn; he takes time to decide when the ground is ready to accept the seed. If it comes from a small farm, it may have the fingerprints of the hired help who works from dawn to dusk to pick those ripe ears of corn by hand, carefully choosing only those ears that are ready.

That \$.89 can of corn has the fingerprints of the truck driver who hauls that ripe corn to the canning factory. It has the touch of those who work quality control, and who oversee the process of turning those fresh ears of corn into the familiar and seemingly insignificant can of corn found in every grocery store. It has the fingerprints of the truck driver that hauls those cans from the factory to those grocery stores and those of the stock clerks, and the cashier, and ours as well.

That simple can of corn is handled by the staff of the Sunshine Soup Kitchen and by the cooks who add it to the shepherd's pie, and is served by one our volunteers. And at last it realizes its true value-- eaten as part of a good meal by one of our guests. \$.89 does not come close to describing its real value. Your fingerprints on that can of corn are part of a long chain of hands that have worked together to bring God's bounty to those who need it most. That can of corn is a treasure. Each set of fingerprints has added value to it, though we may be oblivious to all but our small part, we are nevertheless, part of an invisible sacrament that has brought about what God has intended, and we give thanks.

~ Ray

## Build to FEED

If no news is good news, then the good news is we have no news to report. We are still looking/ waiting for the right location that will allow for handicap accessibility for Soup Kitchen guests and provide a higher level of efficiency for staff and volunteers.



## TD Bank Affinity

Last year we received a check from TD Bank in the amount of \$1,200. This program works! This is an ongoing program 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! Sonshine Soup Kitchen, code: A2904.

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



### United Way Giving

Another way to give is through your corporate United Way campaign. Sonshine 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 Sonshine Soup Kitchen now has a link to PayPal right on our website. How easy can it be to give?

## 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. **+\$=\$=\$\$**

### ↓ Important notices for volunteers ↓

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.**



**No volunteer calendars in this issue.** Go to [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org) to view calendars. If you need one post mailed to you, please call the office at 437-2833.

### Volunteers needed

A regular group is needed for the **forth Wednesday** of each month. Could be every other month.

The Soup Kitchen will be closed on July 4 and September 1.

## Prayer concerns

Please join us as we pray for:

- C, battling cancer
- C, with addiction and life issues
- J, with a serious undiagnosed illness
- Guidance in finding a new Soup Kitchen home

Offer praise and thanks to God with us for:

- B, in stable health
- M and J who faithfully brings God’s word to the spiritually hungry

*The LORD is near to all who call on him,  
to all who call on him in truth.  
Psalms 145:18 (NIV)*

## Current needs

### Food items

- Pickle spears
- Regular and decaffeinated coffee
- Mrs. Dash spices
- Canned beets
- Creamed corn
- Tomato sauce
- Spaghetti sauce
- Individual black pepper shakers (disposable)
- Shelf stable milk
- Canned chicken



### Clothing

Casual summer clothing, all sizes. Men's, women's and children's new underwear and socks, all sizes.



### Other

- Disposable plates, bowls, cold cups and hot cups
- Disposable cutlery
- Three compartment delivery containers
- Napkins
- 13 and 55 gallon kitchen trash bags
- Gift cards to local supermarkets for our Meal Program
- Bleach
- Liquid scouring cream
- Oven mitts
- 8-1/2" x 11" white multipurpose paper
- 8-1/2" x 11" color copy paper

### Volunteers needed

A regular group is needed for the forth Wednesday of each month. Could be every other month.

## Group changes and recognition

After a long run of 15 years, our friends at **Chester Congregational and Baptist Church** are taking a rest from service to the Sunshine Soup Kitchen. Thanks to **Charlie Lindsey** for a very long run at leading this group.

A temporary good-bye is extended to the **Londonderry Rotary Club**. These hard-working community leaders support the Soup Kitchen (and many others in the community) lavishly, but time constraints brought their volunteer service to a close for now.

**Genevieve Sedensky**, leader of the **St. Anne's** group is moving out of state. **Jean Lothouse** has stepped in to keep the group going.

A new group from **St. Thomas**, replacing the former group under the leadership of **Justine Golden**, is the **Daughters of Isabella**, organized by **Christina Grover**.

Finally, but by no means the least, is **Brynn Joyce**. This extraordinary woman is the very one who made magic out of a can of Spam. We are thrilled to have her plugged into a regular volunteer day—and so are our guests!



## 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](mailto:office@sonshinesoupkitchen.org).

If you would prefer electronic delivery, send an email to [office@sonshinesoupkitchen.org](mailto:office@sonshinesoupkitchen.org) and use "subscribe" as your subject. In the message, tell us who you are and what address to remove from our post mailing list. For each newsletter we do not mail, we save up to \$.30.



## SSK Wall of Fame



John Timmeny, president of the Londonderry Rotary Club presents a check to Cynthia Dwyer, proceeds from the 2014 *Spring Fling*. Deb Waitt, one of the event coordinators looks on.

## Board changes

At the 2014 Annual Meeting, the Soup Kitchen Board welcomed a new member, **William Carlisle** of Londonderry for a three-year term. **Linda German** was re-elected to a three-year term, and **Margaret Ives** graciously agreed to serve again for a two-year term.

New members bring new ideas and new enthusiasm. Members of long duration provide history and experience. The Board currently is served by 10 dedicated volunteers.

Do you want the absolute latest  
in Soup Kitchen news?



Click!



## 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  
Brenda Bach, Vice Chairperson  
Gail Colglazier, Secretary  
Janice Mobsby, Treasurer  
Cynthia Dwyer, Executive Director  
Atty. Edmund Boutin  
William Carlisle  
Cynthia Cleary  
Jane DeRosa  
Margaret Ives  
Greg Smith

## Sunshine Soup Kitchen

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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





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