



# Sonshine Soup Kitchen News

Providing a free meal to anyone in need.

Fall/Winter Edition  
November and December, 2014 & January and February, 2015



enter my conscious mind, like fall foliage, I muse on the change of seasons and the message of life, death, and sustenance it contains.

What other living thing in nature reveals more beauty in dying than deciduous tree leaves, especially our maples? On the third floor of my office, I can look out the window and see the leaves at eye level. Each day is a kaleidoscope of changing color—green, then green and gold and then gold and orange, some with red veins. Each one is unique. And even then, the beauty continues while the leaves drop and flutter to the ground. The final, not so beautiful sight, are piles of brown, brittle dead leaves.

But the tree lives on. And why? It lives because of its roots. Strong and supportive, the roots and trunk may not hold the beauty of the leaves, but without them, the leaves would have no purpose.

What is the root that sustains you? I choose, by a conviction that I cannot always explain, the Bible as my source of sustenance, for even though my intellect may be able to question the truths stated within, my heart cannot.

*Nothing says the end*  
of summer to me like the  
“Closed for the season”  
sign in front of Clam Haven  
and Moo’s Ice Cream.  
But when the more subtle  
signs of the season’ end  
of summer to me like the  
“Closed for the season”  
sign in front of Clam Haven  
and Moo’s Ice Cream.  
But when the more subtle  
signs of the season’ end

The grass withers  
and the flowers fall,  
but the word  
of our God  
endures forever.  
Isaiah 40: 8 NIV

~ Cynthia

The fear of the Lord  
is the beginning of wisdom,  
and knowledge of the Holy One  
is understanding.  
Proverbs 9:10 NIV



## An Eggs-trordinay Tale

Does anyone out there have a recipe that begins, “Take 4,320 eggs and ...”? Neither do we, and you’re surely wondering why we ask.

Back in August, at the height of the Market Basket crisis, Christine mentioned that we had \$380 worth of the store’s gift cards donated by SSK friends for foodstuffs and supplies. We were concerned that if, worst case scenario, an outside organization were to buy the chain, our cards could become worthless. Every little bit helps, as you know.

Off we went to the chain’s Londonderry branch and met store director Mark Lemieux, explaining we were there for two reasons. First, we knew his employees were (continued on page 2)

### Table of Contents

<b>Board of Directors</b>	<b>8</b>
<b>Build to FEED</b>	<b>6</b>
<b>Current needs</b>	<b>3</b>
<b>Giving and receiving</b>	<b>4</b>
<b>Holidays are closing in</b>	<b>7</b>
<b>In memoriam</b>	<b>8</b>
<b>Inclement weather notice</b>	<b>7</b>
<b>Main Ingredient</b>	<b>2</b>
<b>More giving and receiving</b>	<b>5</b>
<b>New volunteer groups &amp; changes</b>	<b>2</b>
<b>Numbers to note</b>	<b>3</b>
<b>Prayer concerns</b>	<b>8</b>
<b>Living the faith and walking the walk</b>	<b>6</b>
<b>Sonshine Soup Kitchen Mission</b>	<b>8</b>
<b>Spinathon for hunger</b>	<b>3 &amp; 9</b>

Volunteer calendars are now posted at  
<http://www.sonshinesoupkitchen.org/group-calendar/>



## The Main Ingredient

### *The Angels among us*

The food program generally runs peacefully. With over 40 volunteers a week, each day is different in many ways. People serve here for countless different reasons. Sometimes the impact the volunteers have on staff and me personally is quite remarkable.

One person recently found us and has been blessing the guests, other volunteers and the staff in myriad ways. Her name is Sue. She came to us to give back to the community, and share her cooking talents with us. She has given us many hours of her time as a volunteer and cook. She has donated many meals; one consisted of Country Style Spare Ribs with real mashed potatoes! She is one surprise after the other.

Sue always has a smile on her face. Our guests and other volunteers have come to love her presence and her grace. She takes care of everyone as if she has known them for many years, as if they were family.

This example of love is one that everyone in her presence sees and cherishes. This is the love that Christ talked about.

The Sunshine Soup Kitchen is blessed to have volunteers who make this mission a part of their lives. It takes many hands to run this program, and to take care of people who rely on us for a warm, safe place to enjoy good food and good company.

Hat's off to all of you, and may God bless you for "Loving one another".

~ Christine

(from page 1)

suffering personal hardships during their time out of work, but that SSK and the area's food pantries were all ready to help. Then, we mentioned the gift cards, but that we did not want to insult or anger his crew by crossing their demonstration lines without his and the staff's permission.

"No problem!" he replied. "How may we help? And, by the way, could you use some eggs?"

Assuring him we could, off we rolled with our carts and those gift cards in hand, filling the carts to overflowing with butter, mayo and tons of paper products and cleaning supplies. Three carts later, we checked out, to be met in the parking lot by Mark's veteran associate, Vinnie Bruno, and his pickup—the "Eggmobile"! Our then three-vehicle caravan headed for the office, honking in support as we passed Market Basket staff demonstrating on Rte. 102 in Londonderry.

But what to do with all that hen fruit? Don, one of our super volunteer chefs, arrived and quickly changed the menu to quiche. We packed every available inch of fridge space, froze yolks and whites for future use, and then Christine began calling her friends at the area food pantries: First Baptist Church, St. Jude's, St. Thomas Aquinas, Shepherd's Pantry in Windham, Salvation Army, and the Upper Room. They all joyfully shared in our largesse. We even had our volunteer drivers take a dozen to each of our homebound guests along with that day's hot dinner.

We've since received many other generous donations of food from the store, but we'll always remember "The Day of the Outsized Omelet."

Thank you, Mark! Thanks you, Vinnie!

~ Linda German

A new command I give you:  
Love one another.  
As I have loved you,  
so you must love one another.

(John 13:34 NIV)

## New volunteer groups & changes

We have these group changes to note:

We welcome aboard Greater Salem Vineyard, being lead by Jan and Gerry Daigle.

We also have a new leader for the Future Business Leaders of America. Nicole Locore has moved on to college after leading her group for the 2013-2014 school year. This year, Devin McMahan is leading her fellow students.

## Current needs

At this time the following items are in short supply. This list is also posted on our web site and updated weekly. Go to <http://www.sonshinesoupkitchen.org/donations/current-needs/> to check it out before shopping. Drop off items during office hours, please: Monday through Friday, 1:00-6:00. Thanks!

### Food needed

- Coffee, regular & decaffeinated
- Mrs. Dash Spices
- Canned beets
- Canned creamed corn
- Canned fruit cocktail
- Individual black pepper shakers (disposable)
- Canned chicken
- Canned Mandarin oranges
- Macaroni & cheese
- Mayonnaise
- Shelf stable milk



### Supplies needed

- Gift cards to local supermarkets for us to use for the food program
- Disposable salad bowls, cold cups and hot cups
- Disposable cutlery
- Napkins
- Paper towel rolls
- 13 gallon kitchen trash bags
- 55 gallon trash barrel liners
- 3 compartment delivery containers, 8-1/2" x 11"
- Bleach
- Liquid scouring cream (Soft Scrub)
- Dishwasher detergent
- Oven mitts

### Personal Care Items

- Bath soap
- Deodorant
- Lip balm
- Shampoo and conditioner

### Wishful thinking

- Portable projector
- Laminating Machine

### Clothing needed

- Men's, women's, and children's fall and winter clothing and foot wear
- Thermal underwear, all sizes

### Volunteer opportunities

We still are looking for **drivers** to help fill in on an on-call basis to deliver meals. Also, volunteers to help **pick up donations** during the week are needed. A truck would be very helpful.

### Monetary donations

Consider a **cash** donation to cover overhead and the purchase of supplies not usually donated.

## Spinathon for Hunger

On the back of the cover of this newsletter is a flyer for the only fund-raising event the Sunshine Soup Kitchen will be participating in for the year 2014, so it is very important to us and the FBC Community Food Pantry (the other beneficiary of the event) that it be a success. In fact, Josh Bourdon, founder of To Give Good, has set a goal of \$20,000 for this second annual event. Pretty lofty for two such grass-roots organizations focused on feeding our neighbors in need.

### What can you do?

- Sign up to ride! (Oh, it is so much fun-music, food, sweat.)
- Pass the flyer on to people you know who may be interested. (Please, please, please!)
- Sponsor a rider.
- Donate an item for the silent auction. Or would you be willing to solicit for items? Sports tickets, weekend get-away, etc.
- Donate to the event. Specify which charity you want to support.
- Come to the event at the brand new Zoo Health Club in Derry (35 Manchester Rd, formerly the Workout Club) and bid at the auction or just watch the fun!

## Giving and receiving

### SONSHINE SOUP KITCHEN THANKS 'FOOD FRATERNITY'

As a member of the Greater Derry area food service fraternity, albeit with a slightly different approach, the Sunshine Soup Kitchen has once again turned to its restaurant brethren for help.

For the fifth year, we recently held our Derryfest raffle of donated gift cards, and the donor support was outstanding. We recognize these special friends with gratitude:

**DERRY:** Amphora, Clam Haven, Derry Pizza, How's your Onion, Jake D's, La Carreta Restaurante Mexicano, Lobster Claw II, Panera (all branches), Rig-a-Toni's, Romano's Pizza, T-Bones Great American Eatery, (all branches) USA Subs, Shaw's.

**LONDONDERRY:** 501 Pizza, Avandi's Family Restaurant, Café Teresa, Coachstop Restaurant, Giovanni's, Harold Square, Janie's Uncommon

Café, Talia's, Mr. Steer, and yes, Benson's Lumber & Hardware (both locations – build and grow your own salad bar!).

**MANCHESTER:** The Yard.

**SALEM:** Margarita's Mexican Restaurant, Weathervane Seafood Restaurant, (all locations for both).

**WINDHAM:** Common Man (all locations), J. Michael's Family Sports Pub, Windham Junction.

Very Special thanks to Windham floral designer Evie Saad for again making and donating her beautiful fresh flower wreaths and bouquets to sell; to our Board members past and present for their enthusiastic teamwork; and to all our generous raffle entrants. Bon appetite!

~ Linda German

SSK Board Chair

The community is very generous in its support of our mission at the Sunshine Soup Kitchen, with too many donors to list, and we are grateful to each and every one. But we must mention a few extraordinary businesses and clubs whose generosity merits mentioning. These include:

Clam Haven  
Derry Rotary Club  
Derry Teachers  
Derry Village Rotary  
Greater Derry Track Club  
Hannafords  
Klemm's Bakery  
Ladesco Inc.  
Liberty Utilities  
Londonderry Clergy Association  
Market Basket # 42  
National Assn. of Letter Carriers (Derry)  
Omni International  
Paisano's Pizza  
Parkland Medical Center  
Pepperidge Farms  
Pinkerton Cheerleaders  
Rotary Club of Londonderry  
Shaws, Londonderry  
Stonyfield Farm, Inc.  
Walmart Distribution Ctr.



Fourth year running, the **Stonyfield Employees' Golf League** designated the tournament proceeds and food drive to the Sunshine Soup Kitchen. This year netted \$12,032. How can so much fun pay off so handsomely?

## More giving and receiving

### TD Bank Affinity pays off!

The Sonshine Soup Kitchen enrolled in the TD Bank Affinity Program in July of 2012. This program is one of the many ways TD Bank supports communities. They offer nonprofits the chance to earn support dollars when referring customers and by encouraging current and new customers to sign up and tell TD that they want to participate. A percentage of the average balance of the members' accounts is donated by TD to specified charities on an annual basis. TD makes the contribution, not the TD customer. On our one year anniversary we were presented with a check for \$1,200; in 2014 we earned a contribution of \$1,600 from TD.

We continue to look to current TD customers to code their accounts with our unique number (A2904) and to encourage others to consider opening a new account.

**The only down side, is we never know who the members are, so we cannot thank them!**

Do you shop through Amazon? Support the Sonshine Soup Kitchen by shopping at AmazonSmile (<https://smile.amazon.com/>). Amazon will donate to Sonshine Soup Kitchen every time you shop.



## Matching gifts—and other alternative ways to give

Your company may have an **employee giving** plan available to you. These are programs designed for you to donate to charitable organizations with a payroll deduction. Some donations are **matched** by the employer. We would certainly appreciate being the beneficiary of any of these plans. Please check with your company's human resource department to see what is available to you.



### On-line giving now available

If you like the convenience of on-line giving, we now have an account with **PayPal** and a **link** on the Soup Kitchen web site. Click on the PayPal logo that shows on every page on our web site.



### 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 the charity of your choice. Contact the Soup Kitchen office to get our tax id number if required by your company.



### Meaningful holiday gifts

Do you ever struggle with finding the right gift for those folks on your list who seem to have everything? Consider a holiday donation in honor of your friends, co-workers or family. We will provide a personalized gift card for you. Please note, we need at least two weeks notice to process these special gifts in time for holiday giving.

## Keeping SSK healthy

As of September 30, the Soup Kitchen is operating at a severe deficit. If you can, please help turn this around by making a gift before the end of the year. As you do so, give thought to becoming a sustaining donor by making a resolve to give on a monthly basis. Your support is vital to the operation.

### Yes, I want to be a supporter of the Sonshine Soup Kitchen!

Name \_\_\_\_\_  
(Personal donor lists are not published.)

Address \_\_\_\_\_  
\_\_\_\_\_

E-mail address \_\_\_\_\_



### My donation:

\_\_\_\_\_ per year \_\_\_\_\_ per quarter \_\_\_\_\_ per month

\_\_\_\_\_ \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ Other

## Build to FEED



When will Phase 2 of the building campaign begin? This is the burning question. First off, you need to know about Phase 1 and how Phase 2 is defined.

Two years ago, the Sonshine Soup Kitchen was offered a \$50,000 grant. There were not a lot of strings attached to the money, but we did need to apply for it and state our case on how the money would be used. We chose to apply for the grant as the beginning of a capital campaign to buy a place of our own. There are many reasons why the Soup Kitchen Board decided that the time and conditions were right to relocate, the

biggest one being universal accessibility. Part of the conditions of the grant is that it would need to be used as a fund-raising match. We began the campaign that we call *Build to FEED* in September of 2012 and reached our goal of \$50,000 by April 2012. And since then, we have accumulated another \$23,000.

A second condition was that we needed to find a suitable location, which we call Phase 2 of the campaign. And this is where we are currently stalled. Our analysis of location requirements keeps us in downtown Derry in a building at least 4,000 S.F. with parking on-site or close by. This narrows the field considerably, and at this time we believe we have explored every open site and need to just wait for a property to become available.

The entire Soup Kitchen Board and a top local commercial real estate broker are constantly on the lookout while brainstorming other creative solutions.

Please keep this project in your prayers.

## Living the faith & walking the walk

We work hard to maintain strong relationships with local churches, in part to give a platform for serving in the example of Christ Jesus. This list includes:

- |   |                                  |
|---|----------------------------------|
| Ararat Church, Salem                      | St. Jude's, Londonderry          |
| Central Congregational Church, Derry      | St. Luke's, Derry                |
| Church of the Transfiguration, Derry      | St. Mark's, Londonderry          |
| First Church of Christ Scientist, Derry   | St. Matthew's Church, Windham    |
| First Parish Church, Derry                | St. Peter Church, Auburn         |
| Greater Salem Vineyard                    | St. Thomas Aquinas, Derry        |
| Hampstead Congregational Church           | Trinity Assembly of God, Derry   |
| Holy Cross Church, Derry                  | Windham Presbyterian Church      |
| Londonderry Christian Church              | Zion Christian Fellowship, Salem |
| Londonderry United Methodist Church       |                                  |
| Longmeadow Church, Hampstead              |                                  |
| Orchard Christian Fellowship, Londonderry |                                  |
| St. Anne's, Hampstead                     |                                  |
| St. Christopher's Church, Hampstead       |                                  |



## Numbers to Note

2014 YTD (September 30)  
 Guests served 6,901  
 Meals served 10,651  
 Average of meals per day 58  
 Average people per day 38  
 Volunteer hours logged 6,339

2013 YTD (September 30)  
 Guests served 7,096  
 Meals served 10,651  
 Average of meals per day 58  
 Average people per day 37  
 Volunteer hours logged 6,339

## The holidays are closing in!

### Thanksgiving

As in past years, we need volunteers to prepare the following items at home and deliver them to the Soup Kitchen at 10 a.m. on Thanksgiving Day. If you prefer, any food item can be brought to the office during regular office hours (1:00 to 6:00) the day before. Please use disposable pans, 9 x 13 in size. The meal is served at noon.



Call the office (437-2833) to sign up for the following items:

- 4 unstuffed roasted turkeys with drippings
- 3 pans of stuffing
- 3 pans of white potatoes
- 3 pans of sweet potatoes
- 3 pans of green vegetables
- 3 pans of yellow vegetables
- 4 dozen rolls
- 2 vegetable trays
- 2 Jell-O salads
- 6 pies
- 4 gallons of milk
- 4 gallons of cider
- 7 holiday table cloths
- 50 holiday napkins
- 40 cold cups
- 40 hot cups
- 40 sturdy disposable dinner plates
- 40 sturdy disposable dessert plates
- 40 settings of sturdy disposable cutlery

7 centerpieces

### Christmas and New Year's

Sorry to be rushing the season, but we can't talk about Thanksgiving without Christmas peeking over our shoulder. The Soup Kitchen will be closed on Christmas Day and New Year's Day, but as in years past, staff and volunteers are planning a special party for Soup Kitchen guests on **Thursday, December 18, at 4:30**. A superb meal will be prepared and served by volunteers from the Derry schools, gifts are given to each regular guest, and we always hope for a visit from Mr. and Mrs. Santa Claus. **Linda German** has graciously volunteered to serve as Chief Elf, coordinating the gifts again this year which is a very much appreciated Christmas gift to the staff! The office will still be the clearing house for the project, so give us a call (**437-2833**) if you, your family, your church, your group or your company would like to **sponsor** one or more **gifts** for our regular guests. These are specific items asked for by individuals.



### Christmas Eve and New Year's Eve

The Soup Kitchen will serve a noon meal on the "Eves". Volunteers will be needed from 10:00 a.m. until about 1:30 p.m. May your holidays be blessed!



In the event of winter storms, we may need to close the office and the kitchen. We make every effort to call all volunteers to let them know of the change, but if in doubt, call the office or check with 95.7 FM (WZID.com), 96.5 (WMLL.com) or WMUR.com on-line. Closings will also be posted on the home page of our web site at [www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org) and on Facebook and Twitter.



## In memoriam

As the year draws to a close, we would like to remember friends and family members who were honored with donations to the Sonshine Soup Kitchen.

(List generated as of October).

Natalie P. Carlson (2013)

William D. Dryden (2014)

Francina M. Esposito (2014)

Russell N. Holm (2013)

William Oliver Merrill (2013)

## Prayer Concerns

Please join us as we pray for:

- New Bible Study on Mondays by Salem Vineyard
- Search for a new Soup Kitchen home
- B for strength and courage
- C for Healing
- C for her life turn-around

“But He answered, one must not live on bread alone but on every Word coming out of the mouth of God.”

Matthew 4:4 ASV

## 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.

## Sonshine Soup Kitchen

4 Crystal Avenue # 4  
Derry, NH 03038-2428  
Phone: 603-437-2833

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

Email: [director@sonshinesoupkitchen.org](mailto:director@sonshinesoupkitchen.org)  
[program@sonshinesoupkitchen.org](mailto:program@sonshinesoupkitchen.org)  
[office@sonshinesoupkitchen.org](mailto:office@sonshinesoupkitchen.org)  
[www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org)



## SSK Staff

Cynthia Dwyer, Executive Director  
Christine Fudala, Program Director  
Evan Gaythorpe & Rebecca Fondo, Kitchen Coordinators  
Ray Bonin, Office Assistant

## SSK Board of Directors

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



# 2<sup>nd</sup> ANNUAL 'TO GIVE GOOD' SPINATHON

## TO BENEFIT

**SONSHINE  
SOUP KITCHEN  
DERRY**  
603-437-2833

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



**FIRST BAPTIST CHURCH  
COMMUNITY  
FOOD PANTRY**  
603-432-3482  
[www.fbcderry.org](http://www.fbcderry.org)

**SATURDAY, NOVEMBER 15<sup>TH</sup>**  
**10 AM- 12 PM**



**35 Manchester Road, Derry**

**\$200 PER BIKE!**

**ONLY 22 BIKES AVAILABLE! COMMIT TO RIDE TODAY!**

**REFER 2 PEOPLE AND RIDE FOR FREE!**

**EACH RIDER WILL BE ASSIGNED AN ORGANIZATION TO FUNDRAISE FOR.**

**TO REGISTER CLICK HERE: [Spin-A-Thon Registration](#)**

Or visit the website for either Sunshine Soup Kitchen or First Baptist Church

For more details contact:  
Joshua R. Bourdon 603-998-2433  
[jrbourdon@gmail.com](mailto:jrbourdon@gmail.com)

Sonshine Soup Kitchen  
4 Crystal Avenue  
Derry NH 03038-2428

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

Return service requested.



*You most likely know where your next meal is coming from, but many of our soup kitchen guests do not have this security.*

*Please consider pledging to support the Sonshine Soup Kitchen where there is always a seat at the table, plenty of nourishing food on the plates, and compassion and dignity served for dessert.*



*Do it now, before you take your next bite.*

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