



Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

Fall/Winter Edition
November and December, 2015 & January and February, 2016



One of these beautiful
autumn days I took a walk
around my block. It was an
exquisite day, and I started
to play a walking game
that I have played since

childhood, kick the rock. But instead of kicking rocks, I started kicking acorns, just because they were so available. The rules are simple. Kick the acorn. If it rolls off the road or over the center line, it is out of play and the game restarts with a kick to another acorn. My record on this day was two consecutive kicks. Not exactly Olympic material.

While pondering my lack of skill at kicking acorns (or maybe just the ornery uncooperative attitude of the nuts) I became aware of the incredible abundance of the little nuggets. The ground was covered with them. I could not take a step without stepping on them and thought, what a good year for the squirrels!

The reason for a bumper crop of acorns, also known as a "mast year", may have a tie to weather (Accuweather.com) I found out from the internet. But I look at it more as an example of God's abundant provision. He doesn't just provide enough acorns to feed the animals and regenerate the oaks; He *lavishes* the earth with them. Sure, it may relate to weather, but He created that too.

Just as the creatures are provided for with such overflowing plenty, so is the Soup Kitchen provided for with holiday donations by the community. I am grateful for the persons who give so generously so that we can provide meals with seconds and thirds. Be blessed in your giving.

~ Cynthia

**You crown the year with your bounty, and
your carts overflow with abundance.**

Psalm 65:11 (NIV)



Voices: our volunteer kitchen crews

A good cook knows how to blend the ingredients in the right proportions and cooks them at the right temperature to make a delicious meal the same way each time. A chef cooks the same dish differently each time, like a jazz musician who knows the melody, but is not bound by it. Evan Gaythorpe, the staff member who runs the kitchen, is our jazz musician at the Sunshine Soup Kitchen. He doesn't cook the food, or serve the guests, but he blends the rich ingredients of a different volunteer kitchen crew each day and mixes them together with the food and our guests to make the banquet that is the Sunshine Soup Kitchen meal.

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



The main ingredient

My name is Liz Boulais, and I have been a volunteer with the Sonshine Soup Kitchen for many years. During this time I became friends with the Program Director, Christine. One evening in August I arrived to get the food for home deliveries, and Christine and I struck up a conversation. She mentioned that she was praying to Jesus to help her find a person to take over her duties at SSK while she was on leave for several months. I jumped at the opportunity knowing it would be interesting work and that I could help a friend. I had been helping run an outreach for the homeless in Manchester for the last six years and was getting a bit burned out. Just the change I needed.

BIG SHOES TO FILL is an understatement when it comes to all the aspects of Christine's job. I figured that no matter what falls through the cracks, if I just put a meal on the table Monday through Friday I've succeeded! So when Christine comes back there will be statistics to calculate and reports to catch up on, but she can be assured our guests left SSK satisfied.

Working with Cynthia, Ray and Evan has been an honor. SSK could not be in better hands than the dynamic four who keep it running year round. If all companies ran this efficiently the world would be a better place.

As for the volunteers – they are the most awesome people in the world with so much love for service to others. Truly, some of the people who have inspired me and touched my life the most have been those that I have met while volunteering. Nothing brings me more satisfaction than to have Him use me to change the lives of others.

~ Liz

Voices: our volunteer kitchen crews

(continued from page 1)

To be fair, our kitchen volunteer crews are extraordinary; some of these teams have been serving for as long as there has been a Sonshine Soup Kitchen. Their motives for coming back time after time is to serve others, and for many, to serve the Lord Jesus. When they were asked why they keep coming back, some said that they "enjoy seeing the guests and how appreciative they are for what we do for them." Another kitchen crew member said, "I like seeing the faces of the guests when they taste the meal." Someone else answered more directly, "I love the people here."

First time volunteers are often somewhat timid initially, but over a very short time they become skillful veterans anticipating the guests' needs before they ask. Whatever their motives for volunteering, this change, dare I say, conversion, is wonderful to see. One said, "Service is the best medicine ever prescribed for the heart." Another came to recognize that not only is it important to give back to the community, but it was fun!

Some of those asked, "What did you take away from this experience?" said they came away with a sense of humility, others mentioned that they "received a great joy in my heart," others were surprised by how happy the guests were, how appreciative and "how willingly everyone shares and assists others with politeness." One volunteer nailed it and said, "I took the gift of God away with me." That is certainly the spirit of the Sonshine Soup Kitchen. The kitchen crews feel it, the guests see it, and the staff knows it. We bring Christ to our guests by our service to them, without judgement or condition, and it is fun.

~ Ray

Spinathon for hunger

The third annual Spinathon for Hunger will be hosted by Derry's Zoo Health Club (35 Manchester Rd.) on Saturday, November 14 from 11 AM until 1 PM. Some 20 individuals or team will be pedaling up a sweaty storm in an atmosphere of comradery, energy and good will. The music will be blaring and supporting team members and families will be cheering on the riders for two hours. The odd thing is there is no finish line to cross signifying the first place winner. The winner is determined by the amount of funds raised. The Sonshine Soup Kitchen and First Baptist Church Community Food pantry will be the recipients of the raised funds. Please come to the event, watch the fun, and bid on the auction. Or better yet, bid on line and let your friends and family know about it.



New this year is access to the silent auction on line. Go to either organizations' web sites:

sonshinesoupkitchen.org
or fbcderry.org.

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

- Fruit juice
- Canned pears
- Canned beef stew
- Beef broth
- Canned chicken
- Chicken broth
- Parmesan cheese



Supplies needed

- Gift cards to local supermarkets to use for the food program
- Steel wool scouring pads
- Disposable soup bowls
- Disposable salad bowls (paper or plastic)
- Disposable cold beverage cups
- 3 compartment delivery containers 8 1/2 x 11"
- # 9 commercial coffee maker filters
- Copy paper

Clothing needed

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



Wishful thinking

Does anyone have one of those trifold display boards used for sales presentations? The Soup Kitchen would love a more professional look when we are asked to present to groups and gatherings.

Monetary donations

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

New volunteer groups & changes

We are sorry to say goodbye to the **Ararat Armenian Congregational Church of Salem** but thank them sincerely for their many years of service. Taking their place is the **First Congregational Church of Salem** lead by Merri Carlson. Welcome one and all.

We also have had to say goodbye to **Don Hines** of the Hines Group. Don has served for five years and he will be missed. Taking his place is **John McGarry** from the Derry Track Club.

We were in need of a group for the months when we have a 5th Wednesday and a gentleman (and great cook) by the name of **Frank Carpentino** came forward. We hope to partner Frank with the **Journey Church of Derry**.

As the **Future Business Leaders of America** keep graduating, we have a new leader for this group by the name of **Molly Gray** who will guide this all high school team as they cook and serve.

We have a name change to the Bach Group – they will now be called **Friends of the Orchard** and continue being led by **Christina Nadeau**.

Also new to SSK in 2015 is the **Exchange Club of Salem**, part of a national group that sponsors a variety of activities aimed at improving local communities. They are led by Nicole Shepley, past President of the club.

Last, but not least, we want to welcome **Sue Mellor** who leads on the third Friday of each month and **Al Roussell** who leads on the 4th Thursday of each month.



Giving and receiving

Linton Samaritan Fund offers \$5000 building campaign match! ←

The **Linton Samaritan Fund**, administrated by the Windham Presbyterian Church, is offering a \$5,000 match to regenerate fund-raising for the ***Build to Feed*** project. ←

Yes! For every \$1 given, \$1 will be matched. We thank you in advance for participating and helping to reach this goal before the end of the year. Checks may be mailed to 4 Crystal Ave., Unit 4, Derry 03038, or click on the Paypal icon at www.sonshinesoupkitchen.org to give electronically. A Paypal account is not necessary. ←

Sonshine Soup Kitchen Thanks to 'Food Fraternity'

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

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

Ashland: The Common Man

Derry: Amphora, Applebee's, Cask & Vine, Clam Haven, How's your Onion, Jake D's, La Carreta Restaurante Mexicano, Maryann's Diner, Sabatino's, Sal's Pizza, USA Subs.

Hudson: Northside Grill

Londonderry: 501 Pizza, Avandi's, Café Teresa, Giovanni's, Janie's Uncommon Café, Jerome's Deli, Prosciutto's, Talia's, Mr. Steer, Wrap City

Manchester: The Yard.

Salem: Blackwater Grill, Maddie's, Tuscan Brands

Windham: 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!

YOU CAN HELP SONSHINE SOUP KITCHEN GAIN FUNDING FROM TD BANK.



If you already bank with TD, all you need to do is visit or call your local office (any TD Bank location) and ask them to code **(A2904)** your account(s) to benefit the Sonshine Soup Kitchen. If you want to open a new account, ask us for a coupon and TD will start you off with \$25.

Do it today!

Derry TD location 432-0382
Londonderry TD location 432-5111
Salem TD location 893-1300

Stonyfield rocks!

Six year running, the **Stonyfield Employees' Golf League** designated the tournament proceeds and food drive to the Sonshine Soup Kitchen. This year netted \$8,096.00.

**PLEASE CONSIDER SENDING
(OFFICE@SONSHINESOUPKITCHEN.ORG) YOUR E-
MAIL ADDRESS TO US SO WE CAN SEND THIS
NEWSLETTER ELECTRONICALLY. IT LOOKS
GREAT IN COLOR!**

More giving and receiving

For the first time in our history, we are sending a remittance envelope in this newsletter. Your support is vital to the continuation of the Soup Kitchen mission. If you value what we do, consider making regular donations. Use the enclosed envelope or choose one of the other giving options listed on the envelope or on this page. We require ongoing support as providing meals to our at-risk community members in need is an ongoing need. And here is a challenge for you, see if you can find a friend, neighbor or family member who also values what we do and ask if they would match for gift. All of this will count toward the Linton Samaritan Fund match.

If you already are a regular donor. THANK YOU!

Do you shop through Amazon?
Support the Sunshine Soup
Kitchen by shopping
at AmazonSmile
(<https://smile.amazon.com/>).
Amazon will donate to Sunshine
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*. Paypal even provides an easy reoccurring donation option, as do the on-line billing paying of most banks.



United Way Giving

Another way to give is through your corporate United Way campaign. Sunshine 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 mail a personalized gift card to the honoree for you. Please note, we need at least two weeks notice to process these special gifts in time for holiday giving.



A note from Christine—

As most of you know, I have been out on a medical leave since September 11. I have to tell you that I am literally itching to get back to the Soup Kitchen. This ministry is such a big part of my life. I miss everything—the other staff, all of the volunteers and most of all the Soup Kitchen guests who have taught me so much about life. I am glad to have had this time to slow down a bit and know that you have all been in the palm of God's hand as have I. See you before Thanksgiving.





Build to Feed

Build to Feed, our building capital campaign, began in 2012 with a challenge to match a \$50,000 gift. This was accomplished in a matter of weeks. Then the tough part began—finding a suitable property to house the ministry. This challenge continues, but we may be getting closer. It is too soon to make an announcement, but the Soup Kitchen Board has been busy looking at a viable location. In the meantime, we are strengthening our financial position and looking at capital campaign plans. Please continue to pray for this process and help us to prove our sustainability by joining our regular donors and answer the matching gift challenge from the Linton Samaritan Fund.

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 Sunshine Soup Kitchen.

(List generated as of October).

Raymond V. Grabowski

Rita M. L. Izza

Frank T. Knutkowski

Richard Pettipas

Paul A. Sullivan

Theresa Bastek Vogel

(from 2014)

Stuart H. MacPherson

Dorothy C. Hurray

Alice R. Davala

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 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.



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 19, 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.

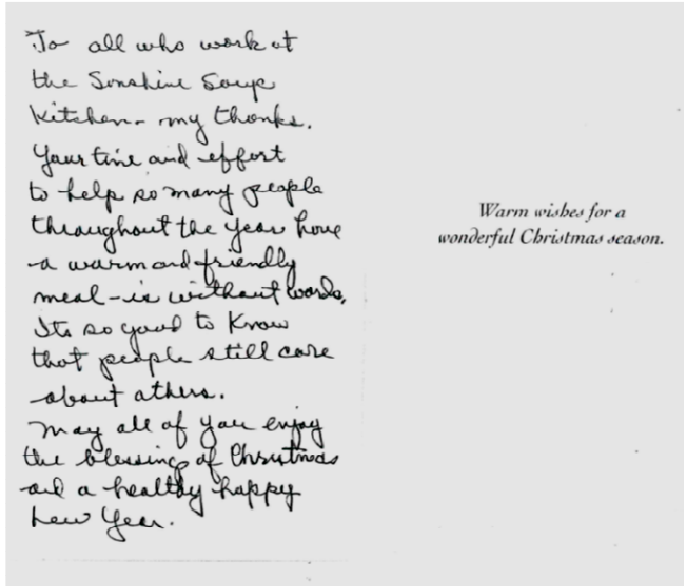
May your holidays be blessed!

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 and on Facebook and Twitter.



To all of the Sunshine Soup Kitchen volunteers and supporters, The following is a note I received from a supporter that touched my heart. I saved it all year so that I could share it with you. What you do does make a difference and I am grateful to Mary for taking the time to write this note of encouragement.

Cynthia



Prayer Concerns

Please join us as we pray for:

- Bible Study on Mondays by Vineyard Community
- Search for a new Soup Kitchen home
- Housing for B and E
- Complete recovery for C
- G, who is overworked.

• 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

Numbers to Note

2014 YTD (September 30)	2015 YTD (September 30)
Guests served 6,901	Guests served 6111
Meals served 10,651	Meals served 9872
Average of meals per day 58	Average of meals per day 52
Average people per day 38	Average people per day 32
Volunteer hours logged 6,339	Volunteer hours logged 6015

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 Nessell Colglazier, Secretary
 William Carlisle
 Jan Daigle
 Cynthia Dwyer, Executive Director
 Atty. Edmund Boutin
 William Carlisle
 Cynthia Cleary
 Margaret Ives
 Greg Smith
 Lloyd Wagoner

Sunshine 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
program@sonshinesoupkitchen.org
office@sonshinesoupkitchen.org
www.sonshinesoupkitchen.org



SSK Staff

Cynthia Dwyer, Executive Director
 Christine Fudala, Program Director
 Evan Gaythorpe, Kitchen Coordinator
 Ray Bonin, Office Assistant

3rd ANNUAL 'TO GIVE GOOD' SPINATHON

TO BENEFIT

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SOUP KITCHEN
DERRY**
603-437-2833

www.sonshinesoupkitchen.org



**FIRST BAPTIST CHURCH
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SATURDAY, NOVEMBER 14TH
11 AM- 1 PM



35 Manchester Road, Derry

\$250 PER BIKE!

ONLY 22 BIKES AVAILABLE! COMMIT TO RIDE TODAY!
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

NEW THIS YEAR!
ON-LINE SILENT AUCTION. CLICK
ON EITHER ORGANIZATION WEB
SITES.

Sonshine Soup Kitchen
4 Crystal Avenue
Derry NH 03038-2428

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

Return service requested.



In this issue:

SPINATHON FOR HUNGER



**Linton Samaritan Fund offers \$5000
building campaign match!**



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.