



Sunshine Soup Kitchen News

Providing a free meal to anyone in need.

JULY, AUGUST, SEPTEMBER, & OCTOBER 2016



Have you been waiting by your mailboxes for our newsletter? Tell me yes. I know the silence has been deafening, but at the time the last newsletter should have been written and published, we were all knee deep in securing loans and closing on the new Sunshine Soup Kitchen building. Now we are back on track, and I speak for the entire staff and board when I say, “We are so excited!”

I want to tell you a little of the journey that got us to this point from my own perspective. My first day working at the Sunshine Soup Kitchen was May 8, 1995, and the internal workings of the organization were very different than they are today. From the outside, the mission looked pretty much the same then as it does now. Volunteers cooked and served meals. Guests were welcomed in and seated. There was a table of bakery goods for guests to take home. Meals were packed up to deliver to home-bound folks. The whole process was completed by 6 p.m. The only major difference is that the operation was closed on Friday. We averaged an estimated 54 meals per day to 37 persons, including 6 home deliveries. The bottom line is *people were fed*.

At that time there were three part-time staff persons: Pat Murphy (then Sevener) as director, me as secretary, and Jen, a high school student, who worked with the volunteers in the kitchen. Our volunteers hours logged were half what it is today. Our technology was primitive, or non-existent. There was no clothing closet. Our office space then was tight, but we managed in the space now occupied by the FBC Community Food Pantry. It was a simpler time and, *people were fed*.

21 years later, we are a much more complex organization. Our technology is pretty current with social media, computers managed on a serv-

er, internet access, e-mail, web site, on-line banking, and more. We have a clothing closet open five days per week. Through an Alexander Eastman Foundation grant we distribute fresh produce on a regular basis, supplementing the nutrition offered with the daily meals and filling in the gap of food pantries. We have more volunteers to manage, and more to offer our friends in need. We do it with just one more staff person and, *people are fed*.

Now, back to my first day of work. It was indicated to me to not get too comfortable as we would be moving soon. At that time Pat was actively applying for funding and searching for a suitable location. I pretty much worked on the edge of my seat for a year in anticipation of the move. Well, it took 21 years for the dream to be realized. I now figure the timing was just not right back in 1995, but is now. So today we are all sitting on the edge of our seats, waiting with eager anticipation for the renovations to be completed and to move into 6 Crystal Ave, where we will continue to see that *people are fed*.

~ Cynthia

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But he [Jesus] answered, “You give them something to eat.” Mark 6:37

Build to Feed



The renovations to our new building at #6 Crystal Ave are moving along, although we are still weeks away from moving in. Utility work is underway thanks to **Liberty Utilities of Londonderry** who have provided 2 electricians to update the electrical system. Plumbing work is starting. Walls are down, flooring removed, landscaping has been done. There is so much to be done, we would be left a blubbering mess if it were not for so many who have donated their time and talents to help with getting our new home ready.

Thanks to **Ralph Valentine, Henry & Rose French, Lloyd Wagoner, Kenyon Lawn Service, Evan Gaythorpe, Elder Lynn Reed, Elder Blade Bundy, Thomas Bounakes, John Golec, Bill Luppert, Linda German, Ray Bonin, Greg Smith, Daigle Plumbing & Heating, Mike & Lisa from Liberty Utilities, Carter & Casey Watson, Jean Manley, Kat Fondo, Jan & Gerry Daigle, Greg Aylaian, Greg Mitchell, Richard and Cynthia Dwyer, Cindy Cleary, and Christine Fudala.**

With help like this, can there be any doubt that God is with us and that our new home will be blessed? We can't wait to invite you all to the Grand Opening of the new and improved Sonshine Soup Kitchen, Sonnier than ever!



*You will cry out for help and he will say,
"Here am I."
Isaiah 58:9b NIV*

Prayer concerns

Please join us as we pray for:

- Victims of the heroin epidemic and their families
- Pat F struggling with illness
- E whose marriage is in crisis
- Weekly Bible study group
- Victims of gun violence

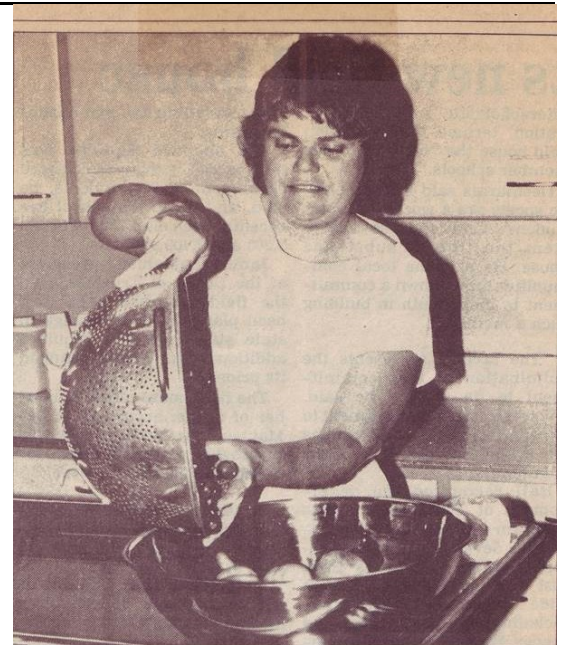


In Memoriam

On July 19th we were blessed by the donation of the entire meal provided and prepared by **Rocco Gervino** in honor of his mother, **Grace Gervino**, who recently passed away. We will remember her in our prayers.

In the Beginning...

Twenty-seven years ago, recognizing the serious need for hunger relief, a consortium of Greater Derry area churches opened the Sunshine Soup Kitchen on September 11, 1989. First director, **Pat Sevenser Murphy**, oversaw that dinner's creation—meatloaf!, still our guests' alltime favorite. The first meal was served by eight volunteers to eight local residents.



Twenty Years and Counting ...

Fast forward to 2009 and an anniversary celebration highlighted by **NH State Representative Phyllis Katsakiores** presenting a congratulatory proclamation from Gov. John Lynch to Executive Director **Cynthia Dwyer**. By this time, our meal service schedule had grown to five days a week, our volunteers representing 22 communities, and our total meals served to 198,900. That's a lot of noodles!

Coming Soon...

After a three-year-plus search for a new home in central Derry, we've found one: 6 Crystal Ave., just two doors from our rental space at the First Baptist Church. The renovations are moving apace, thanks to the generous help from construction professionals and loyal volunteers. We'll have handicapped accessible entrance and bathroom, everything under one roof (no more slogs through snow and ice) and hopefully an Autumn opening.



Current needs

- Canned applesauce
- Canned peaches
- Canned Mandarin oranges
- Canned pears
- Canned peas
- Canned mushrooms
- Pickles
- Salad dressing
- Canned spinach
- Canned Ham
- Canned chicken
- Mayonaise
- Gift cards to local grocery stores



Clothing

- Casual summer clothing, all sizes and genders
- New underwear, all sizes
- New socks, all sizes



Other

- Paper towels
- Paper/plastic disposable salad bowls
- Sturdy paper dinner plates
- Paper dessert plates
- Coffee maker filters, commercial size
- 55 gallon barrel liners
- 13 gallon trash bags

Personal Care Items

- Deodorant
- Soap
- Toothpaste
- Toothbrushes
- Shampoo
- Conditioner
- Hand cream
- Bug spray (Off, Repel)
- Sun screen



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Numbers to note

	<u>6/30/16 YTD</u>	
Guests served		3,968
Meals served		6,098
Average meals per day		54
Average people per day		26
Volunteer hours logged		3,569
	<u>6/30/15 YTD</u>	
Guests served		4,149
Meals served		5,487
Average meals per day		53
Average people per day		34
Volunteer hours logged		4,075

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.

If you would prefer electronic delivery, send us an email 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

We are sad to say goodbye to **Serena Levine**. Serena has volunteered with us since 2009. She has been the group leader of the Derry Teachers group and an integral part of organizing the annual Christmas Party for our guests. We wish you many blessings in this new chapter in your life! You remain a treasured member of the Sunshine Soup Kitchen Family.

You can Help!

Cash, check, Paypal, gofundme, wash pots and pans, host a fundraising event!



Raid your piggy bank, harvest some vegetables. The many ways you can help us are limited only by your imagination



Do you want the absolute latest
in Soup Kitchen
news?



SSK Board of Directors

Linda German, Chairperson
Cynthia Dwyer, Executive Director
Jean Manley Treasurer
Dennis Braje
Atty. Edmund Boutin
Cynthia Cleary
Jan Daigle
Dave Forest
Margaret Ives
Marilyn Olbricht
Greg Smith
Diane Swinarski
Lloyd Wagoner

Sonshine Soup Kitchen

4 Crystal Avenue # 4
Derry, NH 03038-2428
Phone: 603-437-2833
Email: director@sonshinesoupkitchen.org
program@sonshinesoupkitchen.org
office@sonshinesoupkitchen.org
Internet: www.sonshinesoupkitchen.org

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

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.