



# Sonshine Soup Kitchen News

Providing a free meal to anyone in need.

OCTOBER, NOVEMBER, DECEMBER 2016



Thanks  
To  
all



Who pour their hearts



Into  
the  
Sonshine  
Soup  
Kitchen



## Build to Feed



The Stonyfield Golf Scramble team presented us with a check for \$ 16,000 this year, their biggest tournament gift ever, plus huge sacks of much needed supplies. WoW!



Our 4th Annual Spinathon will be held at the Zoo Health Club Saturday October 15th, in partnership with the First Baptist Church Food Pantry. We're hoping to raise \$ 15,000...or more!

Our Longtime friends, Derry's Halcyon Club, very generously gave us and three other non-profits checks for \$5,000 each as part of the group's 100th Birthday. Thank you all!



(Picture courtesy of The Derry News)

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## Prayer concerns

Please join us as we pray for:

- Victims of the heroin epidemic and their families
- Weekly Bible study group
- Victims of gun violence
- All those struggling with addiction
- For all those in the Family Promise program

### A Special Message

With immeasurable gratitude for 21 years of service, the Board of Directors has accepted Cynthia Dwyer's retirement letter, printed in this edition of our newsletter.

Through thick and thin, she's kept the kettle bubbling and has been SSK's face to the Greater Derry community. In her tenure, our meal service has progressively grown from one night a week to five, our outreach to the region increasingly recognized and supported. **THANK YOU!**

And, we'd be sorely remiss not to thank her husband, Richard, for his ongoing support of our efforts, most recently creating and running our hugely successful golf tournament fund raiser.

We hope their eclectic interests, from ballroom dancing and golf to cruises and spoiling the grandkids will include us!

Linda M. German  
Board Chair



Dear Sonshine Soup Kitchen Friends:

It has been a blessing and an honor to have been the Sonshine Soup Kitchen Executive Director for the past 20 years.

When I accepted the position back in 1997, I never dreamed it would become my life's work and calling. As I reflect on the past, I see how much my life has been enriched by serving God in this capacity. This position gave me the privilege of seeing four perspectives that are the essence of the Sonshine Soup Kitchen. As if standing on a street curb, when I look to my left I see those who donate goods and money. I was aware of the relationships that were formed out of the generosity of those "cheerful givers." Looking to the right, I see volunteers (including you) and staff who work tirelessly on behalf of people who find themselves in the unfortunate position of needing help from the community. And I was often blessed by seeing lives changed by their volunteer experiences. And perhaps of greatest impact, when I look in front of me I see those we serve and am blessed by the opportunity to hear and sometimes be a part of the life stories of persons who come from very different worlds and life circumstances than I. In all this, I never forgot to look up and see just who really cares about us all, the ultimate Provider of our resources.

Early in my tenure, it became evident that feeding people in need in the Derry area would need to be a permanent service available to the community for a long time into the future. Thus began the vision and mission to provide the Soup Kitchen operation a permanent place we would call home.

It is so exciting for me to see this vision and mission become a reality with the purchase of 6 Crystal Avenue this past spring and to see the expansion of the board of directors to a much needed critical size with such capable and committed persons.

I recognize that along with this new building come necessary organizational, structural, and operational changes that will enhance the services delivered to the guests and volunteer experiences of the Soup Kitchen now, and into the future.

Although I still have much to offer the SSK in the way of experience, integrity, and love for the mission, I also recognize the future for the organization would benefit with fresh leadership with a new set of fresh skills necessary to continue this critical mission. And, it is time to share the blessings that I have claimed with other capable workers.

Therefore, I have decided it is time for me to retire as Executive Director, effective September 2, 2016.

With my sincere prayers and gratitude for you and the organization,

**Cynthia L. Dwyer**

## Current needs

- Salad Dressing
- Low sodium vegetable juice
- Low sugar fruit juice
- Canned pears
- Canned peas
- Canned spinach
- Canned Ham
- Canned chicken
- Dill pickles
- Sweet pickles
- Butter
- Canned corn
- Gift cards to local grocery stores



### Clothing

- Winter 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



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## Numbers to note

	<u>9/30/15 YTD</u>	
Guests served	6111	
Meals served	9872	
Average meals per day	46	
Average people per day	26	
Volunteer hours logged	6053	
	<u>9/30/16 YTD</u>	
Guests served	6207	
Meals served	10,403	
Average meals per day	50	
Average people per day	28	
Volunteer hours logged	5,321	

## 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 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.

### First Parish, Good and Faithful Servants

Teams from the community serve meals at the SSK from Monday through Friday evenings. I have been a team member from the First Parish Church in Derry for several years and enjoy the preparation, serving the guests, and yes, even the cleanup! Willing hands, hearts and laughter make the evening go quickly. Guests are welcomed around 4:30 PM; we chat with them, serve, then leave after the dishes and room cleanup are done around 5:45PM. Since we serve on a Monday evening we appreciate the food contributions from our local supermarkets placed on the table for the guests to take home. When I say the grace everyone is respectfully quiet, then we begin serving. It does amaze me to see the guests willingly eat such things as canned spinach, (not one of my favorites) and of course other tasty offerings.

As a SSK board member, I am very excited about the move up the street, formerly the site of Fuller Oil. Yes there is cleaning, repairing, installing plumbing, electricity and painting to do. Best of all we will have food storage capacity on site and a handicapped ramp for easier accessibility, thus enabling us to more easily serve those with handicaps. And we will have more room for clothing. Stay tuned for the move date. Thanks to all the teams, individuals and to the staff who make this mission possible.

> Margie Ives, team member

## 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



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news?



### SSK Board of Directors

Linda German, *Chairperson*

Lloyd Wagoner, *Vice Chair*

Jean Manley *Treasurer*

Cynthia Cleary *Secretary*

Dennis Braje

Atty. Edmund Boutin

Jan Daigle

Dave Forest

Margaret Ives

Marilyn Olbricht

Greg Smith

Diane Swinarski

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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.

