

MARTHA'S KITCHEN



WINTER 2016 NEWSLETTER

Blessed and broken, Spirit led.

Dear Friends of Martha's,

Since 1984 the foundation of Martha's Kitchen has been sustained through the generous support of area churches, local businesses, families and individuals who seek to make a difference within our community. We continue to benefit from the kindness of those who are enthusiastic in making themselves available while offering support and encouragement which is necessary to maintain the essential spirit of service we strive for.

With the help of dedicated volunteers, we offer a safe, clean and hospitable space that enables all people to feel welcomed and respected. This includes those who often experience brokenness through isolation, feeling unloved, scorned and unwanted. The anguish over a meal, warmth and fellowship can be daunting. For some, their suffering demands an escape which so many find in drugs and alcohol, the quick acting antidote to their fears and anger leaving them spiritually bankrupt. With this brokenness is many opportunities for blessings! Together we share blessings and seek to be a presence of hope to and for each other.



This Newsletter has been created to update and inform everyone of all the good; the fruits of your generosity. Your financial contributions have empowered us to make a noticeable difference in our service! To sustain, we greatly depend on the continued generous financial support of community members like yourself. Please give what you can and be confident that 100% of your donation is put to great use in directly supporting our mission; "to improve quality of life and restoring dignity to hungry individuals and families.

On behalf of the Board of Directors, volunteers and guests, I would like to thank each of you for your generous gifts in the past, this year and into the future. Together, we are able to celebrate many successes! I invite you to stop in, visit the Kitchen, come see the changes and experience the difference your support continues to make. We look forward to hearing from you!

*Peace and All Good,
Bob Begley ofs Guardian*

Martha's Kitchen

86 North Main St.
St. Albans, VT 05478

Hours of Operation:

Mon-Fri 8:00am - 12:30pm
Sat-Sun 11am - 1 pm*

**Starting Thanksgiving Weekend*

For More Info Visit:

www.marthaskitchen802.org
www.facebook.com/MarthasKitchenVT

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Upcoming Events

Volunteer Appreciation / Annual Meeting Dinner

Thursday, November 10th, 2016 @ 6:15pm at the Church of the Rock.

Taize Prayer

Wednesday, November 16th, 2016 at Martha's Kitchen

Over the last year and a half, we have offered and experienced a meditative candle-lit service that centers around music, prayer, and silence, to quiet the mind, open the heart and feed the soul. A time of quiet and solitude in the presence of God. The purpose of the prayer is to foster reconciliation and peace among all people. People are invited to unite their intentions for the world. All are welcome.

Empty Bowls 2017

Saturday, March 18th, 2017 at Martha's Kitchen

Empty Bowls is an international grassroots effort to raise both money and awareness in the fight to end hunger. For over 25 years this project has been rebuilding community while supporting establishments that serve the homeless and hungry.

Last March, we hosted our first event here at Martha's Kitchen. On the day of the Event, ticket holders stopped by, picked out a handmade ceramic bowl from local potters: Donna Fontana-Smith, Barbara Colgrove, St Albans City School, Gorgia Elementary and BFA, and join in for a simple meal of soup, bread and dessert provided by the staff and volunteers of Northwestern Medical Center. We also enjoyed much laughter, accompanied by beautiful music by Donna Foster Mendicino.

100% of proceeds will go directly to Martha's Kitchen.

Community of Giving / Friends of Martha's

We will never be able to express sufficiently in words the appreciation we have for all the blessings we receive from the community! We could never accomplish so much without each of you! Your never-ending support is what brings our mission beyond a Soup Kitchen and to the level of "Community Kitchen"! Each of you help create a safe place for our guests and volunteers to receive nourishment AND encouragement.

Here are just a few examples of ways to get involved;

- A shout out of gratitude to our friends at **14th Star Brewery!** They have been instrumental in helping raise awareness of our needs. Immediately upon their arrival to St. Albans, they reached out and they have continually blessed us. They sponsored us for a year of milk and eggs, provided volunteers for community brunches and so much more! They are always available to us!
- We so appreciate our friends at **Dickinson & Branon Dental Care** for their generous support and dedication in helping to make this a kinder community. Together, staff made a difference by sponsoring our mission by collecting necessary items to provide our guests with a bountiful breakfast and hearty lunch. They also pulled together an extremely generous donation of much needed items along with gift items for our guests to receive during our Christmas Gathering. Thanks to their generosity, we hosted an open house on Christmas Eve with food and gifts provided by these kind people. Christmas Eve we hosted 48 individuals!
- Thank you to **Ross Moskowitz** and the **Camp Westmont family** for covering our rent for November 2015 AND 2016! Your generosity creates such blessings during the month of Thanksgiving.
- **Woodmenlife Vermont Chapter 1** Provided us with a much needed new freezer and have committed to donating \$100 per month towards our "Meals to-go" program.
- Each year, during the **Super Bowl of Caring**, the Confirmation Class from **Church of the Nativity** come together and make delicious soup and bread for our guest!

Needs List

Eggs, Milk, Sugar, Spaghetti Sauce, White Tuna, Mayonnaise, cooking oil, Spic and Span or Mr Clean floor cleaner.

Wish List

Please Contact Martha's Kitchen for an up-to-date wish list.

Frank MacNeil

All of us at the Kitchen are deeply saddened with the loss of our dear friend Frank MacNeil. Frank served on our Board of Directors for numerous years. He truly believed in "improving the quality of life and restoring dignity to hungry individuals and families." Frank touched the lives of many and will be deeply missed.



Handmade Necklaces by Maya

Maya has a true sense of our mission and a strong desire to help those in need. She is very creative and has been making these beautiful necklaces. She has raised over \$260 for our mission!



Martha's Mats

Made by volunteers and patrons of Martha's Kitchen. Handwoven on a loom, using a mix of interlacing fibers / fabrics that are sustainable, durable and darn good looking! 100% of all proceeds goes directly to our mission at the Kitchen! Come in the Kitchen and check them out. Suggested Donation: \$50



Online Giving Now Available

If you like the convenience of on-line giving, we now have an account with Paypal and a link on our website. You can donate without sharing your financial information. It is safe, easy and secure.

The foundation of our mission has been and will continue to be the hard work and dedication of our Supporting Churches:

- Ascension Church , Georgia VT.
- Church of the Rock, St. Albans, VT
- First Baptist Church, St. Albans, VT
- First Congregational Church, St. Albans, VT
- Georgia Baptist Church, Georgia VT.
- Holy Angels Parish, St. Albans, VT
- Memorial United Methodist Church, Swanton, VT
- Northside Baptist Church, St. Albans, VT
- St. Luke's Episcopal Church, St. Albans, VT
- St. Mary's Catholic Church, St. Albans, VT
- St. Paul's Methodist Church, St. Albans, VT
- Seventh Day Adventist Church, St. Albans, VT
- Trinity Episcopal Church, Swanton, VT
- United Methodist Church, St. Albans Bay, VT

Additional Supporters

The Rotary Club, St. Albans, VT, Northwestern Medical Center, New England Federal Credit Union. The Traveled Cup, Merchant's Bank, People's Trust, Walmart, Ace Hardware, Ben and Jerry's Community Outreach, Business and Professional Women, A.N. Deringer INC., Duke's Fitness Center, Franklin County Rehab, Santini Catering by Susan LeClair

Sharing Thoughts

"Martha's is so much more than a soup kitchen... it's a home away from home and a safe harbor for so many. It's a place where you are greeted at the door with an open heart, a delicious home cooked meal and a hearty "Welcome!" Today, they served 85 piping hot Thanksgiving dinners along with a side order of dignity and good cheer.

I'm thankful to have spent this day with a handful of people who make St. Albans a real community... and who'll get up tomorrow morning and do it all over again."

~ Kristin (Thanksgiving 2015)

"Thank you for all you teach me. We can believe there is good in all people. I can nourish that good.... Gratitude is something we show and give back. Acceptance of all people builds the worth they feel. We treat everyone with respect and show that by feeding them, conversing and acknowledging their presence. I can learn something new every time I work in the Kitchen! Thank you!"

~ Linette

"I haven't eaten in days. Please tell the Church ladies I LOVE Them!"

~ Tommy

"Thank you. Here I feel safe and welcomed AND FULL!"

~ Monique



Volunteer of the Year Cathy L. Cross

Last fall we acknowledged and we continue to celebrate the work of volunteer Cathy Cross. She has been a constant presence at the Kitchen for seven years. Every day she greets our guests and volunteers with a smile and kind words of encouragement. Each year she has given over 1,100 hours of service. Cathy is truly a blessing!

In Giving We Receive

We want to give a shout out of gratitude to each of our regular donors and volunteers! Your support is vital to the work we do. You are an integral part of our mission. We know you value what we do, and we are grateful for your donations and time.

We require ongoing support for the day to day expenses and want you to know that every contribution you make goes directly to the mission of your community Kitchen. We ask that you reach out to your family and friends and share the news of all the good work happening here.

Board Members:

- Deb Riopel – President
- Chris Billado – Vice President
- Natalie Good – Treasurer
- Bill Simmons – Secretary
- Nancy Senesac – Co Treasurer
- Pam Lavee – Assistant Secretary
- Mohamed Basha
- Cathy Cromack
- Connie Lane
- Sue Southwick
- Jennifer Bright
- Jason Wetherby

Restorative Council

- Wendy Morril
- Ann Vaughan Markle

Did you know?

- Our Namesake, Martha, is from the Gospel of Luke where Martha and Mary welcomed Jesus into their home and nourished Him with food and rest. Please take a look at our website to see more information about or history and stories.
- We first opened our doors on January 23, 1984. We were founded and continue to be supported by area Churches, providing for the majority of meals. (We have 14 churches involved on a rotating schedule). This is a great example when we often see religion used to separate, alienate and discriminate, these different faith communities are coming together to provide nourishment for all people.
- In addition to the Churches, we are blessed by area businesses, families and individuals that assist us in providing a warm breakfast at 8:30 a.m. and lunch at 11:00 a.m. -12:30 p.m. Monday – Friday.
- In 2015 we served 18,253 meals. As of mid-October this year, we have served 17,000 meals.
- We have a goal to open our doors seven days a week starting the week of Thanksgiving. However, over the last year and a half with the help of several volunteers, we have been providing delicious, home cooked meals packaged for our guests to take home for the days we are closed. Last year we provided 3,123 meals. So far this year we have provided over 5,000 meals.
- We have opened our doors to neighboring Support Service Agencies who stop in regularly to meet with our guests, providing support for housing, employment, medical and social services.
- We offer ways for our guests to get involved and give back through a variety of ways. Some assist us with cleaning and day to day chores of the Kitchen. Others assist with rug making, neighborhood cleanup and assisting when we have Community meals.
- We encourage our guests to get involved in making a positive difference within our community. We take pride in being part of downtown and we have a few of our guests who go out two - three times a week and sweep the sidewalks and curbs along Main St and Kingman St.
- Since the fall of 2015, we have a Restorative Council which helps to mend, restore and maintain relations within the community. (Not everyone understands or believes in our mission.)
- In addition to providing nourishment, we strive to teach the importance of lowering waste. We monitor and record the weight of waste in our dining room each day. Monthly, we share this with our guests along with the number of meals that could have been provided. We believe this encourages everyone to become more sensitive about taking only what is needed.
- Last year volunteers provided over 7,700 hours of community service. So far this year we are over 5,000 hours.
- We have a volunteer who travels from South East England annually. Each year Jeanette visits family here in St. Albans and spends time at the Kitchen cleaning, serving, and sharing laughter.
- There are many ways to get involved including “adopting Martha” for a day, week or month!

Martha’s seeking a new home

Over the past six months, we have been seeking a suitable property to house Martha’s Kitchen.

The challenge continues but we may be getting closer to finding a permanent space. It is too soon to make an announcement but our Board of Directors has been busy looking at a viable location. Please keep us in your prayers.

Volunteer Profile Cathy Cromack

Why do I volunteer at Martha’s Kitchen?...

In the beginning, the first few months it was mostly about food, how much I love to be in a kitchen cooking up a storm and happy in the knowledge people were being well fed. Like a lot of people in our community I had no real idea where that food came from but day after day of meeting the good folks from our area churches who had worked so hard and often made sacrifices to provide our daily lunches began gradually to change the way I approached my daily tasks. The joy I took in putting a good hot breakfast in front of a hungry guest was made all the more joyous by our camaraderie, I may have been the first person who had smiled, made eye contact or greeted them by name. And so gradually as I was becoming familiar with everyone, learning of their sorrows and difficulties, their fragility I found myself embracing a slightly different role at the kitchen, turning into my mother at times as I would gently scold one of the young men for some foolishness, or be the listener as another would vent his anger and frustration over a job loss or family problem, stirring the eggs with my wooden spoon and nodding silently until all was said. How many of us go unheard?. I ask myself that a lot these days, loneliness abounds in all ages. I haven’t always been a good listener, its something I had to learn along with becoming a great deal more patient, more compassionate.

Its two years since I stepped into Martha’s Kitchen as a volunteer, of sharing life stories with guests and fellow volunteers, two years of teaching and of learning, of laughter and understanding. The best way to be a volunteer is to be open hearted, open minded, my time I give gladly, the rewards are more than I could ever imagine and I am truly blessed



Martha’s Kitchen Volunteers Cathy, Linda, Linette and Marlene



Meaningful Holiday Gifts

Do you ever struggle with finding the right gift for those people on your list who seem to have everything? Consider a holiday donation in honor of your friends, co-workers or family. We will mail personalized, hand crafted card to the honoree for you. We have a variety of cards for different occasions including; Birthdays, Holidays, Sympathy and general "Thinking of you".



Upcoming Holiday Schedule

Last Christmas, we relived the experience of Martha and Mary in a special way, by opening our doors during on Christmas Eve. We were unsure if anyone would stop by yet we wanted people to know they could share time with friends. We were 48 individuals coming together as community. It was moving to see the faces of our guests as they entered the dining room that was warmly decorated and inviting to "feel like a home away from home." (Including two adorable dogs that greeted everyone.) Delicious food, laughter and singing carols around the piano helped us feel the true spirit of the Season. We were blessed to receive the generous support from the staff of **Dickinson & Branon Dental Care**, parishioners of Holy Angels Parish, and students of Richford High school, as well as several individuals and families who offered food and gifts galore! We received, we gave, we exchanged abundant blessings!

This year we will continue the tradition and our doors will remain open during the holidays.

- **Thanksgiving Day**
we will be open from 10 a.m. – 5 p.m.
- **Christmas Eve 5p.m. – 8 p.m.**
- **Christmas Day 10 a.m. – 5 p.m.**

Everyone is welcome to come and share a table, a conversation, and a warm meal.