

November Monthly Newsletter

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December Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

This time of year evokes images of a feast, of tables laden with steaming platters of rich foods. It's an image that resonates with people across cultures and throughout time. The Jewish prophet Isaiah compared the future fulfillment of the reign of God to a heavenly banquet: *On this mountain the Lord Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine— the best of meats and the finest of wines. On this mountain he will destroy the shroud that enfolds all peoples, the sheet that covers all nations; he will swallow up death forever. The Sovereign Lord will wipe away the tears from all faces (Isaiah 25:6-8).*



Jesus picked up the theme with this story: *A man prepared a great feast and sent out many invitations. When the banquet was ready, he sent his servant to tell the guests, 'Come, the banquet is ready.' But they all began making excuses. One said, 'I have just bought a field and must inspect it. Please excuse me.' Another said, 'I have just bought five pairs of oxen, and I want to try them out. Please excuse me.' Another said, 'I just got married, so I can't come.' The servant returned and told his master what they had said. His master was furious and said, 'Go quickly into the streets and alleys of the town and invite the poor, the crippled, the blind, and the lame.' After the servant had done this, he reported, 'There is still room for more.' So his master said, 'Go out into the country lanes and behind the hedges and urge anyone you find to come, so*

that the house will be full. For none of those I first invited will get even the smallest taste of my banquet. (Luke 14:15-24.)

This story has many layers of meaning, but one that strikes me is that all are invited to the great banquet. Have you ever planned a special dinner or big party only to find that someone you really hoped would be there isn't coming? I know I have. It's very disappointing. Maybe it was a child or other family member, someone we wanted to impress, a friend, or someone we hoped might become a friend. Bread of Life has taught me something over the years in dealing with my disappointments. I've learned not to brood over those who decline, but to celebrate all who say "Yes, I want to be there!" I've learned to let go of whatever outcomes I am trying to control, and instead, enjoy the company of any and all that want to participate, to be part of, to be at the table. Bread of Life gives us a tiny foretaste of the heavenly banquet. We're not like some trendy place you hear about where you need to be an "important person", or know somebody, or have lots of money to get a table. There's no A list and B list. All are invited. We invite you to the big banquet table of Bread of Life's work of providing prepared meals, food pantry groceries, nutrition backpacks, food delivery, and essential supplies. We invite you to join in community, to build relationships, to spend your time and talents in service to each other, to break through walls of distrust and resentment, to get a foretaste of the heavenly banquet.

God bless you and yours during this season of celebration, generosity, kindness and love,
Gabriella

Gabriella Snyder Stelmack
Executive Director



Under One Roof Update

Since we closed on the financing for our project at the start of November, we started construction and are working on sinking the foundation pilings. The project is scheduled for completion in 14 months, December 2023. This new facility will



have 70% more space; enable us to be open more hours for volunteers and patrons and to distribute more food to more people; was designed with social distancing considerations for health and safety; and will provide 14 permanent studio apartments to be owned by Metro North Housing Corp for housing very low-income homeless individuals.

On behalf of all the children, families and senior citizens Bread of Life serves, thank you for your support. You are making the dream a reality!

Gabriella

Making a Difference

Our annual Francis & Barbara Brown Thanksgiving Dinner at Malden High School was a tremendously beneficial event for isolated and income-strapped folks in Malden and several surrounding cities and towns. This was thanks in large part to Councillor Craig Spadafora and Maria Luise from the City of Malden who coordinated delivery of over 900 meals to senior citizens of Mystic Valley Elder Services. Here are a few of the many calls of thanks we received:

"I want to thank you again for the meal delivery. And especially thank whoever thought to include a card from the school children. That meant so much to me."

"I just wanted to thank you so much for the most delicious Thanksgiving dinner ever. It must have been a tremendous amount of work for you. You did a fabulous job on it. It couldn't have been better. Everything was very delicious. I can't thank you enough. Hope you enjoyed Thanksgiving in spite of all your work, and thank you again."

"CeCe", a 60-year-old woman who is currently without housing, came into our office. She was evicted from where she lived in a nearby city due to her mental health problems. These problems not only make it difficult for her to get along with building management and tenants, but also to find new housing, even with a housing subsidy voucher. Bread of Life assists her with hot meals, supermarket gift cards, rides and clothing items, and by providing a warm place for her to make calls to look for housing or to speak with her housing attorney and health care workers. She was thrilled to see that we had received a donation of new warm winter items from the St. Vincent de Paul Society of St. Joseph Church in Medford. "CeCe's" jacket, pants and feet had gotten soaked with cold rain the previous night. She was able to leave and make it through another night with a new jacket, a set of long underwear, a pair of heavy socks, and some foot warmers.

Foundation Trust matching gift program

Read about Foundation Trust matching gift program to benefit Bread of Life's Backpack Nutrition Program. When you donate, the Foundation Trust will match your gift. To date, over 5,000 backpacks filled with nutritious food have been distributed to City of Everett students. Learn more here in Advocate Newspapers

<https://advocateneews.net/everett/news/the-foundation-trust-challenge-match-to-support-bread-of-lifes-backpack-nutrition-program/>



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“The Francis and Barbara Brown Thanksgiving Dinner”

Bread of Life's Thanksgiving meal featured in WBZ | CBS Boston. Thank you to everyone in our community who volunteered to help today- you're amazing!

<https://www.cbsnews.com/amp/boston/news/malden-volunteers-teaming-up-to-provide-free-meals-on-thanksgiving/?fbclid=IwAR0CaNGyEcAgFQsevBDMV6jnUA4EIXfDJ1oNXxu0M1Bcg33-NcrZRvKoDUE#app>



Run Club of Malden

The Run Club of Malden recently hosted the Wobble Before You Gobble Fun Run with proceeds benefiting Bread of Life. Over \$1,600 raised to benefit our programs!

We are so grateful to have the support of Run Club of Malden and all the participants of this fun pre- Thanksgiving event. Here is Run Club of Malden's Kelsey Smithendorf presenting the generous donation to Gabriella.

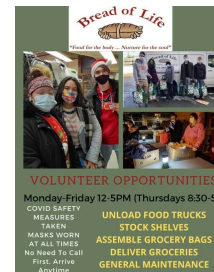


Volunteer Opportunities

Cantonese, Creole, Mandarin, Portuguese, Spanish and other language speakers welcome!

**Malden Food Pantry, 109 Madison St., Malden
Wednesdays 12-6:30pm; and Mondays, Tuesdays,
Thursdays, Fridays 12-5pm**

Come for the whole time or just a few hours. No need to contact us beforehand. Just drop in when you can. Help load/unload food from vehicles, stock shelves/refrigerators/freezers, sort food, organize/clean, pack groceries, help with food distribution, work with the public, do data entry, and more.



Grocery Delivery Program, 109 Madison St., Malden

Wednesdays and Thursdays any time from 10am-5pm

Help deliver boxed groceries to homebound individuals in your vehicle. Serving Chelsea, Everett, Malden, Medford, Melrose, Lynn, North Reading, Revere, Stoneham, Wakefield, Winchester, Winthrop, Woburn.

Everett Mobile Market

Come for the whole time or just a few hours. No need to contact us beforehand. Just drop in when you can.

Preparation: Thursdays 8:30-11:30am, 109 Madison St., Malden

Help pack groceries and load food onto truck.

Distribution: Thursdays 3:00-5pm, Lafayette School Parking Lot, 117 Edith St., Everett

Help unload and distribute groceries from truck; register/check people in.

Everett Backpack Nutrition Program, 109 Madison St., Malden

Preparation: Fridays any time from 12-4 pm

Help pack backpacks with breakfast, lunch, supper and snack items for students in need.

Distribution: Mondays 11am-1pm

Help make deliveries to schools.

Food Access Project, 109 Madison St., Malden

Help implement activities and translation to improve food access.

Please Note: Park on the street so our vehicles can come and go freely! Masks are required unless you're vaccinated.

And... There are many other ways to get involved and make a difference too... Be creative!

Contact: Eileen Mullen, Volunteer Coordinator: Eileen.Mullen@BreadofLifeMalden.org or 781-397-0404 (main office)

Food for the Body...Nurture for the Soul

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