



Gabriella Snyder Stelmack <collavoc@gmail.com>

December Monthly Newsletter

1 message

Bread of Life <info@breadoflifemalden.org>

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December Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

"We must accept finite disappointment, but never lose infinite hope." Martin Luther King Jr.

This is the season of hope. Hope in people at their best. Hope for things to be better in the new year. Bread of Life is built on hope. And hope is not the same as wishful thinking or optimism. We are realists who see hard realities. We know the battles that must be fought - battles not against an enemy out there somewhere, but spiritual battles within ourselves and our society over where the needs of others rank compared to our own needs and wants. The prophet Micah wrote in about 740 B.C. "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." To do the right thing and treat other people the way we would want to be treated. To forgive people and give them the benefit of the doubt, the way we would want others to forgive us and see the good in us. To do not necessarily what's best for ourselves, but what's best for other people too, each created by God. Every day we see injustices: people who don't have any place to live because they can't afford the rent. Parents who can't get enough nutritious food for their family because they don't have the income. At BOL, we continue to provide food and support services day in and day out because we have hope that is based on reality. We know that people are capable of great good and self-sacrifice. We



know that societies have been able to change age-old practices and prejudices and become more just and merciful. We know we are certainly not alone, but are one in spirit with people around the city, country and world who keep hope alive.

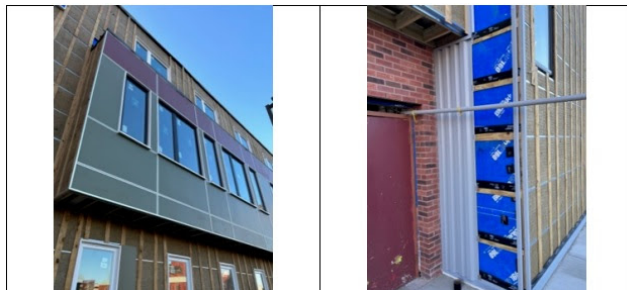
I thank you for partnering with BOL this past year in keeping that hope alive and I wish you & yours a blessed holiday season and all the best in 2024.

God bless you,
Gabriella Snyder Stelmack
Executive Director



Under One Roof Update

Construction continues through December with installation of exterior metal and cement siding, installation of interior drywall and electrical work. The anticipated completion date for construction is Spring 2024.



The 54 Eastern Ave project will bring all BOL programs under one roof - food pantries, evening meals, backpacks, teen center collaboration, motel shelter food provision, grocery delivery and food access - along with our offices and a multi-purpose hall for expanded programs. The project also provides 14

affordable studio apartments owned and operated by Metro North Housing Corp (MNHC) to provide permanent housing for very low-income formerly homeless individuals.

Thank you,
Gabriella Snyder Stelmack, Executive Director

Making a Difference

Our annual Barbara & Francis Brown Thanksgiving Dinner at Malden High School lets people know they are not forgotten on this holiday. Our amazing delivery team of 70 volunteers, coordinated by Maria Luise and Councilor Craig Spadafora, delivered meals to 1,300 senior citizens who are alone or unable to leave their homes. We received this message from one of the senior citizens who received a meal: "I just received my Thanksgiving dinner. It looks delicious. And chocolate cake too! I love the hand drawn card with the hand drawn turkey. Thank you so much, Diana H."

Community News

Christmas day dinner

We are excited to announce Christmas Day dinner, sponsored by Dr. Ed & Jon Weiner & Friends, Project Ezra and the Jewish community, the office Malden Mayor Gary Christenson, the Malden Public Schools Nutrition Services, and Bread of Life! [Click here to learn more about receiving a meal](#) (please note deadline request dates) and ways to volunteer!

<http://www.breadoflifemalden.org/events>


Bread of Life
Christmas Day Dinner
Join us for a free meal with friends & neighbors
Monday, Dec. 25, 2023
12 - 2 pm
Malden High School, corner of Salem & Ferry Streets
Enter from Ferry Street
 All are welcome to enjoy a meal of Roast Beef, Potatoes, Carrots, Green beans, Bread, Fruit, Dessert, Coffee and Tea.
No reservations are needed. The site is handicap accessible.
Meals will be delivered to senior citizens and others who are unable to leave their homes.
To request a meal:
 Contact your case manager at Mystic Valley Elder Services (MVES) by December 21, 2023.
 Otherwise, call "CMBG3 Law LLC" at 617-279-8200, Mon-Fri 9AM-5PM to request a meal before 12PM on December 22, 2023.
To volunteer to deliver meals (deliveries between 10:30 am and 1 pm on Christmas Day), contact Bryna at: bmisiura@cmbg3.com or 603-770-2599.
To volunteer with meal preparation or serving, contact Jon Weiner at ChristmasDayMalden@gmail.com
Sponsored by:
 Dr. Ed & Dr. Jon Weiner & Friends, Project Ezra and the Jewish community, the office of Malden Mayor Gary Christenson, the Malden Public Schools Nutrition Services, and Bread of Life.

Volunteer Opportunities

Arabic, Cantonese, Creole, Mandarin, Portuguese, Spanish speakers welcome!

Malden Food Pantry, 109 Madison St., Malden

Monday/Tuesday/Thursday/Friday 12-5pm; Wednesday 12-6:30pm

Drop-in general help needed - No need to contact us beforehand - Just drop in for an hour or two.

Help load/unload vehicles, sort food, stock shelves/refrigerators/freezers, organize/clean, pick up/deliver, pack groceries, distribute food, work with the public, translate, help with data/admin tasks.



Grocery Delivery Program DRIVERS NEEDED! 109 Madison St., Malden

Wednesdays/Thursdays - any time from 10am-5pm

DROP IN! No need to contact us beforehand. Great to do as a family or with a friend! Deliver a box of food to homebound individuals in one community in your own car. Serving Chelsea, Everett, Malden, Medford, Melrose, Lynn, North Reading, Revere, Stoneham, Wakefield, Winchester, Winthrop, Woburn

Motel Meals Program, 109 Madison St., Malden

Tuesdays - any time from 12-3pm; Thursdays – any time from 10am-12pm

Help identify, sort and pack appropriate food for homeless families/individuals temporarily housed in motels; pack delivery van; stock shelves/refrigerators/freezers.

Everett Mobile Market Food Distribution, 117 Edith St., Everett

Thursdays – any time from 3:30-5pm at Lafayette School Parking Lot

DROP IN! No need to contact us beforehand. Great to do as a family! Just drop in when you can. Help unload and distribute groceries from truck; check people in; break down and clean up.

Food Access Project Translators needed! 109 Madison St., Malden

Help translate and proofread information to improve food access for non-English speaking communities.

Evening Meals Program – Home Cooks and Bakers

No need to contact us beforehand.

Evening Meals Program – Home Cooks and Bakers

No need to contact us beforehand.

Prepare meals at home and deliver to 109 Madison St., Malden Monday through Friday 12-3pm.

Examples: mac and cheese, lasagna, casseroles; sides and prepared salads; cookies, brownies, cakes, or pies.

Everett Backpack Nutrition Program, 109 Madison St., Malden

Mondays - 10am-12pm Help pack backpacks with breakfast, lunch, supper and snack items for students in need.

Contact: Eileen Mullen, Volunteer Coordinator: Eileen.Mullen@

BreadofLifeMalden.org, 781-397-0404

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

Food for the Body...Nurture for the Soul

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