



Gabriella Snyder Stelmack <collavoc@gmail.com>

January Monthly Newsletter

1 message

Bread of Life <info@breadoflifemalden.org>

Fri, Jan 12, 2024 at 10:00 AM

Reply-To: info@breadoflifemalden.org

To: collavoc@gmail.com

January Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

*We are called to say yes.
That the kingdom might break through
To renew and to transform
Our dark and groping world. (from "Called to Say
Yes" by Edwina Gateley)*

<https://www.baltimorecarmel.org/wp-content/uploads/2020/05/Called-to-Say-Yes.pdf>
(Link to full text of poem)



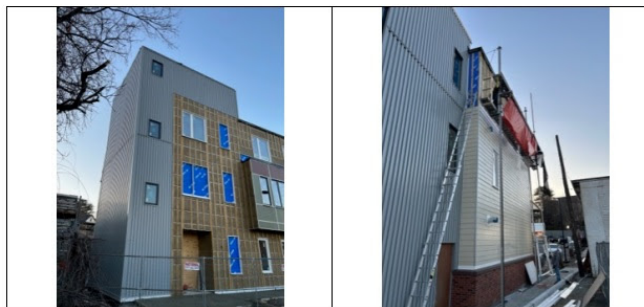
I was startled the day of the winter solstice by just how quickly daylight disappeared. The sun set in Boston at 4:17 pm on December 21, after just 9 hours of daylight compared to 15 hours at the summer solstice. We crave light, enduring the dark days of winter, and have come to associate light with other good things we crave, like the truth and justice we long to see in the world. We are keenly aware that we live in "our dark and groping world," a world in the darkness of people doing injustice, motivated by self-centered greed, envy, power-seeking, pleasure-seeking, pride and hatred. Where is the light? Starting a new year prompts me to look inward, to examine how I might be contributing to the darkness with my attitudes, words and actions. And how I might dispel the darkness as I examine my heart and ways. When I ask in discouragement "where is the light?", I have to remember to look at the folks who make up the Bread of Life community. Every one of you dispels the darkness as you freely give your time, talents, and funds. Every meal served with a smile, every

grocery order distributed with an encouraging word, every patient conversation with someone who struggles with English, every compassionate exchange with someone who is homeless, every word of encouragement for some who is alone and afraid - dispels the darkness. Thank you for bringing light into darkness by being part of this work of food justice. You enable everyone who comes to us to eat well and thrive, regardless of how much money they have, their skin color, language, ethnicity, life path, mistakes or achievements. Let your light continue to shine!

God bless you this new year,
Gabriella Snyder Stelmack
Executive Director

Under One Roof Update

Over the next few weeks, we will continue to install exterior metal siding on the staircases (west and east sides of the building) and cement siding on the other portions of the building. Also continuing



are the concrete pour of walkways on north and west sides, installation of interior drywall, electrical work, and preparation for elevator installation. 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. The application deadline for these units was December 15, 2023, as of which date MNHC had received 250 applications. The selection of the tenants will be done through a lottery system.

Thank you for your support for this project to provide food security and permanent housing! We could not have done it without you!

Making a Difference

Since the start of the COVID pandemic in 2020, our evening meal, held four times per week at the First Baptist Church of Malden, has served take-away meals from the front lawn of the church to people in need. In September of

2021, we opened the site back up to congregate dining as well. We now serve an average of 120 meals per night, including 36 meals we deliver to a homeless shelter every Friday, and 16-20 meals we deliver to senior citizens every Tuesday and Friday. Until recently, 90% of those we serve have been senior citizens of Chinese or Asian descent. But starting this past September, that has been changing. Now, about 35% of those who partake are Latinx, low-income working people in their 40s with families. And of course, we continue to serve individuals who have no home and are living on the street and in shelters until they can get housing. We are so grateful to our dedicated volunteers and partner organizations that prepare food, donate funds to pay for a meal, or come in to package and serve the meals. They enable us to serve diverse groups in our community who are struggling to survive and provide for their families.

Community News

Spectrum Health Systems, Inc.

Sharing exciting news! Bread of Life has been awarded a \$10,000 grant from Spectrum Health Systems, Inc.!

A note we received:

“Spectrum Health Systems, Inc. has been providing behavioral health services across the Commonwealth of Massachusetts for over fifty years. Recently, we launched our Community Impact Committee (CIC), which aims to give back to other community-based organizations that provide services to the same people that we treat in our inpatient and outpatient programs. The CIC is composed of board members, executive level staff, and front-line staff. The CIC gives all Massachusetts Spectrum staff the opportunity to nominate organizations that they feel have a positive impact on the lives of the people we serve. The employees then complete a short nomination form and submit it to the CIC for review.

Spectrum is very pleased to inform you that your organization, Bread of Life, has been selected to receive a grant in the amount of \$10,000.00”

We are so thankful for this funding and we appreciate the very generous support!

Thank you Gia Santaniello and Cassandra Ford for visiting Bread of Life and presenting the donation to Gaby!



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

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BreadofLifeMalden.org, 781-397-0404 (main office)

Food for the Body...Nurture for the Soul

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Donate Today

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