

October Monthly Newsletter

1 message

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October Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

*"Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is darkness, light;
where there is sadness, joy." (St. Francis of Assisi)*



Earlier this month, I worshipped at a church celebrating the feast of St. Francis of Assisi as numerous churches do around the world, with the annual "Blessing of the Animals." Yes - dogs and cats, but also hamsters, goldfish, parakeets, lizards(!) are brought in to receive a blessing. St. Francis is remembered for such things as arranging the first live nativity scene, preaching to the birds and taming a killer wolf, so he is the patron saint of animals and ecology (as well as Italy).

Beyond his affinity with nature, however, St. Francis is remembered for his message and life of peace. His famous prayer reflects that spirit. But is this mere sentimentality? What did Francis, born in 1181, know of trying to be an instrument of peace in our world, where affluence, status and achievement are idolized, where social media is used to ostracize and demean others, where polarization has displaced dialogue, where hatred and greed give way to war? Francis grew up as the privileged son of a cloth merchant, but gave up a

life of wealth to live a life of poverty. He lived in a world of knights and guilds, nobility and serfs, warring cities and countries. He saw war first-hand, having joined a military expedition against a neighboring city when he was 21. He knew the great disparity between nobility living in luxury, and serfs and laborers living in dire need, and he changed his course in life. He left behind wealth and luxury, entertainments and diversions, to serve God and follow Jesus: to give what he had to others, to care for people who were sick or poor, to protect all God's creatures. It turns out that St. Francis still has something to say to us in 2022. Pope Francis tweeted: "Saint Francis of Assisi, who saw himself as brother of the sun, the sea and the wind, sowed seeds of peace everywhere, and walked alongside the poor, the abandoned, the infirm, the outcast, the least. Let us follow his example!"

Thank you for partnering in the work of Bread of Life to "walk alongside the poor, the abandoned, the infirm, the outcast, the least." We are following in St. Francis' footsteps together.

God bless you,
Gabriella

Under One Roof Update

Now that our funding and financing is complete, we are moving to close on loans with our bank and government funders by mid-September. Demolition of the existing building has been completed (see pictures below). Our goal is to help control costs by laying the foundation before the cold weather sets in. Total construction time will be 14 months. Stay tuned for the "topping off" ceremony mid-way through construction to which you will all be invited! Thank you for making this dream come true!



P.S. That said...we are continuing to raise funds for the project due to cost increases in materials being experienced by our general contractor, and interest rate hikes that have impacted our bank loan. On behalf of all the children, families and senior citizens Bread of Life serves, thank you.



Making a Difference

Another successful food delivery to a vulnerable senior citizen:

Our grocery delivery program usually provides contactless, door to door delivery. But the value of personal contact can never be underestimated. One of our delivery volunteers followed the procedure of calling the delivery recipient prior to making the delivery. The recipient, a senior citizen resident of Melrose we'll call "Ann," answered the phone. When the volunteer arrived, however, Ann didn't answer the doorbell. The volunteer tried to phone again but got a busy signal. At that point, she heard some whispered mumbling through the door that was partly ajar. Becoming concerned for Ann's safety and the possibility that she had fallen, the volunteer decided to enter the apartment. She was relieved to see Ann alright and sitting in her armchair. She discovered that the phone had been left off the hook and replaced the receiver. It became clear that Ann was suffering some memory loss. She hadn't remembered the phone or the delivery on the way. But she was glad to see the groceries in front of her and knew just what to do with them.

Community News

M&T Bank Charitable Foundation

Bread of Life has received a grant from M&T Bank Charitable Foundation for Bread of Life's Grocery Delivery Program. Thank you so much to M&T Charitable Foundation for partnering with us in providing food for vulnerable senior citizens.



Winchester Co-operative Bank

Thank you Winchester Co-operative Bank for your ongoing support. We appreciate all you do for Bread of Life!



Young Professional Advisory Board (YPAB)

Thank you to our Young Professional Advisory Board member, Frank Kelly and Structure Tone Boston for hosting a food drive for our families; pasta, cereal, soup, granola bars, rice- all needed and very much appreciated!



Victorian Fair

It was such a blast hosting a Bread of Life booth at the Melrose Chamber of Commerce Victorian Fair! It was a great day!



Main Street
Melrose, MA 02176 United States

Bread of Life's Walk

A great day was had by all! This year's Bread of Life walk was in memory of Terri O'Brien, who volunteered and dedicated her time to helping others. We appreciate our entire Bread of Life community for the wonderful support, camaraderie, and friendship in honor of Terri. Thank you all for a fantastic day!



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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