
September Monthly Newsletter

1 message

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Wed, Sep 7, 2022 at 11:24 AM

September Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

My friend Carmen, who died many years ago now, once told me "everyone needs to be needed." We need to know we have value, that our lives have meaning and purpose, and that we belong. Carmen had a hard path through life. A lot of that was due to addiction and mental health problems. For a while, she was able to hold it all together: marriage, children, work, volunteering. Then things started collapsing - her husband divorced her, her children distanced themselves, she couldn't work or volunteer. Bread of Life became a pillar of support for her through food, friends, and encouragement to get into recovery, which she finally did. She was able to stabilize her mental health, get a cute little apartment in Malden, grow houseplants, play games on her computer. But through it all that desire persisted: to make a difference in someone's life, to be needed, to be valued, to be appreciated, to belong. She longed to volunteer with Bread of Life again some day, but cancer ended that dream. I remember how happy she was volunteering, how friendly and enthusiastic. She was valued, she had a meaning and purpose, she was one of us, she was needed.



Carmen's words continue to return to me through the years because Bread of Life provides a place for us to be needed as we help others.

YOU are needed at Bread of Life. Thank you for being part of this work.

God bless you,
Gabriella

Under One Roof Update

We have embarked on the construction of our *Under One Roof* project.

We have commenced our closing process with our bank and funders.

Abatement of hazardous materials has begun and demolition of the existing building is expected this month. Our goal is to help control costs by laying the foundation before the cold weather

sets in. Total construction time will be 14 months for a Fall 2023 move-in date! 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.



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!

Making a Difference

A longtime Malden resident recently reached out to us, wanting to help. She and her husband, who died last year, have benefited from Bread of Life food services off and on since 2015. They also volunteered, especially using their skills in the office and with fundraising. She expressed how she is forever grateful to Bread of Life for the groceries, meals, meal delivery and emotional support over the years through health problems she and her husband experienced, periods of lost income, and since his death. She proposed to help with a fundraising event and we are looking forward to working with her.

A restaurant owner in the Boston area contacted us wanting his son to volunteer. He had first come to Bread of Life as a volunteer through the Masons years before. He now wanted to pass on the volunteer spirit to the next generation. He and his son came in together and did some grocery deliveries.

After volunteering, he was very excited about Bread of Life and the importance of the work, so much so that he gave a \$500 donation.

Community News

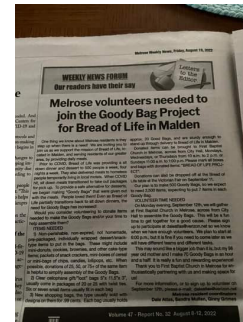
Thank You

We are most grateful for the generous donation of \$10,000 in memory of Cathy & Stan Rezendes from Edwin & Marilyn Andrews & family. Ed serves a member of Bread of Life's Board of Directors. Thank you Ed and Marilyn and your family for your commitment and dedication to Bread of Life's mission.



Melrose Goody Bag Project

Read about the Melrose Goody Bag Project to benefit Bread of Life! Volunteers will meet on Sept. 12 to make goody bags for our families. Read more in this week's Melrose Weekly News! Thank you Dale, Sandra and Ginny for coordinating this fun project!



Young Professional Advisory Board (YPAB)

Thanks to all who joined us at our first Young Professional Advisory Board (YPAB) Meet n Greet. It was a great night at Idle Hands Craft Ales; a fun night of networking and learning about our YPAB board. Learn more about YPAB here: <http://www.breadoflifemalden.org/bod>



Victorian Fair

We're excited to be hosting a Bread of Life booth at the Melrose Chamber of Commerce Victorian Fair! Be sure to stop by and say hello! Sunday, September 11th



Main Street
Melrose, MA 02176 United States

Bread of Life's Walk

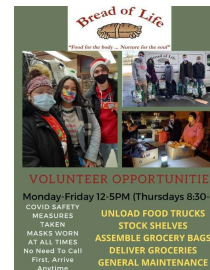
Join us to help stop food insecurity for our neighbors
Saturday, October 1st 12pm
Pine Banks, Melrose

BREAD OF LIFE WALK
Saturday, Oct. 1st
Pine Banks 12PM

[Click here to sign up](#)

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

Follow us



Donate Today

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