

# MANNA WORKS



Uplifting News About a Caring Community



Volume 15, Issue 1

Fall 2013

## Our Thanks

As we move from summer to fall, we offer thanks to all those who helped us continue to feed those in need because hunger does not take a vacation. The National Association of Letter Carriers, Christmas in July and August Community Food Drives, along with several Vacation Bible School food collections and many individual donations helped keep us stocked this summer. Thank you! Then, just as we were running low, Wegmans donated 18,500 pounds of food to restock our shelves. What an incredible gift! We know that the goodwill of this community will continue to be channeled into support for our fall and holiday activities—the 5K Race, CROP Walk, Thanksgiving Dinner at St. John's and Adopt-a-Child Gift Program. As days grow colder, Manna will be for many of our neighbors a place of warm meals and warm hearts because this community continues to generously care and provide for its own.



Executive Director, Suzan Neiger Gould  
*Photo by Geoff Patton, The Reporter*

## Starting Again

## Fall Food Needs

### Diaper Drive

Help care for our little ones with a diaper donation or neighborhood collection! All sizes are welcome and needed.

### Fresh Fruits

We welcome donations of apples, pears and other yummy fall fruits! Canned fruits are also appreciated.

### Soup's On

Cooler days are coming! Help us stock our pantry shelves with your favorite canned soups.

### Sonya Support

Our chef, Sonya Pendleton, is cooking a record number of meals! Please consider donating low-salt seasoning or butter to help her in the kitchen.



**Current List of Food Needs:**

[www.mannaonmain.org/mannas-impact/needs](http://www.mannaonmain.org/mannas-impact/needs)

Christina lost her job this spring due to layoffs. She applied for unemployment, and although it helped, it wasn't enough to feed and care for her family. With three teenagers at home, food went quickly! Soon after, her adult son called to share that his family had been evicted. He had been struggling for months after being let go at his company. They needed a place to stay; Christina offered her home.

As the days went by, Christina became increasingly overwhelmed. She was falling further behind on bills and could no longer afford basic food needs for her family. She came to Manna in crisis.

We welcomed Christina to our pantry and helped her shop for food. She was relieved to know that her family would be fed. She renewed her efforts to find a job. In August, Christina found an open nursing position and called us to share that she got the job! We helped her pay a few outstanding bills so that she could have the fresh start she needed. Today, Christina and her family are doing much better. Although challenges lay ahead, they no longer need Manna's help. Christina is feeling hopeful for the first time in awhile.

Many people come to us feeling hungry and hopeless. With your support, we provide compassionate care and food for their table. More than a pantry and kitchen, Manna is a place to feel safe and welcome in crisis and find the resources needed to start again.



## 3rd Annual 5K Race & 1 Mile Fun Run



### Race to help end hunger in our community on Saturday, October 5!

Enjoy running through the streets of East Lansdale, beginning and ending at Knapp Elementary School. Runners, run/walkers, walkers and strollers are welcome. Bring your family for fun activities and to cheer you on at the finish line.

### Register Today

[www.active.com](http://www.active.com) | Search: Manna on Main Street  
[www.mannaonmain.org/news/5k-race](http://www.mannaonmain.org/news/5k-race) (Download race brochure)

### New This Year!

The first 300 5K participants will receive their choice of a Headsweats visor or running hat.

### Returning Favorites

- Cotton t-shirts for all 1 Mile Fun Run and Shopping Cart Challenge participants
- FREE pancake breakfast for participants | \$5 for community members
- **SHOPPING CART CHALLENGE** - Teams of four compete in a 50-yard shopping cart relay dash! Prizes will be awarded for fastest team, best costume, most creative cart, and most food collected. In advance, collect food to fill your cart on race day, with all food items supporting Manna's pantry. Information & registration: [www.mannaonmain.org/news/5k-race](http://www.mannaonmain.org/news/5k-race)

### Race Details

Saturday, October 5, rain or shine | Knapp Elementary School, Lansdale  
 1 Mile Fun Run, 8:00 am | 5K Race, 8:30 am  
 Professionally timed by Pretzel City Sports



Photo Credit:  
The Reporter

## One Step at a Time

Register now for the 35th Annual North Penn CROP Walk! Organized by the Church World Service, the CROP Walk invites individuals of all faiths to walk together in our fight against hunger both locally and around the globe. This walk is free to join, but pledges are encouraged. For registration and pledge information, please contact Julie McCabe: [Julie@mannaonmain.org](mailto:Julie@mannaonmain.org) or 215-855-5454.

### North Penn CROP Walk

Sunday, October 13

Registration & Check-In: 1:00pm | Walk 1:30pm

Starts/Ends: Trinity Lutheran Church, Lansdale

Bring a team or walk individually.

All are welcome!

[www.crophungerwalk.org/LansdalePA](http://www.crophungerwalk.org/LansdalePA)



## A Season of Smiles

The holidays will soon be here! With the support of our generous community, Manna distributed gifts to more than 600 boys and girls last year. Thank you very much! We hope that you will join us again in making the season joyful for our little ones.



On November 1st, Manna will have gift wish lists ready from the children we serve. Please consider adopting a child! Contact [manna@mannaonmain.org](mailto:manna@mannaonmain.org) to get involved.

Please consider serving with us during the holidays!

[www.mannaonmain.org/get-involved/volunteers](http://www.mannaonmain.org/get-involved/volunteers)



During the holiday season, volunteers help serve special meals and prepare holiday food baskets for families. We welcome your help! Thank you.

## Beyond Food

Manna on Main Street 2013 Education Series	
Regularly Scheduled Classes	Upcoming Monthly Sessions
<b>Computer Classes</b> Mon. at 9am, Weds. at 4:30pm, Thurs. at 9am, and Fri. at 1pm	<i>Managing Cash Flow</i> ~ Aug. 13th <i>The Job Interview</i> ~ Sept. 18th <i>Credit and Fraud</i> ~ October 16th <i>Community Resources</i> ~ Nov 20th <i>Banking and You</i> ~ Dec. 5th
<b>1 on 1 Job Counseling</b> (10am-12:30pm) August 21st, September 9th, October 9th and November 13th	<b>*Please note - All Session Times are 6pm to 7:30pm</b>
For More Information, contact Anthony via email <a href="mailto:anthony@mannaonmain.org">anthony@mannaonmain.org</a> or call 215-835-5454	

### Hunger 0 | Manna 1

This is the scoreboard we want in our fight against hunger! Our new education series addresses some of the root causes of food insecurity in our community, providing job readiness and financial planning skills to help individuals get back on their feet. These volunteer-led classes are open and free to the community. If you, or someone you know, needs help finding a job or developing a budget, please share our class information. All are welcome at Manna!

If you would like to help plan or lead these classes, please contact Anthony, [anthony@mannaonmain.org](mailto:anthony@mannaonmain.org). Your time and talents are greatly appreciated!

## Volunteer Spotlight

In July 2013, Manna volunteers began facilitating computer classes for individuals in our community. Larry O’Malley, one of our stellar volunteers, dedicates his time and expertise to lead these sessions three days a week. He shares his warm personality, talents, and expert computer skills as he steers participants through the challenges of learning about computers.

Larry is a long-time volunteer and truly enjoys the time he spends helping out each day. The glow and smile on a student’s face when she learns something new is what keeps him coming back over and over again. His gentle and patient approach encourages students of all levels to excel. Participants are taught everything from the basics of turning on a computer and becoming comfortable using a mouse and keyboard, to developing skills with Word, Excel, and the Internet. These computer classes are open to the community! Join us and further develop your computer and Internet skills. You may meet our new friend, Renee.

Just a few months ago, Renee arrived in the U.S. from a refugee camp in Uganda. She regularly participates in our computer classes, sometimes up to three to four times a week. She looks forward to learning new skills each day. Recently, Renee started looking for a job to support her family (three teenage brothers and a one-year-old daughter). The computer classes provide her with the skills and experience needed to be more marketable to potential employers. Renee immerses herself in each session and often times can be found assisting others in the class. These classes provide individuals like Renee with opportunities to gain the skills and self-confidence needed to work towards success and become independent.

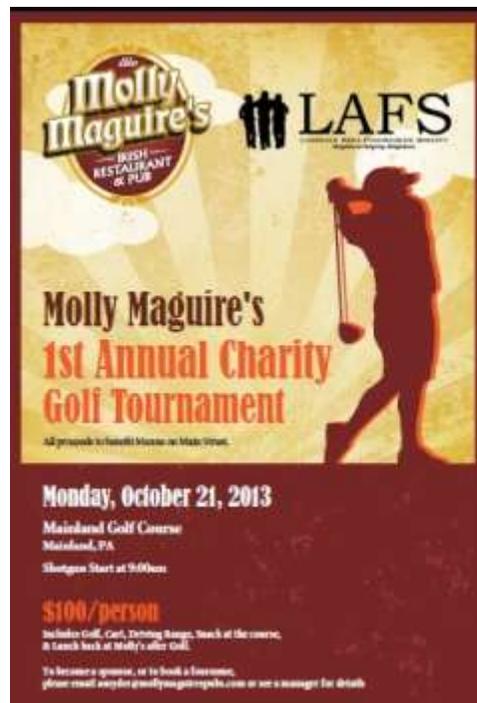


(Photo: Larry and Renee working in class)

## Tee Up to Fight Hunger!

Join Molly Maguire’s and LAFS for a wonderful day on the greens to support Manna!

Reserve your foursome today. Email [asnyder@mollymaguirespubs.com](mailto:asnyder@mollymaguirespubs.com) to join the tournament. Thank you very much!





*Manna on Main Street ... that everyone might be fed*

MANNA WORKS

Fall 2013

Manna on Main Street  
215-855-5454  
www.MannaOnMain.org  
Manna@MannaOnMain.org

Staff:  
Nancy Day: Food Service Aid  
Kristyn DiDominick: Program & Development Coordinator  
Arleen Godshall: Financial Coordinator  
Suzan Neiger Gould: Executive Director  
Scott Lukens: Building Assistant  
Teri Martin: Assistant Case Manager  
Julie McCabe: Events & Food Outreach Manager  
Nadja Mummery: Client Services Manager  
Sonya Pendleton: Food Service Manager  
Anthony Tarzia: Volunteer & Community Outreach Associate

**Manna  
on  
Main Street**

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### Helpers at Manna on Main Street ...

... are special. They serve the community in a variety of ways. They cook, serve meals, stock shelves and so much more. Some contribute as much as three hours a day; others contribute three hours a year. We respect and appreciate whatever time you can give. Please call Manna on Main Street at 215-855-5454 to learn how to share your special gifts with the community.