

MANNA WORKS



Uplifting News About a Caring Community



Volume 14, Issue 2

Winter 2013

My First 90 Days...

Since starting as Executive Director on October 1st, my time at Manna has flown by with the daily activities of our soup kitchen and pantry, as well as special events of the fall and holiday season.

Clients kindly welcomed me, and I have greatly enjoyed getting to know our soup kitchen guests by sharing meals each week with them. Each diner has a special story and a love for Manna and those around the table; it's been an honor to break bread together. Volunteers have introduced themselves as they've bustled around Manna serving meals, stocking shelves and organizing the growing bins of donated food that came in with the holiday season. Our volunteers are simply amazing! Manna's dedicated staff and I have worked joyfully together to continue and improve all that Manna does.

The special events illuminated for me the wholehearted support that the community has for Manna. Just a few examples are the many, many runners and walkers of all ages that turned out for the fall 5K Race; the hundreds of turkeys and hams that were donated by corporations, local businesses and individuals for our holiday food baskets; the hardworking volunteer cooks for our Thanksgiving meal and holiday party; and the generous response to our holiday gift program providing more than 600 children with special gifts.

All those who make the daily workings of Manna and our special events possible do so with a spirit that, for me, is captured in the words of Martin Luther King, Jr.

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

I look forward to many years of service with you.
Suzan Neiger Gould, Executive Director



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

Our New Year's Resolution: More service. More compassion. More mission.

As the ball dropped on New Year's Eve, you may have made your own resolution for 2013 - a quiet wish, a declared statement, or a goal to be met. If your hope for this year includes a stronger connection to your community or the desire to get involved and help others, our doors are open. We welcome your service in 2013!

This year, our resolution is to be a home for more service to the community. With so many neighbors struggling to put food on their table, we wish to be a welcome kitchen and pantry for a growing number of families in need. Come serve a meal with us or join our volunteer team in the food pantry. We welcome your help throughout the year!

We will remain committed to compassionate care, helping individuals with a bowl of soup, a listening ear and a welcoming family.

With your help, we will come closer to our mission of ending hunger in our community. Through new education programs and client services, we seek to lift individuals up and offer sustainable options.



To learn more about 2013 volunteer opportunities, food drives and financial investments, please visit www.mannaonmain.org or call 215-855-5454. Thank you for being on our team!

Feeling Good

Recently, one of our younger volunteers had to write an assignment for school about why she helps in the community. We thought her words beautifully captured how great helping others can feel and how much one person can make a difference.

“I go to Manna on Main Street almost every week because when I go and see all those people, I just want to help them get their good meal. When I go it’s a lot of hard work, but in the end you see what an impact you made on people’s lives and you just feel good about yourself. I love what it does to me. It makes me and other people feel like there are nice people out there in this big world...”

...One part of why I think Manna is amazing is because they take time to learn people’s names, how they are, or what’s up at home. I think that takes a great deal of courage and time to show that they truly care about all these people.”

- Kate Waddington

Thank you, Kate, and our wonderful volunteers for bringing such joy and compassion to Manna! We feel good serving with you.

Cold Days, Caring Community

William was running out of oil and didn’t know what to do. As cold days settled in, his heating bill kept growing. On a fixed income, his oil tank would be empty before the winter season was over. A friend suggested that he call Manna. When William spoke with our Case Manager, he confessed that he was nervous; he had never asked an agency for help before. This winter was a hard one for him.

We welcomed William to Manna and were able to pay his heating bill. When he learned that Manna also has a soup kitchen, he was thrilled! He and a volunteer sat down that day for a meal together, and William has been coming back each week. He loves the company and always compliments our chef. We’re glad to have a special seat for William at our table.



Thank you to the North Penn United Way and Clyde S. Walton, Inc. for providing heat and oil support for families in need this winter season!



For more than nine years, Impact Thrift Stores has been a strong financial supporter of Manna on Main Street. Today, we are one of 18 charities supported through the sale of used goods, with more than \$1.7 million donated to support our collective work. This winter season, Impact Thrift Stores is asking for your help! All four stores are very low on furniture donations. If you’re considering getting rid of that gently-used couch or older dining room table, call Impact Thrift Stores at 215-957-6131 to arrange for a free pick-up.

Turn your gently-used donation into support for Manna and other local charities! Please visit www.impactthrift.org to learn more about this wonderful non-profit and how you can help. Thank you!

Winter Food Needs

FOOD PANTRY:

Help keep families warm and healthy this winter! Please consider donating canned soup or fresh produce. For a complete list of what’s needed in our pantry, please visit www.mannaonmain.org/mannas-impact/needs.

SOUP KITCHEN:

If you haven’t met our new chef, Sonya Pendleton, please stop by and say “hi.” Sonya welcomes all food donations, but especially needs the following to make her meals sizzle!

- Eggs & cheese
- Low-salt seasoning & fresh herbs
- Butter

Host a food drive with friends, family or colleagues. To learn more, visit www.mannaonmain.org/get-involved/food-drives. Thank you so much for helping to feed our community!

Community in Action!



The Towamencin Tornados U12 soccer team joined Manna's fall 5K race. After they crossed the finish line, the Tornados dropped off a van full of food for Manna's pantry that the players had collected. *Thank you so much for helping to feed our neighbors!*

Students and friends of Gwynedd Friends School celebrated a day of service on Martin Luther King, Jr. Day with projects that benefit our community. Among these projects, the children prepared healthy snack bags for the Boys & Girls Club homework program. With the help of our wonderful volunteers, Manna prepares 500 snack bags each week for the North Penn and Indian Valley Boys & Girls Clubs. *Thank you, Gwynedd Friends School, for making so many healthy snack bags for children in our community!*



Thank you to these Merck volunteers for helping us wrap hundreds of holiday gifts for the boys and girls we serve. Your presents looked fantastic! In addition to these featured volunteers, more than 40 friends offered their time and holiday cheer to wrap special gifts for our little ones. *Thank you very much!*

NEW Education Classes

Thanks to our terrific volunteers, Manna is piloting education classes for individuals in need of job training, financial planning and nutrition education. In December, volunteers prepared and successfully led our first job training class with 18 participants! One-on-one follow up is focused on resume writing and job counseling.

This year and beyond, we hope to lift neighbors up through education opportunities. So many of the individuals we serve are struggling to find jobs or stretch budgets on lean paychecks. By offering resources and tools, we can help individuals work their way towards an independent and healthier life.

If you would like to help plan or facilitate these classes, please contact us. We welcome your volunteer leadership! Please contact Anthony Tarzia,
Anthony@mannanonmain.org.



Cows, Kick-a-thons and You

Join the 2013-2014 Florence Nightingale Challenge!

For many families, an unexpected medical emergency or job loss can leave them with few options. Your business or organization can help individuals when they are in crisis. Coordinate a fundraiser to support Manna's emergency services and join the 2013-2014 Florence Nightingale Challenge.

This past year, 26 businesses participated, with events ranging from a cow bingo and kick-a-thon to a bake sale, raffle and more. Join the Challenge! Your support will be highlighted by our fantastic Media Sponsor, *The Reporter!* Please contact Kristyn to learn more: kristyn@mannanonmain.org or visit:

www.mannanonmain.org/get-involved/florence-nightingale-challenge

Special thanks to Merck Sharp & Dohme Federal Credit Union and Villari's Self Defense Center for leading this Challenge once again!



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

MANNA WORKS

Winter 2013

Manna on Main Street
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Arleen Godshall: Financial Coordinator
Suzan Neiger Gould: Executive Director
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Nadja Mummy: Client Services Manager
Sonya Pendleton: Food Service Manager
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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 two hours a day; others contribute two 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.