

May Monthly Newsletter

1 message

Bread of Life <info@breadoflifemalden.org>
Reply-To: info@breadoflifemalden.org
To: collavoc@gmail.com

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May Monthly Newsletter



Bread of Life

Food for the body...Nurture for the soul

Reflections from our Director

May is the month in which Bread of Life celebrates volunteers, the backbone of our work. It seems to me that the idea of volunteering serves as a challenge to some assumptions about success. Do you remember your high school yearbook and how we voted a classmate "most likely to succeed?" On what basis did we make that guess? I'm afraid to say that I probably chose the person I thought most likely to attain wealth and prominence in their chosen career. Interestingly, some of those who have attained the success of financial security, prominence and even fame in their careers had different ideas about attaining success in life.



Albert Einstein, widely acknowledged to be one of the greatest and most influential physicists of all time, said "Only a life lived for others is a life worthwhile."

Albert Schweitzer, theologian, philosopher, musicologist, organist and physician famed for using his music to raise funds for his hospital in Africa, wrote "The purpose of human life is to serve, and to show compassion and the will to help others."

Ralph Waldo Emerson, famous essayist, lecturer, philosopher, abolitionist and poet wrote "The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

I stand in humble admiration and gratitude for Bread of Life's volunteers. These are people who use their time, skills, talents and money to help others, when they could choose to help only themselves and their families. Please come

by our Volunteer Appreciation Open House Saturday, May 21, 10am-2pm at our pantry so we can thank you personally, give you a tour if you wish, and offer you a small token of appreciation to take with you.

God bless you,
Gabriella

Gabriella Snyder Stelmack
Executive Director

Making a Difference

I'm eating with "Gilda"* at our evening meal one night. At 60 years old, short and plump, her head wrapped in a black scarf against the smooth brown skin of her face, she looks very much like one of the Italian grandmothers of her heritage and my own. She laughs regretfully when I ask her if she'd like to take a meal home with her. "I stay in my car," she says, "I haven't had a place to live for years." She says that sometimes she stays in a shelter but there are difficulties. She has to get there by late afternoon to try and get a bed for the night. And if there are more people waiting than beds available your name is put in a drawing. And you have to leave first thing in the morning and spend the day outside. After talking a while, it seems clear that Gilda's mental health has hindered her finding a home. She shares that she has some medical problems but does not want to go to the doctor because she's convinced that they anesthetized her and inserted a device into her wrist to track her movements. I find myself wishing there were more housing options available for people like Gilda, people who are low-income and have more than the average number of challenges to find a safe, affordable place to call home. Bread of Life's Under One Roof project with Metro North Housing Corp will help fill that gap by providing fourteen secure, affordable studio apartments with paid onsite support staff. I can't wait until they're finished, and neither can people like Gilda.



* not her real name

If you would like to make a donation to **Bread of Life's Under One Roof** project please [Click here to donate.](#)

Community News

Melrose Weekly News

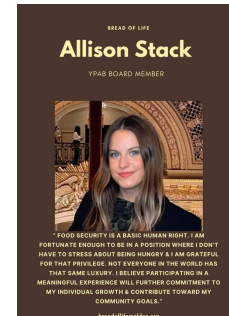
We are honored to be featured in this week's Melrose Weekly News! There are multiple articles featuring Bread of Life including *Savings Bank Charitable Foundation Gifts Bread of Life* and *Bread of Life Sock Drive Underway*.



Bread of Life's Young Professional Advisory Board (YPAB)

Let's give a warm welcome to Allison Stack, Hotel Sales Coordinator II at Encore Boston Harbor! Allison is our newest member of Bread of Life's Young Professional Advisory Board (YPAB).

Bread of Life's YPAB Board is a group of emerging Boston-area leaders dedicated to raising awareness of food insecurity. Members of YPAB serve as ambassadors of Bread of Life, representing Bread of Life in their communities, neighborhoods and businesses. YPAB supports Bread of Life's mission by connecting with peers to raise awareness of the issue of food insecurity. YPAB goals include fundraising events, volunteer projects, and hosting resource drives.



Bread of Life's Volunteer Appreciation Open House

Join us at Bread of Life's Volunteer Appreciation Open House as we celebrate and thank our wonderful volunteers! Meet and welcome Bread of Life's Volunteer Coordinator Eileen Mullen.

When: Saturday, May 21st

Time: Stop by anytime 10am-2pm

Location: 109 Madison St., Malden

RSVP: Eileen.mullen@breadoflifemalden.org

Refreshments, tours of Bread of Life's food pantry, camaraderie and fun!
Sponsored by our friends East Cambridge Savings Bank
All volunteers are welcome!



Save the Date!

Knock on Wood Benefit Concert

June 5, 2021 6:00 PM - 7:30 PM

First Baptist Church, Melrose

Donations accepted, with a portion donated to BREAD OF LIFE



Austin Preparatory School & Malden Catholic

As we wrapped up #NationalVolunteerWeek a big thank you goes out to Austin Preparatory School students Ally, Lilly and Grace for helping in Bread of Life's food pantry as well as to students from Malden Catholic that volunteered at Bread of Life's Grocery Delivery Program, preparing boxes of nutritious food and delivering to senior citizens in our community. Thank you all for sharing your time with Bread of Life and making the day brighter for our families! We appreciate your time!



Volunteer Opportunities

Volunteers needed Thursdays between 8:30 am and 12 pm at our pantry, [109 Madison Street, Malden](#), to help pack groceries for the Everett Mobile Market. Call Charlene at 781-824-0564, or come to [109 Madison Street, Malden](#).

Volunteers needed Thursdays from 3-5 pm to distribute groceries at the Lafayette School, [117 Edith Street, Everett](#). Call Charlene at 781-824-0564, or come to the Lafayette School.



There are plenty of other volunteer opportunities available at Bread of Life. If you want to get involved and make a difference please [Visit our Website](#) or stop by our pantry at 109 Madison St. Malden, MA.

Food for the Body...Nurture for the Soul

Follow us



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