



Community Emergency Service

# The Spotlight Newsletter

October 2016

*Beyond Bread to the Bread of Life . . . Beyond Ourselves to Jesus Christ*

## Hunger Comes in Many Forms by Kitty Yancey, Volunteer Advocate



Kitty Yancey

Our story starts over five years ago. Abdul\*, a man from Morocco, was one of Kitty Yancey's first encounters as a new afternoon volunteer Advocate with the CES food shelf. As they talked about the food he wanted and then his hard life, she decided to take a risk and talk to him about Jesus.

Abdul informed Kitty that he was a Muslim, but knew a little about Jesus. As they continued to talk, he began to share more. At the end of their conversation, Kitty prayed and gave him a New Testament.

Recently, he came back to the food shelf on a day Kitty was there. **As Abdul saw Kitty, he smiled and stated that he remembered she had given him a Bible five years ago, and he was still reading it.** His gratitude for the care and dignity Kitty had shown had not been forgotten.

Abdul's story unfolded as he explained that he had moved to Minneapolis close to 20 years before their first visit. He was often lonely because his only contact with his family was through Skype online. He went on to explain he had lost his job eight years earlier and at times was suicidal. Abdul shared about the scars he had suffered from the past, both emotionally and physically, some self inflicted. A sadness was still evident on his face as he shared how his father had recently died. Now, he was all alone in the world.

Not knowing what to say at this point, Kitty asked him what he did for fun. "Fun?" he replied. It seemed like a

\*Clients names have been changed to protect their anonymity

strange concept to him. "In my free time, I come here to CES. You are my family. I have no one but the people here that care. You have touched my heart." Yes, **Abdul came to CES for food, but he also came because of a different kind of hunger: to be loved and understood.**

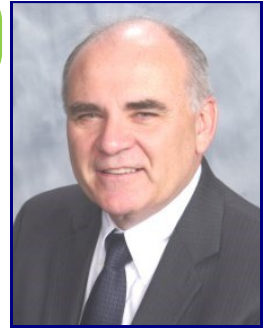
As Kitty reflected on this story, she said, "My heart was touched and I wanted to cry and even sob. But, I reminded myself that I couldn't be afraid of the horror of his story, so I smiled and tried to show Christ's love. Then, I began to ask myself, 'Why do we just spend ten minutes with people and get them their food?' We need to take the time to care, listen, share the love of Christ and make sure that all are welcome here no matter their belief! Abdul and I connected, but, more importantly, God knows Abdul's name and his heartbreak. This and people like Abdul are what keep me coming to CES as a volunteer. **We are changing people's lives! We are giving hope as we feed those who come – food for the soul.** I pray that our love will keep people like Abdul thriving and hopeful."

*CES is "A place where people come hungry and leave hopeful."*



Shopping at the East African Distribution

## Director's Discourse—"Fall Round-Up" by Mike Lloyd



Hello again friends,

Summer is over, kids are back in school and we are back in the swing of all of fall's activities. I'm sure you are beginning to feel the pace pick up as we move closer to a busy holiday season and all that entails.

At CES, the need in our community never stopped over the summer months. There is a quickening of our pace as we experience a flurry of upcoming activities. This takes the form of facilitating more volunteer groups, working with our supporting congregations and service clubs, increasing donor engagement efforts and continuing to recruit more volunteers. Also, we look to the increased demand that colder weather has in store for those we serve.

Our list of up-coming events is listed on page 4 with specifics throughout the newsletter. **But, let me emphasize our Thanksgiving Distribution on Saturday, November 19th. This is made possible because Good in the Hood makes baskets for CES to purchase using donations from Seward Co-op's SEED Round-Up program.**

Congregations and volunteers help with the distribution as well as help our neighbors get home safe and sound. What a team effort!

In addition to these seasonal opportunities, we have **weekly and monthly volunteer opportunities** for small groups, families or individuals during daytime, evening and weekend hours.

- Daily openings to serve as Advocates to meet with Food Shelf clients

- Daily openings for people to deliver Meals on Wheels to homebound seniors
- Weekly opportunities to help with our Bonus Friday distribution
- Weekly openings for both individuals and groups to deliver groceries to home bound seniors through our Home Delivery Program
- Daily openings to help in the Food Shelf
- Food Drives by individuals and groups are always welcome

Our need for food, friendship and a sense of community is not tied to any season, but is at the highest level in the colder months. Please remember the work of CES with your financial support, your willingness to join our community through volunteering and your ongoing prayers.

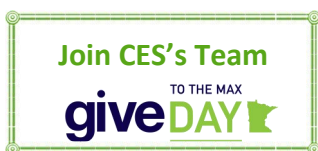
I hope you enjoy the articles we share in this month's Spotlight. As always, we seek to bring you into the lives of those we serve and with those whose efforts make this work possible.

Thank you for all you do in support of this calling!

Lord bless you,

Mike Lloyd, Executive Director at CES

## Give to the Max—November 17



Join us by giving your gift on Give to the Max (GTTM) Day, November 17.

### Ways to give:

- Send your check to CES and write GTTMD on the memo line
- Donate directly to CES at [www.cesmn.org/donate](http://www.cesmn.org/donate) or click on the link to GTTM

Questions: Contact Chris Nelson at 612.870.1125 x105 or [cnelson@cesmn.org](mailto:cnelson@cesmn.org)

## SEWARD COMMUNITY CO-OP



### Seed Round Up at Seward Co-op All October for CES!

From October 1-31, Seward shoppers and owners will have the opportunity to round up: say from \$5.35 to \$6.00, giving \$.65 to CES to help provide holiday baskets for our neighbors in need.

### Thank you Seward Co-op!

For more information, store locations and hours go to: [www.seward.coop/coop/grants/seeds](http://www.seward.coop/coop/grants/seeds)

## Volunteer of the Month: Chris & Kristi—North Central University



Chris & Kristi having a little fun prior to delivering Meals on Wheels

“Really?” Kristi exclaimed. “We get our old route back? That is wonderful!”

Chris Woelfle and Kristi Hedstrom have been delivering Meals on Wheels meals for over 10 years, currently each Tuesday. They developed relationships after five years on one route until restructuring took place. They were disappointed, but continued. Now, **they are back on their old route and are delighted!**

Chris and Kristi, Resident Directors (overseeing university housing) from North Central University (NCU), were encouraged by a fellow Resident Director to come to CES and volunteer with Meals on Wheels.

\*Clients names have been changed to protect their anonymity

### *Why do you keep coming back?*

Kristi – “It is a practical way to meet a need for those who are often unseen, unloved or sometimes forgotten. It is also a way to be off campus and out **in the community experiencing another vantage point of society.**”

Chris – “For me, it is a way I can **express to others that they have value.**

By serving MOW, it is an example to the students at NCU. I share with them how delivering MOW meals helps connect with the community and explain that elderly people are not castaways, but that the message of Christ’s love is for all ages. As we deliver the meals, we run across different faiths and opinions, but find we can connect with those who are different from us.”

### *Care to share about those you serve?*

One lady, **Betty\***, a sassy, salty but endearing lady, looked forward to their visits and would often have something to say to them. If they had been gone, one of the first things she would say quite tersely was, “Where were you?”

**Ben\*** was feeling quite ill one day as they arrived and invited them in. He showed them a pile of items and asked them to bring it all down to

storage, which they did, of course.

**Dan\*** would wait on the porch for their arrival. Due to his disabilities, Chris would place the food on the table and Kristi would unload extra meals into the refrigerator. The smile on his face and the joy he expressed made it all worthwhile.

They shared that it is difficult when one of the recipients passes away. Yet, it is also a blessing to serve them. Chris and Kristi found joy in bringing two clients, who had received a terminal diagnosis, nutritious meals, praying for them, serving their families and helping in a small way to carry the load during their journey.

**Kristi and Chris expressed:** “As relationships and conversation develop, we are able to encourage and love these wonderful people, sometime praying for them, but ultimately showing them they are a valuable part of society. Yet, for others, just our presence is enough. By serving in this way, it gets us out of our own routines, challenging us to stay involved. We often **learned from our clients and received a perspective on giving and receiving.**”

## A Thanksgiving to Remember

### CES Distribution November 19

Come help provide food baskets for our neighbors in need at the Thanksgiving Distribution. It is a fun time to spread joy and hope. Many hands are needed.

**Set up: Friday,  
Nov 18 at 5-7 pm,  
Distribution:  
Saturday, Nov 19  
10 am-noon**



### MOW Distribution November 24



Give joy to those who are disabled or homebound this holiday season.

Meals are ready at 11 am.

Most routes will finish by noon.

**All you need is a car, a good pair of shoes and a nice smile!**

*Be done in time for your  
Holiday celebration.*

### Walk to End Hunger November 24

**Join CES & Meals on Wheels  
with your family & friends**



Come join us at Mall of America to build awareness that 1 in 10 Minnesotans go hungry on a regular basis.

Check this out on our website at [www.cesmn.org](http://www.cesmn.org) or contact Chris Nelson at [cnelson@cesmn.org](mailto:cnelson@cesmn.org) or 612.870.1125 x 105.

## Bonus Friday Distribution at CES a Story in Pictures



### CES Mission

Rooted in God's loving grace,  
Community Emergency Service transforms lives by  
serving neighbors, sharing resources and  
becoming community ~ a place where people  
come hungry and leave hopeful.

We are a Community  
We are Servants  
We are Stewards  
We are Good Neighbors  
We Respect the Dignity of Each Person

### CES Events

Date	Event	Time/Action
October 1-31	<b>Seed Round Up at Seward Coop</b> SEED: Seward Co-op's Donation Program benefiting CES! <a href="http://www.seward.coop/coop/grants/seeds">www.seward.coop/coop/grants/seeds</a>	Visit during October
November 17	<b>Give to the Max Day</b>	Donate to CES
November 19	<b>Thanksgiving Distribution</b>	10 am-Noon Come Volunteer
November 24	<b>Walk to End Hunger/MOW Thanksgiving Delivery</b>	Thanksgiving Morning
December 17	<b>Christmas Distribution</b>	10 am-Noon Come Volunteer