

Upcoming Events

November 19 | 6-8:30 pm

Thanksgiving Prep
Task: Assemble Food for Distribution

November 20 | 1-3:30 pm

Thanksgiving Bag Distribution
Task: Thanksgiving Food Distribution*

November 21 | 10 am-12:30

Thanksgiving Bag Distribution
Task: Thanksgiving Food Distribution*

November 26 | 10:45-noon

*Thanksgiving Meals on Wheels**
Task: Pick up meals and deliver to clients. Must have a vehicle.

December 24 | 10:45-noon

Christmas Meals on Wheels
Task: Pick up meals and deliver to clients. Must have a vehicle.

*Thanksgiving Bag Distribution will look different this year, but

will still be special. Distribution will be outside in heated tents. Each household will be assigned 1 of 4 pick-up times to minimize large crowds.

**Thanksgiving and Christmas MOW will distribute at the front entrance, 1 family at a time. Routes are pre-assigned with pictures taken as bags are gathered. 2 meals will be delivered: 1 for Thanksgiving Day, 1 for the next day. Looking for teams or families to serve.

Contact:

Melanie LaPointe
mlapointe@cesmn.org
612.870.1125 x128

Linda Velez
lvelez@cesmn.org
612.870.1124 x 107



Jolene from CenturyLink brings in a trunkload of donations



Sue Bratt knitted 57 adorable childrens' hats and delivered them to CES

Supporter Spotlight

Thank you James R. Thorpe Foundation for supporting the nutrition of our seniors in need!

James R. Thorpe FOUNDATION



Chuck Dahlmeir and two employees from Lunds&Byerly's downtown store delivered 17 birthday bags to CES. Each bag contains everything you need to have a birthday party: cake mix, frosting, candles, lemonade mix, M&M's, plates, forks, cups, and balloons!



Hope Community Church Children's ministry recently did a food collection event, dropping off 126 pounds of food

Volunteer Needs

Home Delivery: Support Our Seniors (SOS) Ambassadors. New initiative to call neighbors once a month, then pack and deliver groceries.
Contact Sandra Holden @ 612-870-1125 ext. 115

Meals on Wheels drivers: Deliver meals once a week, 10:30 am-noon to our neighbors.
Contact Linda Velez @ 612-870-1125 ext. 107

During this time of Thanksgiving, we are tremendously grateful to the over **1,200 volunteers** who selflessly give of their time and talents to support our CES neighbors.

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10

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.

November
2020



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Community Emergency Service

The Spotlight Newsletter

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

"More Swedes?" – Chris Nelson

This was probably said more than once in New York, Chicago and Minneapolis during the Great Swedish Migration which started in 1840. Finally at the end of the migration, 110 years ago, the census counted over 665,000 Swedish-born people in the United States. Of which 12%, or close to 80,000 Swedes, resided in Minnesota.

CES' history can be traced to those original Swedish American immigrants. Our building began as the First Swedish Methodist Emanuel Church and was purchased by Augustana Lutheran Church, which was founded over 150 years ago by Swedish Immigrants who lived in the Phillips Community.

Today, the new "Swedes" living in Minnesota were born in Somalia and Mexico, adding up to about 33,500 and 64,500 people respectively. The Phillips Community has been welcoming immigrants to Minneapolis for generations as a gateway for many to settle and live in greater Minnesota.

About 40% of our Food Shelf visitors speak only Spanish. Many come from Mexico, but also from Latin and South

America. Almost half of our 320 homebound seniors receiving groceries through our Home Delivery program were born in East Africa—Somalia and Ethiopia.

So, how do we love our neighbors?

Food. You might have read in our newsletter last month that CES has four different food bags that are culturally relevant for the groups we serve, so that people get to eat food that is kin to their cultural heritage. We serve our neighbors food they want to eat.

Language. It is comforting to talk with people in our native language, especially when we are in need. That is why CES employs two staff members who are fluent in Spanish and Somali. We have *some* bilingual volunteers, but more are needed!

Culturally. CES has invested resources to gain cultural competency through the IDI—Intercultural Development Inventory. We need to continue to better understand our neighbors and all they are going through. This intercultural competency training will help us to be

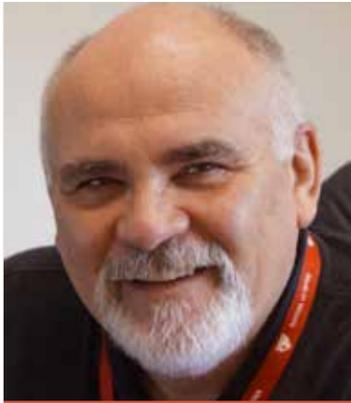


better neighbors to our community.

Spiritually. We pray weekly for our neighbors' prayer requests. Many of them are profound and speak to the hardships of living in a new country or the heartache of family in other countries. We do our best to minister to our neighbors and also

offer Bibles and devotional material in English and Spanish.

We hope in years to come that CES will be a place where the immigrant can be welcomed by a smile, their own language, and food they enjoy—no matter where the next "Swede" may come from.



Director's Discourse

Hello Friends,

As of late, God has been speaking to me about gratefulness and it seems most appropriate to reflect on this during this season.

Recently, I heard someone say that "the United States is the most blessed nation in the world." That is irrefutable, at least in a material sense. He went on to say "we are also one of the least grateful nations."

One would think we would be more grateful than ever given all that we have gone through this past year, but the speaker's later statement also resonated with me. Maybe it's the political season or the long, lingering effects of the pandemic, but it seems we have lost sight of just how blessed we are. Despite the fact that there is want, hunger, injustice, and inequity, we are still blessed and we all have value and something of value to share.

With the approaching winter and the holiday season, I am compelled to reflect on the last six months and all of the challenges we have faced at CES and in our community.

I am reminded of the many changes that have taken place. With every challenge there has been an opportunity to overcome, to innovate, and, in many ways, to advance; not always in a way that we planned, but nevertheless ever moving toward the fulfillment of our mission.

Blessings come in many forms. It is inspiring just how generous everyone has been in the face of the pandemic, neighborhood destruction and brokenness.

When I fully expected our supporters would disappear, they seemed to come out of the woodwork.

When I thought, in the face of greatly increasing demand, we would not be able to meet the challenge of our community, our friends stepped up and provided the food and supplies to meet the growing need.

When I thought, due to the lock down, we would lose all our volunteers and, consequently, our ability to provide, we adapted as generous people with giving hearts stepped up to help us feed the hungry. Some of the volunteers were people who had lost their own jobs as a result of the lock down.

In addition, I find myself thinking about the future, both short and long term, and what that means, for me personally, for CES, for those we serve, and for those who help us serve. I have hope because God

has been our provider at every turn along the path.

As we approach the season of thanksgiving, it is clear to me that you cannot be truly thankful if you are not first grateful.

Let me challenge you to take joy in your blessings and be grateful for them: friends, family, community, the love of others, and the "author" of those blessings. If your heart is truly filled with gratitude, you will be thankful out of necessity.

Having said all of this, I am hopeful for the future because of God's graciousness. He has been gracious to me, to CES, to those who serve, and to those whom we serve. He has provided what we needed, when we needed it. Likewise, I am grateful for all of you, His people in service to His people.

In closing, this quote says it all:

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."

— Germany Kent

My sincere prayer for you in this season of thanks is that the Lord will place on your heart a remembrance of your many blessings.

With gratitude,

Mike Lloyd
Executive Director

Telecare - Care by Phone

"I appreciate all you (CES) do; with all that's going on, we need caring people. Sarah calls me every Thursday without fail to see how I am doing and if I need anything," Diane responded after a call from Sarah. "We talk and have a very good conversation."

Loneliness, depression and isolation were often the norms for homebound seniors during these last 6-7 months after the onslaught of COVID. Even before these events, volunteers were often the only friendly faces our seniors would see in a given day. Even *that* ended. Food was dropped at the door without a friendly conversation. Many do not have computers or smart phones and even their friends and family don't visit. So these people suffer silently, all alone.

Then, along came a new CES program, Telecare.

This telephone support program provides contact for clients who are homebound or disabled. Volunteers call on a regular basis, developing

friendships, letting them know they are not alone, extending compassion and making sure they have enough nutritious meals.

"It's a delight to be calling our Meals on Wheels clients. They are happy someone cares enough to talk to them," said Jill.

Telecare offers a way for our volunteers to give back while in the comfort of their own home.

A great-grandmother, Sue,* who had custody of her 2 and 5-year-old great-grandchildren, was called by Telecare. She was grateful for her food, but didn't have enough food to feed her great-grandchildren.

Diapers were needed, as well as a mask for the 5 year old, before a friend took him shopping.

CES sprang into action. Melanie LaPointe made a kid's mask, the Food Shelf collected diapers and food, Ani-Meals packed cat food and Augustana Lutheran gave the kids bags filled with activities and healthy snacks. All of this was delivered to the family.

As Melanie so aptly put it, "Telecare helps them not feel like they are invisible!" CES brings hope and offers care in tangible ways!

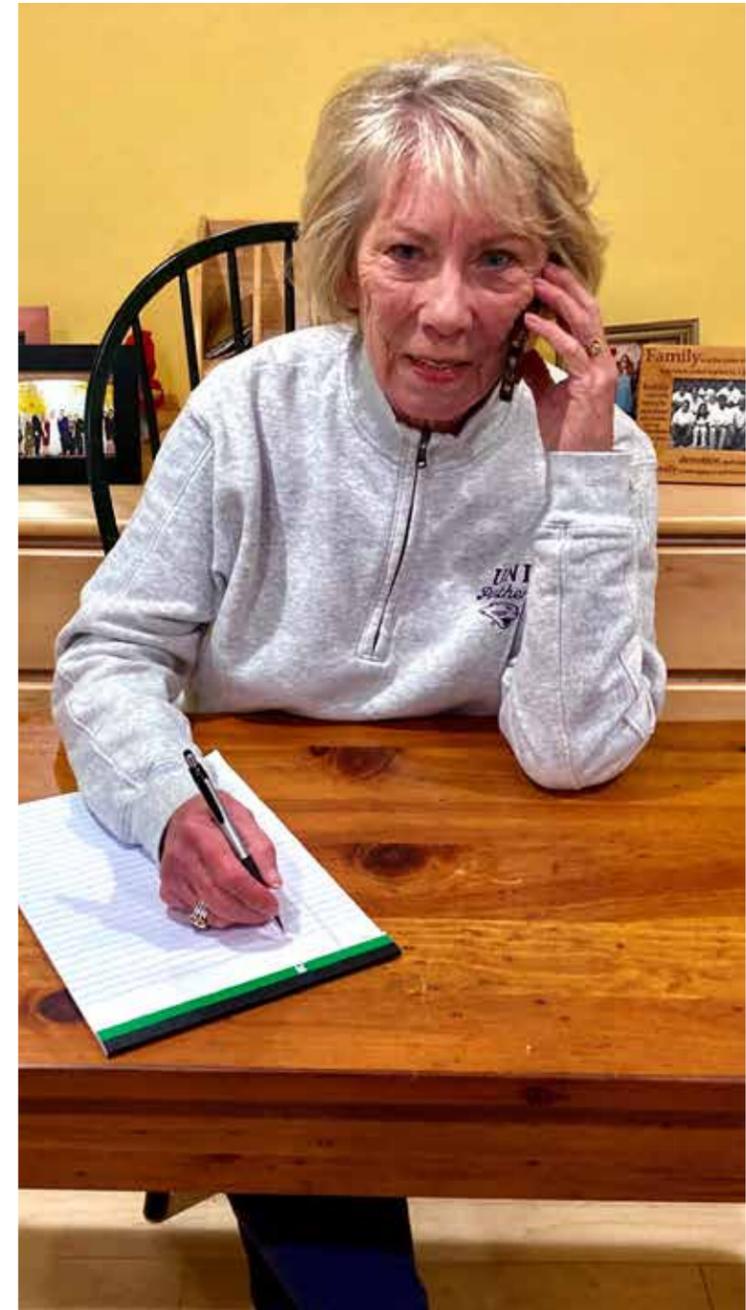
**Names changed to protect client anonymity*

Telecare Volunteers Needed

Telecare provides contact with our homebound or disabled clients like interaction they once had. Volunteers call specific clients each week with a

friendly phone call and let them know CES cares.

Contact Melanie:
mlapointe@cesmn.org
(612) 870-1125 x128



Nancy Green makes a Telecare call



Meals on Wheels volunteers get ready to deliver meals to isolated seniors

give TO THE MAX

Nov. 19, 2020

Ways to give:

1 Send a check to CES and write Give to the Max on the memo line

2 Donate at cesmn.org/donate-now or search CES of Minneapolis at givemn.org

Questions: Contact Chris Nelson at 612.870.1125 x105 or cnelson@cesmn.org