

Supporter Spotlight

With the aid of our supporters, CES helps those “who come hungry, leave hopeful.” Thank you, Ameriprise Financial!



Upcoming Volunteer Events

Thanksgiving Opportunities

- November 22: 3:30-5:30 p.m. | **Thanksgiving Prep**
Task: Assemble food baskets for Saturday
- November 23: 9-noon | **Thanksgiving Distribution**
Task: Thanksgiving Basket Distribution
- November 29: 10:45-noon | **Thanksgiving MOW**
Task: Pick up meals & deliver to clients. Must have a vehicle.

Christmas Opportunities

- December 20: 3:30-5:30 p.m. | **Christmas Party Prep**
Task: Assemble food baskets
- December 22 | **Christmas Party**
Task: Celebrate Christmas with our neighbors
- December 24: 10:45-noon | **Christmas Meals on Wheels**
Task: Pick up meals & deliver to clients. Must have a vehicle.

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



Recent Donations



Wooddale Church caravan. Each year they have a food drive, load up minivans, and fill up many large totes! Thank you!



A member of Catalyst Covenant Church keeps bees and donated 55 lbs of honey! Our clients are delighted with the gift. Pictured: staff members Emily and Danny

Ways to give:

- 1 Send your check to CES and write GTTMD on the memo line
- 2 Donate directly to CES at www.cesmn.org/donate or click on the link to GTTM

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

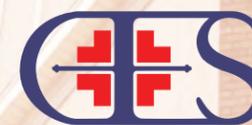
give TO THE **MAX**
NOV. 14, 2019

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 2019



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Community Emergency Service

The Spotlight Newsletter

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

Community at Work - by Melanie LaPointe



Above: Dan and Jean; Bottom right: Lucas

"I need to find a therapy dog," expressed Dan* as he stepped into the Blaine animal shelter. He looked at many different dogs, but one in particular caught his attention. Lucas cocked his head and his bent ears straightened. "He looked at me and his eyes seemed to say, 'Please take me home!'" Dan continued, "Lucas had a broken foot and couldn't be a cop dog anymore." Lucas seemed to be just what Dan was looking for.

Thus began the long friendship between Dan and Lucas! They went everywhere together. Dan explained his need for Lucas: "Because I have anger prob-

lems, Lucas became my therapy dog. When my behavior was out of line, he would bark at me until I stopped. When I would get upset, he could sense my anger and would put his head down on my leg to calm me down."

After meeting Dan at one of her volunteer jobs, Jean Anderson invited him to come to CES if he needed food. Dan and Lucas began coming to the food shelf for groceries and dog food when they needed it. They also came for the community CES provided. They made numerous friends, and many people loved Lucas.

Fast forward to Friday, September 13, 2019 – Dan came to CES because he needed a friend. His beloved dog had been a trusted companion to Dan for eleven years, but was now in failing health. Lucas was unable to walk, so Dan brought him in a wagon. He figured Jean would be there, as would others he knew from the food shelf.

Dan came for the emotional support he needed to make a decision about when to let Lucas go. The community of CES rose to the occasion. After Jean heard Dan's story, she sat with him for over an hour, assuring him he was not alone.

Although it was a busy Friday, everyone knew there was something unusual happening. Once they figured it out, others understood Dan's hard

emotional situation. One by one, many were moved by compassion into action. Not only did they come to pat Dan's shoulder, but they came to pet Lucas and say their goodbyes.

Dan remembered that hard day, saying, "I felt empty handed. I knew Lucas was not going to get better, and Lucas knew it was time. Everyone at CES knew and respected both of us." As Dan left that day, he was grateful for the support in saying goodbye to Lucas.

Community reaches out to those troubled, lets them know they are not alone, and comes alongside them in their pain. This is what community is all about! This is why CES exists.

**Name and photo used with permission*



Because of their sensitivities to human emotions, dogs make effective therapy animals. They can read humans like a book. Posture, head carriage, gait, and facial expressions speak volumes about one's mood. Dogs sit quietly watching, but soon come gently resting their head in your lap or just laying down beside you. (Therapy Pet & Dog Health Newsletter)



Director's Discourse

Throughout my time at CES, I have marveled at the resilience of the people in the community we serve. A good share of those who come through our doors have a genuinely grateful spirit. For most, you could argue they have very little to be happy or thankful for in their day to day lives. While facing real issues of survival: keeping a roof over their head, having enough to eat, finding the medical care they need and just getting around from place to place, their resilience is truly astounding. Despite these struggles, I find most of our neighbors maintain good spirits and even a cheerful attitude.

Thinking about Thanksgiving, I came across Billy Graham's article from 2017, "Thankful in all Things." I invite you to review it.

billygraham.org/story/how-to-be-thankful-in-all-things

As Dr. Graham points out, nothing turns us into bitter, selfish, dissatisfied people more quickly than an ungrateful heart. Moreover, nothing will do more to restore contentment and

joy than a true spirit of thankfulness.

While in college, I remember taking a sociology class. At the time, there was a term in vogue used to express ingratitude: "relative deprivation." It describes our modern tendency to look at all that others have, breeding comparisons that diminish us personally or give rise to feelings of unfairness.

Today, it is all too common to be dissatisfied with what we have—rich or poor, healthy or sick. As a result, ingratitude and thanklessness are all too prevalent. Courtesy is often scorned and we take for granted the generous acts of others, including our parents and those close to us. We may even find ourselves complaining and becoming angry because they do not meet our expectations.

We forget to thank. We need to thank those around us—our spouses, our children, our relatives, our friends, and all others who help us in some way. Above all, we need to thank God, the author of our blessings. What a difference it makes when we realize that God has provided everything we have! "Give thanks in all things because this is what God's desire is for us." (1 Thessalonians 5:18, NIV)

None of us is exempt from troubles. In the midst of these trials, we can thank God, because we know that He has promised to be with us and will help us. The

lesson I learn from those I encounter daily in the CES Community is as James 1:2-3 states, "When troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow." (New Living)

At CES, we are thankful for the wonderful opportunity to serve people in the community, for the many friends whose volunteering helps to make our service available, and for our staff and Board who contribute so much to this community every day. We are grateful for the numerous congregations and corporate partners who both volunteer and provide financial or grant support. We are thankful for all of you whose generosity makes this work possible.

My friends, let every day be a day of thanksgiving, as we are "always giving thanks to God for everything." (Ephesians 5:20, NIV).

Have a wonderful Thanksgiving,

Mike Lloyd

Mike Lloyd, Executive Director

In ourselves, we do not have the strength that we need to live the way God wants us to live. But when we turn to Him, we discover that "it is God who works in [us] to will and to act according to his good purpose" (Philippians 2:13, NIV)



Lillian (left) and Rebecca (right) pose beside Lillian's new bed

A Bed for Lillian - shared by Rebecca Washington, volunteer

Could you make it on a fixed income of \$500, \$700 or even \$1,000? Many of us could not. Yet there are those in the CES community that live on less. How do they make it? How do they pay their bills, have enough for food or even a coat for winter?

In part, it is because of CES programs like Home Delivery that delivers groceries along with a listening ear. Rebecca Washington, a volunteer, shares:

Lillian Stand has been a long time Home Delivery (HD) client who loves the delivery of food she receives as well as the relationships with those who deliver. Earlier this year, Sandra Holden, the HD Coordinator, was in contact with Lillian. Lillian had endured time in a nursing home after an illness but was*

recently granted hospice status at home. Like many of our aging community members, Lillian was on a fixed income. With all the out of pocket expenses for her needed medical supplies, she was not sure where the money was going to come from. She confided in Sandra that she had a hospital bed on lease that was a burden to her.

Immediately Sandra, who has a full schedule, turned to one of CES' most valued resources: a volunteer. She instructed me to research possibilities of beds at little or no cost. "Minnesota is a rich heartland of resources and programming."

I reached out to area programs and places, finally finding a bed through a resource from Jerry Williams (furniture warehouse).

Lillian received a wonderful, safe hospital bed that she now owns, did not have to pay one penny for, and was delivered and set up for free.

After receiving the bed, Lillian was able to receive her HD groceries again. "Thanks to Home Delivery," she said, "I am doing better! It seems like they pick out groceries just for me individually. I appreciate all of them!"

At CES, we care and are always willing to go the extra mile to assist our neighbors in areas of hope, support and possibility!

Thank you, Rebecca and all our wonderful volunteers who use their time and skills to assist in serving those in the CES community.

*Name and photo used with permission



Above: Sue and Carrie from US Bank recently donated 154 pounds of blankets & detergent, broken down into small baggies.

Below: A volunteer with a client, delighted to receive one of US Bank's blankets.

