

# BREAD AND BOARD

The NSK & S Newsletter.....[www.nsk.org](http://www.nsk.org)



The Nashua Soup Kitchen and Shelter, Inc. is a private, non-profit organization providing meals, emergency shelter, transitional & permanent housing, food baskets and advocacy to poor and homeless men, women and families with children. The soup kitchen, at 42 Chestnut Street, serves dinner seven days a week and breakfast five days a week. Our philosophy:

*No one should be hungry or homeless in our community.*

## THANKSGIVING 2010

### BIRTHDAY ROOM

A mom came in to tell us that her 3 year old went to bed the night before with both Elmo and a baby doll she had gotten from our "birthday room". The mom was so happy she had been able to give her child some birthday presents while they were in a very stressful economic situation. We accept donations of new toys to keep our "birthday room" ready for the families who need it. No child should have to go to bed without a present on their special day.

### NUMBERS KEEP CLIMBING

We served over 6,000 meals in the soup kitchen in both August and in September. That was over 1,400 more meals than in the same two months last year. We had almost 1,000 more visits for fresh fruit and vegetables in the first quarter of this fiscal year (July – Sept) than we had last year. Those of you volunteering know that we are struggling to keep up with the demand. We also are having trouble serving so many people in a facility designed for far fewer. We expect the numbers to grow throughout the holidays and we will do our best to be there to meet the need.

### "I BELIEVE IN FAIRIES"

A six year old girl is walking away with her mom after getting a backpack that the mom is carrying. The little girl tells her mom she wants to carry her backpack herself. She shows it to me as she walks by and tells me she "got Tinkerbelle". Wide-eyed, she continues very earnestly, "And I believe in fairies". We gave out almost 2,000 new backpacks and school supplies to kids before school started. Even with that we had to turn away almost 200 kids when our supplies ran out.

Thank you to everyone who helped with this tremendous effort. The smiles on the kids' faces when they picked out their packs was worth all the hard work. Like this first grader, many kids started school feeling great with their new supplies.

### HOW TO HAVE FUN & DO GOOD

**Our 10<sup>th</sup> Annual Auction will be Saturday, November 20<sup>th</sup> at Sky Meadow.** We are shaking things up this year and it promises to be even more fun than usual. There is no better way to have a good time, do some holiday shopping, and feel good about yourself all at once. If you need tickets or more information, call or email Carol at 889-7770 or [carol@nsk.org](mailto:carol@nsk.org). Hope we see you there!

### HOLIDAY WISH LIST

*Thanksgiving, after all, is a word of action.*  
- W. J. Cameron

Holidays are always crazy at the soup kitchen. Many families rely on us to put the holiday meal on their tables. This year we have even more families who have lost their jobs or had their hours cut looking to us for help. Over the past two years we have seen a 52% increase in the number of food bags we have given out. We are looking for supermarket gift cards to give out in place of the turkeys (easier to store and handle), cranberry sauce, stuffing, and all the usual food bag items for the 2,000+ holiday and weekly food bags we will give to hungry households in both November and December. Can you help?



Happy  
Thanksgiving  
2010

NASHUA  
SOUP KITCHEN  
& SHELTER, INC.



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***When the chess game of life ends, the king and pawn are put into the same container.***

#### **FROM THE EXECUTIVE DIRECTOR**

This is the season we look around, take stock of our blessings and feel gratitude for what we have.

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. –M. Beattie*

There are so many different ways to do this and so many things to be thankful for. This morning a friend told me that she awoke to water coming out of her boiler. The service guy came out and said she needed a new one. She was distressed about the cost. To make it worse, he said he couldn't do hers right away. He had to put a new boiler in at the family shelter. He explained that the families at the shelter had been without heat and that given the colder weather, they had to come first. . My friend agreed that getting to the families already in crisis first was the right thing to do. She said to me "There is always someone a lot worse off, isn't there?" Both she and the shelter are part of the same community and it's a small world. I know she is thankful she has heat and that, even though it will stretch her budget, she can afford to put in the new furnace. And, I know she is grateful that the community supports our efforts to help those who don't have the resources at this moment in their lives to help themselves.

In both August and September we served over 6,000 meals in the soup kitchen. That was 1,400 more than last year and sets a new record. Because of the greater demand, folks stood in line longer, but we and they are grateful we did not have to turn anyone away who was hungry. For those who eat at the soup kitchen, a simple meal can be a feast. And all of our kitchen staff works to make it that way.

Many of us wish we had more space, but the families who find themselves in need of our shelter, even though they are crowded together in one room, are grateful for a warm bed and caring staff. We at NSK and S deplore the lack of affordable housing that forces them to stay with us for months, but we are grateful that we are part of a caring community that that makes sure we are able to keep our doors open and provide a safe place for our temporary guests.

Every parent who gets gifts for their child from our "birthday room" expresses profound gratitude for this unique program. In the "birthday room" we collect extra gifts from kids who know they have enough to give to kids who would otherwise not have gifts at all. I am grateful for Carol, our staff member, a parent herself, who imagined it and began it all on her own. We are grateful for every new toy donated to bring smiles to the children's faces the donors will never see.

I went for run at lunch on one of our beautiful almost 60 degree fall days. Running in Mines Falls I thought about this beautiful downtown

park, near my office that lets me get out during the day for a quick run. I am grateful for the way this contributes to my physical well being. I am no less grateful for the good feeling I have in knowing how so many people reach out to help those less fortunate through their support of the NSKS and how this community generosity adds to my spiritual and psychological well being. To each and all of our supporters we hope you will find thing to make you thankful during the coming holidays and we hope that you are fully aware of how thankful the staff, board and clients of NSKS are for all of your support. - Lisa Christie

#### **VOLUNTEERS OF THE MONTH**

*I've seen and met angels wearing the disguise of ordinary people living ordinary lives.*

~Tracy Chapman

**October –Flo Stanley**, Thursdays Breakfast. She makes everyone welcome, "warm & fuzzy"!

**November – Nick Johnson**, a teen who steps up to get things done morning, noon or evening!

**December – Guy Bergeron**, dinner shift. Brings a smile to our guests and volunteers!

*Thank you to our fantastic volunteers!*

--Carol Weeks

#### **COMMUNITY SPONSORS – 10th ANNUAL AUCTION**

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Thank you to our sponsors as we go to press. We will have a final list in the next newsletter.

#### **WAYS YOU CAN HELP**

- write a check or charge a donation
- collect diapers or personal care items
- organize a food drive
- attend our annual Auction
- check our website for more [www.nsk.org](http://www.nsk.org)

**Remember the NSK&S as you celebrate Thanksgiving with your family and friends. Please give generously. Thank you!!**