

Manna Works



Uplifting News About a Caring Community



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Facing emergencies

Karen's husband became very ill. For months, he was still able to work, but he soon became too sick to make it through the day. Karen had to leave her job to care for him, and the family's savings quickly shrank. With two teenagers to care for, Karen was scared. She turned to Manna for help.

We helped Karen pay her electric bill so that she could take care of medical payments. But as the months passed, it became too difficult for her family to keep up. They couldn't pay all of their monthly bills and needed to move out of their home. They found an affordable apartment, and Manna paid for part of the deposit. A local Boy Scout troop helped them move, spending their Saturday helping them get settled.

Today, Karen's family still struggles, but they're getting by. They shop at our food pantry, and we continue to walk with Karen as her husband recovers. Through the help of a caring community, Karen's family has the support it needs to get through this tough time.



Volunteer Spotlight

Jim Duffy started volunteering at Manna this summer. He wanted to help at a soup kitchen, and stopped by Manna to check us out. Now, we see Jim every Thursday afternoon when he volunteers in our food pantry. During one of his first weeks at Manna, Jim earned the title, "Manna



Macgyver," as he helped a woman rig up her suitcase with grocery bags so that she could carry her food home. While we appreciate Jim's resourcefulness, it was his concern for the miles this woman needed to walk with heavy groceries that really touched us. Each week, Jim brings this compassion to his time at Manna.

Jim gives a few hours each week to help out. This means so much to us, as this service is what Manna is all about. In just a few hours, Jim makes a big difference!

Calendar

- October 1 - Annual Cow Plop & Kick-a-Thon
- October 8 - 30th Anniversary 5K Race & 1 Mile Fun Run
- October 9 - CROP Walk for Hunger
- November 6 - 30th Anniversary Reception & Auction
- November 21 - Boy Scout Food Drive
- November 26 - Thanksgiving Dinner
- December 19 - Christmas Party
- January 1 - New Year's Day Dinner

Make the Season Bright!



For many, the holidays are difficult. Unemployment leaves families with limited means. Some struggle just to get by day to day, paying utility bills and covering for medications and health care; Others are without family to celebrate. Manna is a home for many during the holidays. We invite you to join us in helping make the season warm and joyful for those in need!

Thanksgiving: Festive food baskets are given to the seniors and families who come to our food pantry throughout the year. You can make a difference by contributing turkeys, potatoes, fresh veggies, and other food items. We also serve a meal on Thanksgiving day. You are welcome to celebrate with us by volunteering!

Christmas: Manna's Adopt-A-Child program provides gifts to kids in need. We need kind-hearted people like you to adopt children and families living right here in our community. Call us and we will match you with a nearby child. Or help our "elves" complete their work by donating gift bags, wrapping paper and tape. Gift cards to nearby grocery stores are wonderful additions to our Christmas food baskets.

We would love to have you share your gifts with the people we serve! Contact Manna to get involved: www.mannaonmain.org, Manna@MannaOnMain.org or 215-855-5454. Volunteer and Adopt-A-Child sign-ups begin November 1st.

Ready...Set...Go!



On Saturday, October 8th, runners will sprint to the finish line to help end hunger in the North Penn Region. As part of its 30th Anniversary, Manna on Main Street invites you to run, walk or stroll to raise support for those facing hunger in our community.

The 1 Mile Fun Run kicks off at 9:00 am with the 5K Race following at 9:30 am at Penndale Middle School. Participants will race through the streets of Lansdale as well as the paths of Stony Creek Park. The course map is available on our web site www.MannaOnMain.org.

Bring your kids for face painting, balloon animals, a moon bounce and more! Enjoy music by B101 and post-race refreshments. The first 250 5K runners will receive a race sweatshirt and all 1 Mile Fun Run participants will receive a cotton t-shirt. Prizes will be awarded to the 1st place male and female runners as well as 1st, 2nd and 3rd place runners in each age group.

Register: www.active.com (keyword = Manna on Main Street) or download the race brochure from our web site. See you at the finish line!

Season's Needs

Help us stock our shelves and fridges with these much needed food staples:

Canned meats (chicken, tuna, beef), canned and fresh fruits, milk, 100% juice, cereal, peanut butter and pasta sauce.

Make healthy snacks for the Boys & Girls Club homework program!

Get the whole family together to bag trail mix. Or make your own healthy creation! Manna provides 200 snacks each day to the local Boys & Girls Clubs. You can help these young scholars with A+ snacks!

Care for the little ones! Many of our families who come to Manna for food also have babies, and they are constantly in need of diapers (especially sizes 5 & 6). They also need baby wipes, lotion, powder and shampoo. We appreciate your help in keeping our small ones soft and dry.

How People Help



Whoa Bessie!
Merck Sharp & Dohme Federal Credit Union will host its 12th Annual Charity Cow Plop for Manna on Saturday, October 1. Reserve your spot now to see if Bessie will favor your section! Come on out for a fun day with Merck Sharp & Dohme!



Villari's Self Defense Center has the moves!

On Saturday, October 1, Harry Pfister and his extraordinary students will host the 4th Annual Kick-a-thon to raise money for Manna. Bring your whole family for a great morning with lots of action (500 kicks or more!), face painting, magicians, brick breaking, a silent auction and great food.

We're throwing a party! And you're invited.

Register now for the November 6th Reception and Auction at PineCrest Country Club!

- Celebrate 30 years of service with Manna and the community!
- Honor three extraordinary individuals for their service to those in need: Bob Fritz, Nancy Seipt and Terry Walton.
- Meet other caring community members!
- Bid on fantastic auction items.

To buy your tickets or become a Sponsor, please contact Kristyn, kristyn@mannaonmain.org or 215-855-5454. We look forward to celebrating with you!



33rd Annual CROP Walk For Hunger



On Sunday, October 9th, join hundreds of community members in the 33rd Annual CROP Walk and become part of an international movement to end hunger!

The 10K walk begins at 1:00 PM at Trinity Lutheran Church in Lansdale. Walk with your community and faith groups from throughout the area. Start a team! Ask friends and family to sponsor you!

Register online at www.churchworldservice.org and select the North Penn/Lansdale Walk or contact Kristyn, kristyn@mannaonmain.org or 215-855-5454. Take steps to end hunger!

Being Fed From an Empty Bowl



Manna on Main Street is blessed to have such a caring community to provide help and support. Recently we received an especially generous gift, along with a note:

To All the Good People at Manna on Main Street

Please accept this small gift along with my apology for the meager amount. I would like to help your cause more than this as I truly believe in you. However, I also, like so many these days, have been out of work since March/April of 2009. I have often thought of you for help in getting by, but thankfully have managed on my own thus far. After all, there are always people in far worse conditions than oneself. However, the important thing is knowing you are there, for all, any time. That in itself is reassurance which I cannot convey in words.

Thank you for being there.

J.

There was a crumbled \$5 bill in the envelope; a fortune...



Manna on Main Street ... that everyone might be fed

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Manna on Main Street
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Manna@MannaOnMain.org

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Valerie McGruder Cortes: Administrative Manager
Nancy Day: Food Service Aid
Kristyn DiDominick: Development Associate
Kristen Kidd: Food Service Aid
Barry McCaffery: Food Service Manager
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on
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Helpers at Manna on Main Street ...

... are special. They serve the community in a variety of ways. They cook, serve meals, wrap gifts and so much more. Some contribute as much as two hours a day; others contribute two hours a year. We respect and appreciate whatever time you can give. Please call Manna on Main Street at 215-855-5454 to learn how to share your special gifts with the community.

