



AROUND SHEPHERD'S TABLE

www.shepherdstable.org

Spring 2005

A COMMUNITY CENTER FOR PEOPLE IN NEED

A Letter from the Executive Director: Presence in the Community

Sometimes we are given a glimpse of faithfulness and a certainty beyond ourselves, one that sustains us throughout our days and helps us to walk our journeys. The following is a lifeline and a source of strength for me:

"I know nothing of tomorrow but that the love of God will rise before the sun."

Shepherd's Table has been a faithful presence and a lifeline to thousands of individuals over the past decades. Begun 22 years ago by a group of faithful religious communities, Shepherd's Table has never wavered in its outreach to those who are homeless and economically disadvantaged and in our commitment to the vision of our founders.

Often volunteers will relate stories about their days of serving in our original location on Bonifant Street. They remember the small house with a great deal of fondness even though the space was very cramped for volunteers, staff and the clients. They remember all the work that was done there, the thousands of meals that were served and the multitude of hands that reached out to those in need. Others recount the move to Colonial Lane and the joy people felt in knowing that a new world of opportunity was being opened for everyone connected to Shepherd's Table.

As DOWNTOWN Silver Spring continues its revitalization efforts, Shepherd's Table is being given another opportunity to grow with the community and to remain a vital presence for those most in need. Since our present location is right in the middle of an area slated for redevelopment, we are faced with the possibility of another move and another opportunity. We feel confident that community leaders will continue to support Shepherd's Table's presence. We can assure you that Shepherd's Table is committed to remaining in Silver Spring close to transportation and accessible to clients, volunteers and staff.

Our presence in the DOWNTOWN area is reflective of the entire community's desire to be a PLACE for all people, a place where all can live and work in harmony with the environment and with each other, a place where diversity is encouraged and celebrated: where rich and poor and middle class, young and old, singles and families, where



Downtown Silver Spring embraces and welcomes all.

all races, creeds and colors come together to live together and to create a world and community that is home for ALL.

I know nothing of tomorrow but that Shepherd's Table is committed to serving our sisters and brothers in need of food, clothing, counseling, information, referral, eye care and glasses, medical care, prescriptions, access to telephone and mail service and crisis intervention. I know that we are committed to being faithful, vital members of the local community and this county, giving voice to the needs of the poor while supporting and being actively engaged in the revitalization efforts for all the citizens of Silver Spring.

We invite your continued support and your prayerful presence in the days ahead!

With trust in today and in the future.

Sponsor Shepherd's Table's Newsletter with your ad and logo here.

Contact Jacki or Adrienne at 301-585-6463 for details!

CONTACT INFORMATION FOR
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UNITED WAY OF THE
NATIONAL CAPITOL AREA
PARTICIPANT



UW/CFC #8964

YOU can do something to end hunger. Do it now!

For John, Marco, Marie and Elena hunger is real. They are guests of Shepherd's Table and they are among the over 34 million Americans who live with hunger each day of their lives.

Hunger is simply defined as "...the uneasy or painful sensation caused by a lack of food." Hunger exists in our country not because of a lack of food but because of a lack of access to food. It exists because of a lack of an equitable distribution of financial resources. It exists because many employed people are living at or just above minimum wage and cannot meet their basic needs for food, clothing, shelter and medical care.

Did you know that 45,000 Marylanders depend on food programs: food pantries, soup kitchens and shelters for food and that 48,000 seniors in Maryland live in poverty and have to decide each day whether they will buy food or pay their housing costs or medical or gas/electric bills? Did that know that those receiving food from a soup kitchen received an average monthly income of \$906 per month? What is your monthly income?

For many people who live with hunger on a daily basis the gift of living a healthy lifestyle is not an option. They simply do not have the nutritious food to eat. As a result they are significantly prone to

both poor physical and mental health.

The guests we serve at Shepherd's Table are hungry. We are working hard to provide one meal a day for an average of 150 people. It is essential to provide a healthy, balanced meal. Clearly our work depends on the continued support of you, our donors. We depend on your financial support and the in-kind gifts of food. We depend on stores like Giant, KFC and Pizza Hut. We depend on Farmer's Markets and other fresh food sources.

We invite you to see how you might make a difference for today and for the future. Perhaps you can plant a garden for Shepherd's Table or visit local Farmer's Market's and ask for donations. Perhaps you can come to volunteer and serve a meal. Maybe you can work to end hunger by getting to the roots of why hunger exists or advocate for a more equitable distribution of food or for more just wages or for more affordable housing and adequate health care benefits. Perhaps

you can work to change systems so that people do not have to make choices of whether they eat or have housing or medical care.

Do something. Do it now. The only way to end hunger is for those of us with plenty to act. John, Marco, Marie, Elena and 34 million other people are depending on you!

JUNE 6, 2005 NATIONAL HUNGER AWARENESS DAY

7:00 pm Convocation at the
National Cathedral

To learn more about overcoming
hunger locally and globally visit

www.capitalareafoodbank.org

www.seconddharvest.org

www.bread.org

PLEASE VISIT OUR REDESIGNED
WEBSITE: www.shepherdstable.org
E-MAIL WHAT YOU THINK!



WE NEED YOU TO MAKE A PLEDGE: DRIVE SUCCESS FOR SHEPHERD'S TABLE

Help support Shepherd's Table through the Booz Allen Classic's Birdies for Charity Program. All you need to do is pledge an amount (1 cent, 2 cents, 3 cents, nickel, dime or more) for each birdie scored during the upcoming Booz Allen Classic Golf Tournament at Congressional Country Club, June 8-12.

Some of the world's top-10 golfers are expected to play at Washington's only PGA TOUR event: Ernie Els, Vijay Singh, Phil Mickelson, and Retief Goosen. Typically, PGA TOUR players score a combined 1,500 birdies during the five days of play.

automatically be entered into a drawing for prizes including \$10,000 towards a new car at FitzMall.com, a weekend trip to Nemaocolin, Barnes & Noble gift cards, an Apple iPod, a Dell AXIM handheld PDA, membership to Sport and Health Club, tickets to a variety of cultural events and more.

To make your pledge, go to <http://birdies.BoozAllenClassic.com/ShepherdsTable> or go to www.shepherdstable.org and click on the icon. It's on every page! Pledge forms are also available at Shepherd's Table. **If just 1,000 people pledge one cent, Shepherd's Table would receive \$15,000.**

Everyone who pledges a penny per birdie or more will

MEET SHEPHERD'S TABLE VOLUNTEERS

People are not the best because they work hard. They work hard because they are the best! April is Volunteer Appreciation Month and the entire Board of Directors, guests and staff join together in thanking ALL of Shepherd's Table's Volunteers—the very best our community offers. Here are some of our wonderful volunteers. Perhaps you, too, would consider offering your time and talents to make a difference. Call us.

Shepherd's Table's V.I.P. Party!
Volunteers are Important People!

~~~~~  
for S.T. Volunteers, their friends  
and families

**Sunday June 26, 2005**

1 pm - 5 pm

at Cabin John Regional Park Group  
Picnic Area

**Outdoor games, music, and  
friends!**

*(S.T. will provide burgers, hot dogs  
and drinks)*

~~~~~

R.S.V.P.

Heidi via email

hashton@shepherdstable.org or
phone 301.585.6463

Please bring and share your favorite
family dish!

Karl and Zane: Young Volunteers

After hearing Heidi Ashton speak at his school for the Help the Homeless outreach and at his church, Karl Brown, 9, knew he wanted to help. Karl and his brother Zane, 11, are selling blue bracelets for \$2. One dollar benefits the Shepherd's Table and the other goes to the Long Branch community. They've sold almost 400 bracelets.



The brothers sell the bracelets at church and at soccer games, and are trying to encourage others to also sell them, said their

mother, Karen Lee. The boys typically sell the bracelets on Sundays at Christ Congregational Church, 9525 Colesville Road. **The Red Dog Café**, 8301-A Grubb Road, also has bracelets for sale.

Mary Bedal: Helping Individuals



Mary takes time from her busy life of caring for her two young daughters and getting back into her career as a school counselor to come to Shepherd's Table every Tuesday night. For the past two years, Mary has served as a Resource Center assistant after she decided to act on her concern for people who are experiencing homelessness.

When asked about her most rewarding experience, Mary smiles and proudly speaks of a Shepherd's Table client. This client has triumphed over her alcoholism thanks to Mary's help.

Volunteer Behind the Scene: Gerald Feuer

After retiring from the Census Bureau as a statistician, Gerry finally had enough time to

fulfill his interest of helping people who are less fortunate. Since May 2004, Gerry has volunteered as a food pick-up driver on Wednesday mornings, and as a clothing sorter on Monday and Friday mornings. A kind and friendly person, he enjoys interacting with the volunteers and staff members.



SHEPHERD'S
TABLE
WOULD LIKE TO THANK
THE FOLLOWING
ORGANIZATIONS FOR THEIR
CONTINUED
SUPPORT

Bank of America
Foundation

The Morris &
Gwendolyn
Cafritz Foundation

Carl M. Freeman
Foundation

Clark-Winchole
Foundation

The Community
Foundation

The Max and Victoria
Dreyfus Foundation

The Convention of
the Protestant
Episcopal Diocese

Fannie Mae
Foundation

Freddie Mac
Foundation

Geico Philanthropic
Foundation

John Edward Fowler
Memorial Foundation

Hecht's Department
Stores

John W. and Clara C.
Higgins Foundation

Montgomery County
Community
Foundation

MARPAT Foundation

The Harry and
Jeanette Weinberg
Foundation

The Philip L. Graham
Fund

Silver Spring Rotary
Club

Vincent B. Terlep
Memorial Golf Classic

The Washington Post

Shepherd's Table: A Community Center for People in Need



Shepherd's Table
8210 A Colonial Lane
Silver Spring MD 20910

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SILVER SPRING, MD
PERMIT NO. 3684

ITEMS NEEDED

Sugar

Margarine/Butter

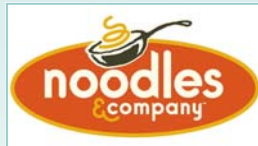
#10 Canned
Vegetables
(the very LARGE
cans)

CLOTHING DONATIONS

Please limit to seasonal
clothing. No toys or house-
hold items. Thank You!

Save the Dates ...

May 24 Night at Noodles from 5-9PM at the Silver Spring restaurant. Noodles will donate 10% of sales for the evening (dine-in or to go) to Shepherd's Table. Hmmm, a way to help Shepherd's Table and no dishes. We hope to see you, your friends and families there!



June 6 National Hunger Awareness Day
Convocation at the National Cathedral 7:00 pm

June 6 -12 Booze Allen Birdies for Charity
(See second page for details)

June 26 Volunteer Appreciation Picnic
(see invitation on prior page)

**October 16 Annual Development Event:
Breakfast at Tiffany's at the Historic AFI
Theater** in Silver Spring. Brunch, movie, friendship,
door prizes, silent auction and an opportunity to give
back! Call Adrienne at 301.585.6463 or email
info@shepherdstable.org for details.

Shepherd's Table Applauds ...

Junior Girl Scout Troop 3288 for their successful **Cookie Drive!** When selling cookies, the girls offered customers the option of buying a box or two for Shepherd's Table. The girls donated 44 cases of cookies!

Kate Schneider's Bat Mitzvah Project was a great success. Kate comes to Shepherd's Table twice a month to volunteer on-site. She has recruited individuals to join us in the Fannie Mae Help the Homeless walkathon. She also organized a food drive; the centerpieces at her Bat Mitzvah reception were baskets of food for Shepherd's Table! **Kate, thanks so much for your support and for your creative efforts!**

For her **Bat Mitzvah Project, Naami Wagner** has volunteered at Shepherd's Table in the kitchen preparing and serving food and doing administrative assistant duties in the office. Naami held a successful food drive and collected wish-list items from people in her friends and family. She requested monetary donations be made to Shepherd's Table in lieu of gifts! **Naami, thank you for doing your Bat Mitzvah project with us and for your continued volunteerism. Your generosity inspires others.**

Have you seen the beautiful black chairs in the dining room? Thanks to the **Lee Development Group**, we now have restaurant-quality dining room chairs!

Special thanks to **Ohr Kodesh Synagogue** for providing the pretty purple and yellow potted flowers you see on the tables in the dining room. The pots are nicely decorated as well. Thanks for adding a touch of color to Shepherd's Table.