



Shepherd's Table  
TOGETHER MEETING NEEDS. CHANGING LIVES.

# NEWSLETTER

OCTOBER 2020

## ORGANIZATION UPDATE:

### NEW MISSION, VISION AND VALUES

After getting input from many different stakeholders - clients, meal guests, staff, volunteers, donors, and board members, Shepherd's Table is thrilled to introduce our new mission, vision, and values. We are putting them into practice every day.

The **mission** of Shepherd's Table is to improve quality of life, create a pathway towards self-sufficiency, and inspire hope for the most vulnerable experiencing food insecurity, homelessness, and poverty. We welcome all to our community table for meals and access to social services, provided with compassion and respect.

Our **vision** is a community where lives are transformed with nourishment, empowerment and care. The organization's values are as follows:

- **Community:** We strive to strengthen our community's sense of safety and solidarity. Our impact and success relies upon our ability to be inclusive, harnessing the unique perspectives of all clients, volunteers, staff, and supporters.
- **Acceptance:** We welcome everyone to the Table, and believe that each person should be treated with dignity and kindness.
- **Reliability:** We are a constant and trusted resource for people in need. We are committed to providing healthy meals and social services for our clients every day.
- **Teamwork:** We value the ongoing collaboration, partnership and support needed to fulfill our mission. Together, we will design and implement innovative solutions to meet our community's needs.

## "GATHER AROUND THE TABLE":

### OUR FALL FUNDRAISING EVENT WAS A SUCCESS!

We hope that everyone enjoyed our virtual event "Gather Around The Table" on Saturday, October 3rd. Thanks to everyone's support and generosity, we were able to raise **\$116,000**. Many thanks to Elliot Levine, Carlie Steiner, Christina Moore, Jonathan Bardzik, and Sam Chodorow for sharing their talents with us that night.

Our immense gratitude to our sponsors: GEICO, Discovery, Embassy of the United Arab Emirates, Foulger-Pratt, M&T Bank, Tower Companies,

Truist, NFP, Washington Property Company, Resnick, Chodorow & Associates, CohnReznick, LUMIX, Ethridge, Quinn, Kemp, Rowan & Hartinger, Kay Management, Montgomery College, Finn Family Group, Lifestyle Life, EagleBank, Case Design, Glass Jacobson, Giant Food, Maya Tech Corp., C.G Coe & Son Inc. and Catholic Charities.

## NEW PROGRAMS:

### BEYOND THE TABLE, URBAN GARDEN, ADVOCACY AND WEEKEND PROGRAMS

For 37 years, Shepherd's Table has served as a beacon of hope and compassion for thousands of people experiencing food insecurity in the Washington Metropolitan Area. From our humble origins serving one meal a day in a tiny bungalow behind a church near downtown Silver Spring to our current 120,000 meals a year out of a modern facility at Progress Place, we have always worked hard to make sure that no one in our region went to bed hungry and hopeless.

Along the way, we've learned a few things about what it takes to run an efficient meals and social services program, with the support of thousands of volunteers and millions of dollars' worth of food and other resources to realize our mission. Based on what we've learned and what we have recognized as other unmet needs in the region, we recently began a comprehensive strategic planning process that has resulted in a board and staff commitment to launch four new programs over the next four years.

These programs are based on our new mission statement: To improve quality of life, create a pathway towards self-sufficiency, and inspire hope for the most vulnerable experiencing food insecurity, homelessness, and poverty.

Our first new program is called **Beyond the Table**. It is a mobile meals program that will provide hot, nutritious dinner meals three times a week in Aspen Hill and twice a week in Riverdale. By partnering with public schools in both locations, we will be complimenting the State's Free and Reduced Meals program by making sure that families seeking to break the cycle of poverty are also able to have dinner meals as well.



Our second new program is called the **Urban Food Garden**, and it will allow us to quadruple our current capacity to grow vegetables and herbs behind Progress Place. We also plan to teach gardening skills to interested meal guests and clients. Our third new program is the **Weekend Day Program**, which will allow us to open the dining hall between meals on weekends for meal guests and clients to participate in organized group sessions with an experienced social worker.

Our fourth and final new program is **Advocacy** which will allow us to formalize our advocacy efforts to improve the lives of the people we serve.



We look forward to keeping all of you apprised of our efforts to successfully implement these four new programs in the months and years to come. We thank you for your continued support of our programs, especially during this challenging year.

## SHEPHERD'S TABLE GIVING TUESDAY

Save the date, Giving Tuesday is on  
December 1st!

Giving Tuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. Stay tuned for more information to come on our social media. We thank you in advance for supporting us!

## “FROM GARDEN TO TABLE”: OUR COOKBOOK IS HERE!

Earlier this year, we asked our staff, clients, volunteers, donors, board members and supporters to share their favorite home recipes with us. We are excited to share that our cookbook is now available to order for \$20. We offer free pick-up at Shepherd’s Table or \$5 shipping to your home.

Please contact Jilna Kothary at [jilnakothary@shepherdstable.org](mailto:jilnakothary@shepherdstable.org) or dial 301-585-6463 X205 to schedule a time for pick-up. To order, visit:

<https://bit.ly/2HZQUmF>

Thank you, Juliet Bram, for putting the cookbook together!



## SUPPORTERS SPOTLIGHT: DAHLIA CEDARBEUM AND TALIA EGLAN

When the pandemic’s lockdown began, Dahlia Cedarbeum, a Senior at Bethesda-Chevy Chase High School, decided to start a project of baking treats and donating them to local organizations and shelters, one of which is Shepherd’s Table.

The project idea was suggested by her youth group’s leader at her synagogue. “I have always enjoyed cooking and baking, so this project idea immediately piqued my interest,” Dahlia said. Soon after Dahlia started the project, Talia Egnal who is a Freshman at Blair High School and goes to the same synagogue also joined in. “I have always been my family’s designated baker. Baking is what I love and enjoy,” Talia shared. Together, Dahlia and Talia bake over 180 treats every weekend to donate. They also received 250-300 treats in addition from their neighbors who later learned about their project. Since the beginning of March, the two teenagers have donated over 3,500 baked goods. On top of that, Dahlia’s brother – Louie Cedarbeum also started a GoFundMe campaign for Shepherd’s Table and has raised \$1,075 so far.

Last month, Dahlia started a club called “Baking for The Better” at her school to continue the project. Almost 80 people signed up every week and baked at their homes for a good cause. Since then, the club has baked and donated over 1,000 treats. As for Talia, she is looking to start a similar club at her school.

When asked about their future goals for the project, both Dahlia and Talia shared that they hope to continue this project even during the post COVID-19 time. “There is massive food insecurity almost everywhere and it has become worse since the pandemic started. Food has become harder to get, as more and more people are becoming unemployed due to the pandemic. It’s really great to see how we are able to help and how so many other people want to help as well. Therefore, we think it’s really great if we could continue this project even when the pandemic is over.” Talia said.



TALIA



DAHLIA





# Shepherd's Table

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