How you can help

- **Donate a grocery store gift card** so a family in crisis or with special needs can purchase groceries & supplies.
- **Donate used plastic grocery bags** (no holes please)
- **Volunteer** at our food pantry, evening meal or office
- **Donate funds** for food purchase (we pay only $0.19 per pound at the Greater Boston Food Bank)
- **Donate food**, especially canned soups, fruit, vegetables, meats & tuna, shelf-stable milk, fresh fruits & vegetables
- **Donate new socks, gloves & hats** for men & women for Christmas Dinner gifts

Help feed a hungry neighbor today

- $10 will provide 20 meals for a low-income working, disabled or homeless individual at one of our evening suppers
- $20 will provide a grocery order for a low-income senior citizen
- $50 will provide a grocery order for a low-income family of four

The holidays are hard for people who are alone, homeless or poor. BOL provides a welcoming place where people of all ages can enjoy a free holiday meal, conversation and laughter surrounded by caring people. The annual *Don’t Be Alone on Thanksgiving Dinner* at Malden High School mobilizes about a hundred volunteers to cook 900 meals for a sitdown feast and delivery to homeless families and home-bound senior citizens. The deliveries are done by the Knights of Columbus Immaculate Conception Council 13966, coordinated by Gene Pinkham. The event is sponsored by BOL, Anthony’s Caterers, Ferryway School, Forestdale Community Church, Hoff’s Bakery, Malden Lions Club, Marty’s Caterers of Stoneham, Mayor Gary Christenson, NE Coffee and the staff of Salemwood School. Our annual Christmas Day dinner is held at St. Paul’s Parish in Malden.

continued on next page
Volunteering... the most meaningful thing

Donna Reitano and her youngest daughter, Meghan, began volunteering about 20 years ago when Meghan was little and would happily collect dinner trays or pass out cookies. “Volunteering at BOL was the most meaningful thing I have ever done,” says Donna. “You are valued as a volunteer and you develop self-respect as everybody shares what they have to offer to help others.” Over the years, Donna and Meghan helped with the evening meals, clothing, holiday gifts, prayer and advocacy. Now living in NH, Donna wrote “Just wishing I was in Malden again to join in the fundraisers and annual events that mean so much...seeing all the happy faces joining in the laughter and hard work done with the real spiritual purpose behind all that BOL stands for: helping others. I needed a Hand Up and Not a Hand Out! It always feels special to be standing in a room with volunteers from every station in life...different ages and personalities coming together, sharing and caring for those in need. The one very important key element is that it’s done in peace and harmony and common spiritual bond no matter what religion we each practice. There’s the honesty of doing God’s work for the right reasons and from the heart.”

Walk for Bread continued, from previous page

BOL makes the difference

“Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”, he said, “Rob”, a 40-year-old with a square jaw and grey crew cut, walked into the Friday evening meal and smiled. “You haven’t seen me for awhile”. "Just wishing I was in Malden again to join in the fundraisers and annual events that mean so much...seeing all the happy faces joining in the laughter and hard work done with the real spiritual purpose behind all that BOL stands for: helping others. I needed a Hand Up and Not a Hand Out! It always feels special to be standing in a room with volunteers from every station in life...different ages and personalities coming together, sharing and caring for those in need. The one very important key element is that it’s done in peace and harmony and common spiritual bond no matter what religion we each practice. There’s the honesty of doing God’s work for the right reasons and from the heart.”

In Memory of Al Ragucci -
given by Agnes Ciardello Rauseo Law
Martha E. Reagan
Ms. Donna Reitano
Lucille Rraxroad
Susan L Robertson
Stacey L Roche
Simon Rosenthal
Bill & Karin Round
In Memory of Donald Roue - given by Victoria Roue
Gail Rufo
Kim & Robert Ruma
Gina M. Russo
In Memory of Salvatore Salamone - given by Marie & Salvatore Salamone
Mary T. Sассes
In Memory of My Grandparents - given by Ahinavar Saurav Mrs. Kenneth Sawtell
Frank & Dorothy Steamer Ms. Katie Serio
Gail & Paul Shainley
Virginia Shea
In Memory of My Parents - given by Ranganath Sivaram
Major In-Kind Donations
American Legion, Post 69, Malden
Anthony’s, Malden, Albert Spadafora
B’s Wholesale Club, Medford
Bobby C’s Restaurant, Medford
Century Bank, Medford, Bill St. Rocco
Community Cooks, Somerville
Cross Country, Malden
DentaltQuest, Medford
DLA Piper, LLP, Pro Bono attorneys
First Baptist Church, Malden
Food for Free Committee, Inc., Cambridge
Garrick-Santo Landscaping, Malden
Hoff’s Bakery, Medford
John Accardi & Sons, Medford
Knights of Columbus #13966, Malden
Linden School, Malden
Love’s Steam Academy, Malden
Love’s Spoonfuls
Lynin’ Spoonfuls, Malden
Malden Catholic High School
Marty’s Caterers, Stoneham, Marty Murphy
MATV, Malden “Cans for the Community”
Michael O’Connor, Management Consultant
New England Coffee Company, Malden
Plantedos’ Bakery, Malden
Pine Banks, Malden, Maryanna Young
Pizzaiolo, Malden, Joe Crowley
St. Kuluisine Parish, Winchester
Salemwood Middle School, Malden
Save the Children, Malden
Shaw’s, Maldes, Stop & Shop Pantry
Stop & Shop Supermarket, Malden
Target, Woburn
Trader Joe’s, Saugus
Yankee Pest Control, Malden
In Memory of Nancy Parker - given by Harvey & Susan Dragoon, Karen & Lewis Edgers, Phyllis & Bob Lerner, Ina Ringer, Paula Weiner, Phyllis & Harvey Winer
Frederick T. Smith
Donna W. Smith
Rick Soile
Gabriella Snyder Stelmack
Allan & Caron Stevenson
Jane & John Sullivan
Charles R. Swim
Jean & John Tai
In Memory of Margaret Talanian - given by Ms. Barbara Talanian
Frank & Patricia Thomas
Patricia Tramondozzi
In Memory of Jack Tracy - given by Marilyn E. Glover
Laurence Duncan Vinson III
Caleb & Cassandra Wilfret
Darren G. Williams
Gary Williams
William & Mary Anna Young
Andrew D. Zangani
Melissa B. Ziobro

Holidays continued from previous page

Malden from noon – 2pm and also serves about 900 meals, with deliveries to the homeless and home-bound coordinated by Joan Meader & Paul Mongeau. Cooking and serving is done by members of Temple Tifereth Israel and Temple Agudas Achim Ezrath Israel in Malden, coordinated by Dr. Ed Wiener and his son Dr. Jon Wiener under the umbrella of Project Ezra, a Jewish service organization.

Bread of Life Partner Organizations

EVERETT
Bank of New York Mellon
City of Everett, Mayor’s Office of Human Services, Office of Community Development

MALDEN
Cambridge Health Alliance Malden Family Medicine Center
City of Malden, Malden Redevelopment Authority Congregation Agudas Achim Ezrath Israel First Baptist Church First Church in Malden, UCC First Lutheran Church First Parish in Malden, Universalist Forestdale Community Church Good Shepherd United Methodist Church Knights of Columbus – Immac. Concep. #13966 Knights of Columbus – Santa Maria Council #105 Malden Catholic High School Malden Lions Club Malden Teen Enrichment Center Mystic Valley Elder Services Outreach Community & Reform Center Partnership for Community Schools in Malden Sacred Hearts Parish St. Paul’s Parish St. Vincent de Paul Society of St. Joseph’s Parish Shawree Wood Clinic Temple Tifereth Israel

MEDFORD
City of Malden Office of Community Devel. Medford Community Life, Grace Chapel, Lexington St. Francis of Assisi Church

MELROSE
First Baptist Church First Congregational Church First United Methodist Church Green Street Baptist Church Melrose Highlands Congregational Church Melrose Rotary Club Melrose Unitarian Universalist Church St. Mary’s Church, Men’s Saturday Morning Group

READING
Church of the Good Shepherd

WAKEFIELD
Emmanuel Episcopal Church

Motel Outreach Partners
Anthony’s Caterers of Malden Bobby C’s Restaurant of Melrose Chevers School of Malden Community Cooks of Somerville Food For Free of Cambridge Hanley Kitchen Leon Donnelly Kitchen St. Mary’s School of Melrose
Brighter days ahead with your help

I recently ran into a man I first met when he, his wife, and their young children were homeless and had been sheltered at one of the local motels to which we deliver meals, other foods, clothing, toys, books, and more. “David”, who is approaching age 46, told me that the stresses of prolonged unemployment and living their lives out in a single room had wreaked havoc on his marriage, resulting in separation from his wife “Emily” two years ago. Needless to say, the daughter “Cynthia”, now age 9, also has suffered through these hardships.

David and Emily are determined to keep the fallout to a minimum, and to share in the raising of Cynthia. They have been meeting monthly with a priest from the church Peter & Mary Cargill and have been meeting with a local construction company last April. Emily had been unable to work, due to a variety of debilitating physical conditions, including rheumatoid arthritis. Just recently, she was hired, part-time, as office receptionist. Both are excited to be working, slowly rebuilding broken lives, doting on Cynthia. David gave credit to Bread of Life for helping to keep him and Emily and Cynthia from what could have been an even worse fate. “You people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.” He asked me to thank Butch Parry, part of BoL’s Homeless Families/Motel Outreach Program, saying, “He always had some people treated us special, when we felt like ----.”

After talking for 15 minutes, Davidexcused himself, saying, “I have a job to get back to!” We shook hands and as we parted, he said, “And thank God for Bread of Life and all that you do!”

Sadly, nearly 1,000 homeless families will be spending the Holidays sheltered in motels, oftentimes far from where they had previously been housed, and from families and friends. Life’s stresses may result in homelessness; homelessness always results in more stressful lives. Many of the wounds are invisible, and although there may be rays of hope and hopefulness, it simply is not an easy road to walk. Bread of Life is committed to continuing our work with homeless families so long as the Commonwealth is committed to displacing them into area motels. With your support and encouragement, we will keep on trying to brighten their days.

Peace & Love,

Thomas J. Feagley,
Executive Director
Lenny Zakim Fund recognizes BOL

The Lenny Zakim Fund, a great supporter of BOL for many years, held their 20th Anniversary Celebration on Nov. 12th, featuring a performance by Sting! BOL was chosen as one of 20 organizations to be recognized at the event—one for each year of the LZF’s existence.

BOL named Community Partner of the Year

BOL received the award from the Greater Boston Food Bank (GBFB) at its Partner Appreciation Day on Oct. 2nd. The award is given annually to a GBFB member agency that has consistently exceeded in food distribution, food safety, nutrition, community advocacy, leadership & partnership. According to the GBFB, “BOL serves as a role model in communities North of Boston...hosts the tri-cities hunger network meetings and encourages the sharing of best practices and resources, and is always ready to lend support to smaller feeding programs when there is a need.” BOL Director Thomas Feagley thanked the GBFB, noting that BOL paid only $6,500 in 2014 for tons of food valued at $851,000, and commenting that “we all work together...in the fight to end hunger.

BOL Director Receives Rotary Award

The Rotary Club of Malden honored their 5th Annual “Service Above Self” Awards Banquet on Oct. 28th, honoring BOL Director, Thomas Feagley, with the “Samuel “Sam” Cherenko Memorial Community Service Award for his selfless, compassionate work for many years with homeless and low-income residents through BOL. The event recognizes public service individuals and community members.

DONORS

July 30, 2015 – October 30, 2015
Thank you very much & God Bless You!

BOL Mellon Funds Food Access

BNY Mellon held their first ever Community Partnership Celebration on Oct. 22nd to honor their employees who volunteer and the nonprofit organizations with which they partner. BNY Mellon’s $25,000 grant to BOL in 2015 helps fund our Food Access Project to provide culturally-appropriate food, interpretation services and nutrition education for immigrants. The project was also funded by an award from the Cummings Foundation for four years.

GBFB CEO Catherine D’Amato presents award to BOL Director Thomas Feagley.