February 2020 News & Updates

Reflections from the Director

As February begins and we observe Black History Month, I reflect on how we can never let ourselves become complacent about fighting injustice. The Reverend Martin Luther King Jr. in his "Letter from a Birmingham Jail" and "I Have A Dream" speech from the Washington Mall, quoted the Biblical prophet Amos, a man who lived around 750 B.C.: "But let justice roll down like waters and righteousness like an ever-flowing stream." (Amos 5:24). Amos was not a popular person to have around. He was a thorn in the side of the leaders and people of the Northern Kingdom of Israel. He prophesied that unless they changed, their kingdom would be destroyed - which it was. While Israel was prosperous at that time, their society was marked by social injustice. We live in a prosperous nation, yet social inequality and corporate greed are evident. Racism persists. 20% of the world consumes 80% of the world's goods. Amos criticized the extravagance and greed of the Northern Kingdom who "trampled the head of the poor into the dust of the earth" (2:7). As Dr. King and Amos remind us, the time is always right to end injustice, inequality and racism. Today we face the challenge. We have the opportunity to create more just laws, to examine our practices with regard to immigration, education, lending, housing, employment, criminal justice.
BOL is part of a network of free food providers who sustain families, senior citizens and working people caught "between a rock and a hard place." We help those who experience food insecurity as a result of systemic injustice and inequality that has led to the dilemma of high cost of living, especially housing, on the one hand, and low incomes on the other. For some, their low-income status has accompanied retirement or long-term disability. For others, it's the result of low-wage jobs, lack of job training and education for better-paying jobs, discrimination in hiring, housing and lending, extended illness, unemployment or death of a spouse. Here is a glance at some of the people who are food insecure that we serve in our combined food pantries: 36% identify as Asian, 26% as black (African-American, African or Caribbean), 16% as white/Caucasian, 13% as other, 9% as Latino. 21% are children, 56% are adults, 23% are senior citizens. We see people like Maria, a naturalized citizen who works as a landscaping laborer to support herself and her daughter. Or Kung, in his 70s, who was a doctor in China but cannot practice in the US so he volunteers faithfully in our recycling room. Or Tom, whose family has lived in Malden for generations but whose job in a diner did not pay enough, and he ended up homeless. Many of those we see have the hope of getting more education and training for a better job, getting back on their feet after being laid off from work, getting back into the workforce after raising children, recovering from an illness. BOL is here, neighbor helping neighbor, making a better today and believing for a better tomorrow. Thank you for believing with us.

God bless you,
Gabriella Snyder Stelmack
Executive Director

P.S. Our "Under One Roof" campaign continues to gather momentum. Please like us and follow us on facebook and follow us on twitter. If you know of a house of worship, organization, business, individual, radio or TV show where we can talk about our campaign, please let us know by contacting Patty Kelly, Development Director: Patty.Kelly@breadoflifemalden.org, 781-820-4749.

Click here for information on our "Under One Roof" Campaign.
Click here to get involved in Bread of Life's work.

Let us Thank You!

Join us on Wednesday, February 12th, as a Thank You for your support of Bread of Life. This night is all about you and how much we appreciate your support!
When: Wednesday February 12th
Time: 5-7p
Where: J Malden Center 190 Pleasant Street

RSVP Patty Kelly 781-820-4749 or Patty.Kelly@breadoflifemalden.org

Sponsored by EastCambridge Savings Bank
Legislative Breakfast

Join us for a legislative update from State Senator Jason Lewis on Wednesday, March 4th from 7:30a-9a at the Malden Public Library, 36 Salem Street, Malden, MA. Hosted by Malden Chamber of Commerce.
Light breakfast will be available.
Event is FREE. Please register to reserve your spot and help us plan accordingly.
Please bring a non-perishable food item to benefit Bread of Life.
Wish items include:
Jelly
Canned Fruit
Soup & Stew
Canned or Fresh Fruits & Vegetables
Paper Towels
Baked beans
Cleaning spray (Lysol, Windex, 409, etc.)
Cereal - cold or hot
Juice
Canned Meals Ready-to-Eat
Canned meats
Mayonnaise (small)
Toothbrushes
Toothpaste
New Socks, Gloves & Underwear - Men's and Women's
Can Openers
Supermarket Gift Cards in $10 or $20 Denominations
Shampoo

BOL Backpack Project

Did you know the Bread of Life Everett food pantry is located at City of Everett City Hall? In addition to offering food for low-income Everett residents, we have launched the Bread of Life Backpack Project to help make the day easier for Everett students who need a helping hand. Donations of items such as juice boxes, raisins, granola bars, small cereal boxes, pretzels, new blankets, new bath towels, and laundry detergent are always appreciated and may be dropped off at the pantry. For more info call 781-820-4749.

Good Things Happen

We had a good thing happen to us when our friend Joey Voices visited us! Thank you Joey for your longtime support of Bread of Life and congratulations on your new book "Good Things Are Supposed To Happen To You" We are looking forward to reading it soon!
Much Needed Donations

Ann Lahiff from Incarnation of Our Lord and Savior Jesus Christ delivered food items, household items, toiletries and gift cards from the parish’s Bethlehem Stars program. Thank you for thinking of our families! God Bless!

Chinese Cultural Connection

On January 18th, Bread of Life’s Anson Kwong was at Malden High School for the Chinese New Year Celebration organized by Chinese Culture Connection. Director, Mei Hung, arranged a table for us to distribute our brochures. Thank you for the opportunity to share our info!

Teen/Motel Program Cookies!

Our Tuesday Teen/Motel Family Program was treated on January 14th by Quinn Hubbard, Middleton Middle School Student, with his Nana Celine, who baked 8 dozen cookie treats. He was completing a school project and decided to make Bread of Life the recipient. Our Teen/Motel Team says “thank you Quinn for these fabulous treats!”

(From L. to R.) Nana Celine and Quinn Hubbard
Save the Date! Beer+Bites April 4!

Melrose Beer + Bites offers a chance to sample an assortment of local craft beers and ciders, as well as tasty appetizer "bites" from local food establishments in two sessions on April 4: 2-5 PM and 6:30-9:30 PM. Tasty brews and bites will be offered by a wide variety of vendors making Beer+Bites a unique chance to sample some of the newest tastes to hit the market! Tickets are $40 (plus processing fees through Eventbrite) and a portion of the proceeds will be donated to the Bread of Life in Malden. To buy tickets and learn more, visit www.melrosebeerandbites.com. Participants must be 21+ with a valid ID. For those who do not wish to drive, the event is also accessible from the Cedar Park stop on the Haverhill line of commuter rail and it is a short ride from the Oak Grove T stop on the Orange line.

Standing in the Gap...

Laura* and Corey* have lived on the street for years, struggling with addiction. Over the years we served them many times at our evening meal and provided them with warm clothing, blankets and toiletries. They recently came to the BOL office, not to ask for help but to share great news: they've been clean and sober three years and are living in a subsidized apartment in western Massachusetts! On top of that, Corey got his driver's license back and his mom gave him her old car when she saw he was in recovery from addiction. Laura said she had been warned that she was getting cirrhosis of the liver. Now, she's feeling healthy for the first time in years. They're both thrilled that their lives are coming together. And they're thankful to BOL for keeping them alive and for never giving up on them during their years of struggle.

*Although this story is true, the names used are not the actual names of the people in order to protect their privacy.
Shop and Smile

If you shop at Amazon, every purchase will result in a donation to Bread of Life if you register at Amazon Smile and select us as your designated charity. The big shopping season is upon us and this is a great way to give back! You can sign up at Amazon Smile here.

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