Reflections from our Director

One day a man said to God, “God, I would like to know what Heaven and Hell are like.” God showed the man two doors. Inside the first one, in the middle of the room, was a large round table with a large pot of vegetable stew. It smelled delicious and made the man’s mouth water, but the people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles and each found it possible to reach into the pot of stew and take a spoonful, but because the handle was longer than their arms, they could not get the spoons back into their mouths. The man shuddered at the sight of their misery and suffering. God said, “You have seen Hell.” Behind the second door, the room appeared exactly the same. There was the large round table with the large pot of wonderful vegetable stew that made the man’s mouth water. The people had the same long-handled spoons, but they were well nourished and plump, laughing and talking. The man said, “I don’t understand.” God smiled. It is simple, he said, Love only requires one skill. These people learned early on to share and feed one another. While the greedy only think of themselves.

The parable of the long spoons, often attributed to Rabbi Haim of Romshishok, reminds us that if we focus on our own needs and neglect the needs of others, thinking everyone needs...
to fend for themselves, we are doing double harm. We are not relieving others' suffering when we can, and we are actually harming ourselves since we are all interdependent at a deep level. We very much depend on others for survival, and they depend on us.

At Bread of Life, we feed others, and they feed us too. Every single person who comes to us in need of food, has something to offer too. Maybe it's the inspiration we get from learning about their journey. Or it's a talent they share with art, music or writing. Or their good humor and ability to make others laugh. Or their faithfulness in volunteering, cleverness in fixing things, stamina in working, talent in cooking... Once you become part of the Bread of Life story, you see how very interdependent we are and how enriched by the gifts of every person - guest, patron or volunteer. We welcome you and your gifts and talents - varied, amazing, needed.

Thank you and God bless you,
Gabriella

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**Under One Roof Update**

Bread of Life's *Under One Roof* building project, has been transformed from a dream into reality. With the goal to start demolition and construction at 54 Eastern Avenue this summer, our architects are working hard to finalize construction documents; we have leased transitional sites for our programs and offices to operate during twelve months of construction; we’re meeting with our major funders on details of financing the project; we’re raising funds to outfit and equip our warehouse, food pantry superette and dining program in the new facility. All this is only possible because of you – our community of doers, praise-ers, believers and builders.

[Click here for additional information on our "Under One Roof" Campaign.](#)

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**Community News**

**Bread of Life's Backpack Nutrition Program & Foundation Trust**

A big shout out goes out to the Foundation Trust for sponsoring this program. To date, over 3,000 backpacks filled with nutritious food have been served to Everett
students. Their support is very much appreciated. Click here to learn more about this program.

Girl Scouts Host Food Drive
A big thank you goes out to Scarlett from Lynnfield along with Girl Scouts group 83186 who were working on their Giving Back Badge and hosted a food drive for Bread of Life last month.

Dockside Restaurant Hosts Online Fundraiser
A big shout out goes out to Dockside restaurant and everyone who purchased a Buffalo Chicken Mac N Cheese meal in support of the Bread of Life. Over a 140 meals were purchased. Dockside delivered these meals that were served at the Bread of Life on April 27th.

Save the Dates

Knock on Wood Benefit Concert
June 27, 2021 2:30 PM - 3:30 PM
First Baptist Church, Melrose

Bread of Life Walk is back
October, 2021
Details to follow in the coming weeks.

Introducing BOL's Young Professional Advisory Board (YPAB)
We are excited to announce Bread of Life’s Young Professional Advisory Board (YPAB)! YPAB is a group of emerging leaders dedicated to raising awareness of Bread of Life’s mission in our community in working toward alleviating food insecurity. We are pleased to introduce founding members Xuemeng Verona Chen, a Cardiac Rehab Dietician at St.
Elizabeth's Medical Center and Frank Kelly, MEP Superintendent at Turner Construction Company. We are also pleased to welcome Dan Urchuk and Michael Ziemba to our Board. Dan is a student at Melrose High School and is a dedicated volunteer at Bread of Life. Michael is an Independent Educator/Remote ESL at Qkids English, currently teaching ESL to children located in China. We will be announcing additional members in the coming weeks.

Standing in the Gap

After we delivered food to a woman and her family in Everett, she called to say “You have no idea how blessed I am right now. I really appreciated it. In the future, when I go back to work, I’d like to help other people the way you helped me. God bless you and God bless everyone who’s doing this.”

Volunteer Opportunities

There are plenty of volunteer opportunities available at Bread of Life. If you want to get involved and make a difference please Visit our Website or stop by our pantry at 54 Eastern Ave, Malden, MA.
Food for the Body...Nurture for the Soul

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