By the time I was 12 years old I believed two things very strongly: one was that for some unknown reason I was extremely blessed. I was born an American, living in one of the richest countries in the world, and had everything I needed, while other kids like me, especially girls, didn’t have the basics of food, clean water, shoes or education. The second thing I believed was that because I had been given so many things through no merit of my own, I had to do something for other people. As Jesus said (Luke 12:48): “From everyone who has been given much, much will be demanded.” When I was still in grade school I happened to read something that profoundly affected me: “I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it for I shall not pass this way again.” It so impressed me that I memorized it and have recalled it many times during my life. With passing years I’ve learned all too well that we don’t necessarily get a second chance. I remember with regret the moments when I could have said something, but didn’t; I could have taken action, but did nothing. The moments passed and I never got a second chance. Sometimes we are so comfortable in our routines, so reluctant to get involved, so resistant to altering our plans, that we hurry past our fellow travelers in life and miss the
opportunity to do something good, to share some kindness. Bread of Life gives us more chances. Here, we cross paths with neighbors who may be experiencing one of the lowest points in their lives.

Our programs are powered by a few staff, but mainly by volunteers who have decided not to proceed safely on their usual path, but to alter their plans, grab the chance, do what they can right now. In September, our combined programs served 2,900 households, 8,400 individuals. Folks are sorting and bagging food for our Malden food pantry and Everett Mobile Market distributions. They're prepping meals and groceries for weekly delivery to homeless individuals sheltered in local motels. They're packing backpacks with nutritious foods and snacks for distribution to Everett public school students. They're assembling boxes of produce, meat/fish, dairy, bakery and nonperishable foods for delivery to senior citizens and disabled individuals. They're cooking and packaging meals for grab-and-go distribution and sit-down evening meal four times per week. This month, we're also excited to once again be hosting the annual Don’t Be Alone on Thanksgiving Day dinner at Malden High School, 12-2pm Nov. 25, 2021. Working with the Mayor’s office, board of health, Malden Public Schools Food Service, Mystic Valley Elder Services and delivery coordinator Gene Pinkham, we will serve a congregate meal and deliver hundreds of meals door-to-door to isolated senior citizens. (see more info below).

There are so many chances to some good, to show some kindness. Will you join us?

God bless you,
Gabriella
**Winchester Savings Bank**
We’re so excited to kick off November as part of Winchester Savings Bank Community Voting Campaign! Mark your calendars and cast your vote every day for Bread of Life and Winchester Savings will make a donation! Please visit [Click Here](#) to vote for one of five local organizations, and Winchester Savings Bank will donate the money! You can vote once a day for one of these great participants: Bread of Life, James L. McKeown Boys & Girls Club of Woburn, Mystic Valley Elder Services, Network for Social Justice, and Winchester Cooperative Nursery School!

**Mr. Bill Dempsey**
This is fabulous Mr. Bill Dempsey. Last month he presented a check to Bread of Life fulfilling a pledge he made to our Under One Roof Campaign in memory of his wife, Teresa. Mr. and Mrs. Dempsey will be honored with a naming opportunity in our new building, scheduled for construction in Spring. We are most grateful for the generous support Bill gives to Bread of Life as well as many others in our community.

**FREE Thanksgiving Meal**
DON’T BE ALONE on Thanksgiving Day

Join us for a FREE Community Turkey Dinner

Thursday, November 25, 2021
12 Noon - 2 PM
Malden High School, 77 Salem Street
(Enter from Ferry St. entrance)

Sponsored by:
Bread of Life
Anthony’s of Malden
Forestdale Community Church, Malden
Hoff’s Bakery
Malden High School
Malden Mayor Gary Christenson
Tim Rufo & Friends
Salemwood School Staff, Malden

Donations of baked goods & roasted turkeys would be appreciated!

Volunteers are needed to help set up, serve, clean up & deliver meals

To volunteer to deliver meals:
contact Gene Pinkham
email: pinkhamgene@gmail.com
phone: 781-321-0994

To register to volunteer at the dinner:
Sign up for shifts available at:
breadoflifemalden.org/events

All dinner guests must provide their own transportation. This site is handicap-accessible.

For more information and to register to volunteer at the dinner please visit
http://www.breadoflifemalden.org/events

Standing in the Gap

Here are some of the local people struggling with food insecurity that Bread of Life has been able to help:

* a victim of domestic violence with very little money and desperate to find someplace safe to live

* an older man who’s accomplished many things during his lifetime but is now severely limited in his mobility and needs help with food and other basic personal needs

* a woman, her husband and adult son who have all experienced reduced work hours with the COVID pandemic and are trying to keep up with their mortgage payments

* a young couple from China who are trying to complete their college education while struggling with Boston’s high cost of living
Volunteer Opportunities

Volunteers needed Thursdays between 8:30 am and 12 pm at our pantry, 109 Madison Street, Malden, to help pack groceries for the Everett Mobile Market. Call Charlene at 781-824-0564, or come to 109 Madison Street, Malden.

Volunteers needed Thursdays from 3-5 pm to distribute groceries at the Lafayette School, 117 Edith Street, Everett. Call Charlene at 781-824-0564, or come to the Lafayette School.

There are plenty of other 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 109 Madison St. Malden, MA.

* a disabled woman who lives in subsidized housing and is finally able to come to our congregate meal to meet with people again

Food for the Body...Nurture for the Soul

Follow us

Donate Today

Bread of Life | 54 Eastern Ave, Malden MA | www.breadoflife.org

Bread of Life | 54 Eastern Avenue (Rear), Malden, MA 02148

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