



# Love, Peace, and Manna

The Manna Cafe Ministries newsletter

JANUARY 2023

"Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them."  
—Isa. 58:7, NLT

BY VICKI YORK



## Looking Back, Looking Forward

Are you looking back on 2022 with fond memories, or are you breathing a sigh of relief that it's behind you?

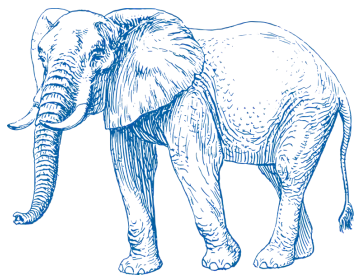
Last year, the world saw some significant milestones: the population reached 8 billion; we said goodbye to the Queen of England and Betty White; we held our breath as Russia invaded Ukraine; Maya Angelou became the first Black woman to appear on a U.S. quarter; Top Gun offered a sequel 36 years after the original; and the four most searched words on Google were *Facebook*, *YouTube*, *Amazon*, and *Wordle*.

The year 2022 offered various challenges for Manna Cafe, due in part to a rocky economy and supply chain disruptions. Most difficult was the passing of our beloved founder and leader, Kenny York. There will never be another Kenny, whose generosity, belly laugh, love for the poor, and chili-making skills will be forever missed. In spite of these challenges, however, Manna team members continued to do their jobs with excellence.

Here are a few facts we thought you might find interesting: In the past year, Manna Cafe's food distribution team gave away **21,795 boxes of food**. Keep in mind, however, that it's more accurate to say *shopping carts* versus *boxes*, since each client received a cart full of



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## Looking Back, cont'd.

groceries. Meanwhile, **36,164 hot plates** of food were served at Manna's community meals. All in all, Manna Cafe distributed **2,237,294 pounds of food** to Montgomery and Stewart Counties!



A typical food distribution allocation

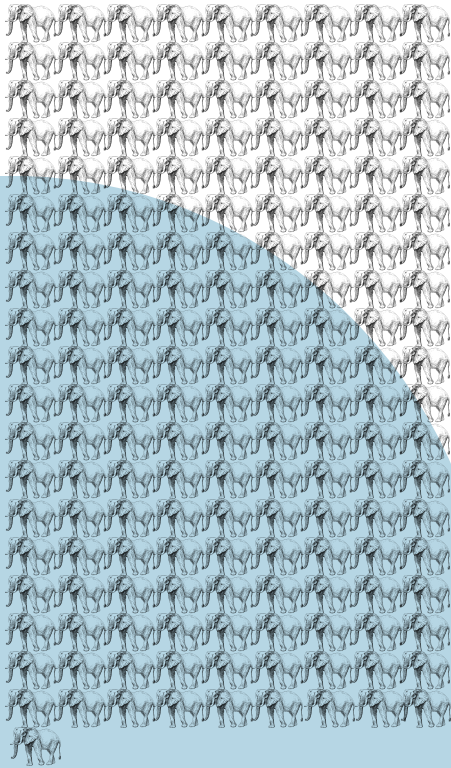
Manna also continued to offer all its other services: the culinary internship program; case work; mobile pantries; weekly showers; health clinics; Manna Mini Meals; distribution of clothing, household items, school supplies, and diapers; youth nutrition education; food rescue; inter-agency support and collaboration; and emergency warming and cooling centers. There were **59 nights** when the temperature dropped below freezing and our staff and volunteers welcomed the homeless (40 per night on average) into the center to spend the night, enjoy hot meals, do laundry, take showers, and more.

In November, we launched a brand-new program, Our Chance (funded by the State of TN). It's designed to improve low-income families' economic mobility and well-being by providing wrap-around services and case work support. Countless children will benefit from this endeavor.

In summary, Manna Cafe served **more than 28,000 people** in 2022— and many of them received multiple services. It was a very fruitful year, and we're optimistic about 2023 as we steward the gift that Kenny left to us.

Here's to a year of service founded on love and a commitment to excellence.

And here's to the future.



A full-grown male African elephant weighs 13,000 pounds. It would require these 172 elephants to equal how much food Manna Cafe gave away last year (2.23 million pounds)!



# Food for Thought

January is the perfect time to assess how we spend the time we've been given. We presented a few staff and volunteers with two thought-provoking questions regarding time. Here's what they had to say:

## What's one activity that was always TIME WELL SPENT in 2022?

- "Getting together with my friends. We try to meet every month to talk about life and encourage one another. No judgment – just friendship." – Sara, Board Chair
- "Gardening. It made the everyday, mundane parts of life happier." – Cindy, Family Coach
- "Exercise – running and CrossFit." – Shawna, Board Treasurer/Secretary
- "Working at Manna. Otherwise I'd just be at home watching TV. I don't know when I've ever had a job that made me feel as good as I do here." – Miss Frankie, Refugee worker
- "Helping my daughter prepare for her wedding. Family members I hadn't seen since before COVID came from all over." – Kim, Volunteer Coordinator
- "Time with my kids and grandkids, not necessarily even doing anything – just eating dinner or having conversations." – Brandy, CFO
- "Time with God, my family, and while pursuing self-care." – Becky, Grant Writer

## What's one activity that always felt like TIME WASTED in 2022?

- "Wondering what's next. You can't sit and wonder what you're going to do the next day and the next. Just think one day ahead, and you're good." – Jana, culinary program intern
- "Definitely worrying. Thankfully God's plan for me is always better than anything I can imagine." – Debra, Marketing Manager
- "Social media!" – Shawna, Sara, and Becky



Cindy



Kim



Sara



Brandy



# FREEWILL



## Convenient, meaningful, effective giving

Did you know there's a way to give that's convenient while also ensuring that your donation has maximum impact? FreeWill stock-giving is a secure online platform that makes it simple to assist the hungry and homeless in a way that's wise and that looks to the future. Here's how it works:

- Follow the QR code above or log onto [freewill.com/stocks/mannacafe](https://freewill.com/stocks/mannacafe).
- Select which securities to donate (tax benefits tend to be biggest if you've held the stock for more than a year).
- FreeWill's platform will auto-complete your forms and help you submit a request to transfer the securities.

**Yes, it really is that simple to give in a smart and meaningful way. Thank you!**

# Golden Gala 2022

Guests of Manna Cafe's second annual Golden Gala were treated to chicken Alfredo, roasted garlic potatoes, bacon-wrapped asparagus, garlic breadsticks, and a salad bar. Everything was made from scratch by Manna's culinary internship team. The evening also included live music courtesy of Syd Hedrick and Friends, gorgeous desserts from Miller's Confections, guest speaker Kim Molnar (COO of Second Harvest Food Bank), and a live auction with auctioneer Sammy Stuard.

It's not too early to mark your calendars for next year's gala scheduled for **November 3, 2023**, to be held at the **Wilma Rudolph Event Center**. Rumor has it that one lucky winner will go home with a **vintage Corvette!** (Details to come.)

Many thanks to every individual, sponsor, and business who gave of their time and donations to ensure that Golden Gala was a success!



**We hope you'll make Manna Cafe part of your regular giving in 2023.** Manna is a 501(c)3 nonprofit organization, and your gift is tax-deductible. Please consider a recurring gift, as this specifically allows us to pay monthly expenses such as utilities and mortgage. Visit [mannacafeministries.com/donate](http://mannacafeministries.com/donate), follow the QR code below, use the enclosed envelope, or text to give at 931-542-4772.



*thank you!*