



Love, Peace, and Manna

The Manna Cafe Ministries newsletter

AUGUST 2023

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



Creative Solutions

BY DEBRA SUTTON

Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime. Our friends at Rural King took that idea and turned it into a project of helping people grow their own food.

The tomato project is a partnership between the Manna Café culinary staff and Rural King management. Tomatoes were planted in January in "mini greenhouses" constructed from food grade plastic jugs that once contained the popcorn oil from the famous Rural King popcorn and size 10 cans recycled from the Manna kitchen. Rural King also donated the soil to start seeds in a hundred cans.



The gardening technique is called winter sowing: Plant seeds at the beginning of the year, and when the temp is right they sprout in their containers. Simply make sure the soil doesn't dry out, and transplant after the first set of true leaves appears.



So easy! You may want to cover new plants during a late hard freeze just to be safe.

Plants were distributed at both the Manna Café main facility and the Potter's Hand Church location in Dover. "It was very nice to see the smiles of so many folks when asked if they wanted a tomato plant," shared volunteer Karen Armacost. "I hope the idea of recycling and sharing using this winter sowing method 'takes root' and spreads."



A Lot Got Done Last Month

Due to the generosity of our donors, Manna Cafe provided Montgomery and Stewart County residents with:

- 3,218 hot meals at our Mobile Cafe locations
 - 1,735 carts of food
 - 8,768 pounds of clothing
- 10,210 pounds of household goods
- 89 hot showers for the homeless
- case work benefits for 73 clients

For only \$19 per month you can make a huge difference in the lives of thousands in our community.



MannaCafeMinistries.com/donate

Serving with Excellence



Manna Café is known for serving up good food seasoned with love. Beyond that, Rita Stinson and the Manna culinary staff are also recognized for maintaining superior work spaces.

In a surprise health inspection last month the Manna kitchen team received a 100% rating for the food trucks that provide hot meals at satellite locations in the Clarksville community. Additionally, our on-site kitchen received a score of 98.

Congratulations to Ms. Rita, Katt Harris and the entire staff who work hard every day to provide the absolute best for our guests.



He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor.
- Proverbs 22:9



August Is Make-A-Will-Month

Are you familiar with National Make-A-Will Month (MAWM)? It's an annual observance that emphasizes the importance of creating a will. Here are a few reasons why you might want to complete this essential task:

- **Security:** Creating your will and estate plan allows you to communicate important financial and healthcare decisions, so you're prepared for whatever the future may hold.
- **Peace of mind:** A will allows you to provide for the people and pets you love, so you know that no matter what, they will be supported.
- **Impact:** By including a legacy gift in your will, you can join Manna Café in restoring hope, dignity, self-reliance, and the love of God throughout our community.

I invite you to see how this resource can support you. By taking a few moments out of your day to create your will, you can plan for a secure future for yourself, your loved ones, and the mission of Manna Café.

- Vicki York

FREEWILL 

Scan the QR code or visit
FreeWill.com/MannaCafe
to learn more and get started.



SAVE THE DATE



Golden Gala

FRIDAY, NOVEMBER 3, 2023

Enjoy an evening of delicious food,
music, dancing, live auction and a
1981 Corvette raffle.

Manna Café Ministries is a 501(c)3 nonprofit organization.

How cool would you look driving this?

1981 Corvette Raffle



Tickets: \$50 each

Drawing Friday, November 3, 2023

Do NOT have to be present to win.

For complete details and rules
scan the QR code.



Manna Café is a 503(c)3 nonprofit organization

Feel-Good Stories from Manna



Congratulations Phillip Hughes on getting your ID! Phillip has been looking for work, and this was the one thing holding him back. He was giddy going to City Hall to get his ID. He kept saying, "I feel like I'm finally getting things done!" Thanks to Manna volunteers who make these important things happen for our peeps.



More great stuff going on at Manna Café Ministries! In one week our amazing volunteers at Manna Clothing put together four Welcome Home totes for people moving into new residences. Manna Café is so much more than a food pantry. We are here to help people move forward.

Congratulations to these wonderful ladies! Enjoy your new homes.



Congrats Chawn! Chawn has been a Manna client for three years. We took him to get his license after he worked for the past year fixing his eligibility, and he passed. This is a game-changer for his family.



Please be in prayer

Two of our peeps have admitted themselves to rehab facilities. Let us pray for a successful journey.

Manna Café Clinic Reopens

Manna Café is happy to announce the reopening of its free health clinic under the care and direction of Dr. Donald Wade Huffman. The clinic will conduct basic health services and provide employment physicals for those who are starting new jobs. "We are so blessed to be able to provide this clinic for our clients. Dr. Huffman is a suburb asset to our organization," explains Manna CEO Vicki York.

The clinic is open the second and fourth Thursdays of each month from 1:00-3:00 p.m. Patients are seen on a first come, first served basis. The clinic is located in the Manna Refuge building at 503 D Street.



Dr. Donald W. Huffman



Manna Cafe is a 501(c)3 nonprofit organization and a proud member of United Way of the Greater Clarksville Region and the Clarksville Chamber of Commerce.