



# Manna Matters

## A WORD FROM KENNY: THE BREAD THAT MATTERS MOST

IN JOHN 6 is the story of Jesus feeding 5000 people with only five loaves of bread and two fish. Most people are very familiar with this story, especially those of us who are involved with food ministry. Some of us even have our own stories of God multiplying food. I know I do.

As we read through John a little further, we see Jesus and the disciples crossing the sea to Capernaum only to be followed by the crowd that Jesus had just fed. I want to focus on the next few words that come out of Jesus' mouth. The NKJV reads, "Jesus answered them and said, ... 'You seek Me, not because you saw the signs, but because you ate of the loaves and were filled. Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you. ... I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.'"



This is one of the main passages of Scripture responsible for shaping the future of Manna Cafe. The Lord impressed upon me a while back that Manna Cafe has been focused on (and successful at) the first part of the passage (filling people's bellies)—so now it's time to focus on the spiritual food that gives everlasting life. What this means is while we faithfully continue to provide food boxes, hot meals, sack lunches, blankets, coats, and so on, we are to be intentional about providing people with spiritual food as well. We are to be intentional about sharing the gospel of Jesus Christ because that is where the true help comes from.

To start with, we've built a prayer room, a place set aside for worship and prayer for our community, city, nation, and the ministry of Manna Cafe. Our clients will have even more

## PASS THE TURKEY, PLEASE

EVER SINCE 2010, Clarksville Running Club has generously spent their Thanksgiving morning carrying out the annual Pass the Turkey 5k fun run/walk. This year, proceeds will again benefit Manna Cafe and Loaves & Fishes. This laid-back, crazy-fun event is a great way to get some exercise before enjoying the most calorie-laden meal of the year. Past participants have brought visiting family members; they've also brought babies in strollers and lots of happy dogs, some of them dressed to the nines. Don't miss the fun this November!



**When:** Thursday, Nov. 28 from 7 – 9 a.m.  
(Registration begins at 7; 5k begins at 8.)

**Where:** Governor's Square Mall

**How Much:** \$5 for 12 and older. Cash only!

Same-day registration only.

Free T-shirt to the first 150!

Please bring canned goods and/or gently used winter coats, sweaters, gloves, etc.

Jogging strollers and dogs on leashes welcomed.



## BREAD THAT MATTERS, CONT'D

opportunities to receive prayer than they did before. We are now more focused on our morning mini-devotionals before food box distribution and the mini-messages at our hot meals. Hopefully, by the time you receive our next newsletter, the work we're doing on the Refuge Community Center will



be complete so we can launch our mission night (called The Tribe) during the first part of 2020. The mission of The Tribe is to show Christ's love to our community by serving them the bread of life.

Recently, people have told us that when they visited our new food distribution center, the presence of God was so strong that they had to fight back tears to keep from weeping. The presence of Jesus and the Holy Spirit is what we're seeking in everything we do... because then we will see our community truly changed.

Peace out.

"MANNA CAFE has been helping me out since I moved to Clarksville in 2011. The food boxes help me because I lost everything, even my disability and health insurance. But thanks to Manna Cafe's clinic, I was able to keep my blood pressure medicine. Now I'm volunteering sometimes to help out. Manna Cafe is the true source for helping the whole community."

—Kevin, client & volunteer



# OPERATION POMEGRANATE UPDATE



ONCE AGAIN, Clarksville-Montgomery County Community Health Foundation has awarded a grant to Manna Cafe in support of our Operation Pomegranate program. Through this hands-on, monthly program, we offer training to our hot meal clients in how to cook nutrient-packed but inexpensive meals. These sessions are well-attended, with topics ranging from Mango Salsa to White Chicken Chili. Each guest receives a Recipe Bag, which includes the key ingredients of the featured dish so they can make it at home for their own families.



This year, we've also launched Op Pom Junior for the kiddos, who have learned how to make Granola-Topped Apples Slices and Freezer Bag Ice Cream. We're extremely grateful to CMC Community Health Foundation, whose mission is "to support charitable, scientific and educational purposes designed to promote the general health of the residents of the City of Clarksville" and surrounding areas.



SPECIAL THANKS to MRC (Ministry of Reconciliation Church) for taking the initiative! During the seven weeks that Manna Cafe hot meals (a.k.a. Mobile Cafe) were temporarily shut down as we transitioned to the Village, MRC (pastored by Bret and First Lady Tonya Reeves) stepped up to the plate—pardon the pun—to ensure that Tuesday night meals continued. Completely on their own, they carried the load so that our guests wouldn't have to go without the hot meals they look forward to and depend on. We appreciate you, MRC!

MannaCafeMinistries.com  
Facebook.com/mannacafe2010  
Instagram: mannacafe1

## A WORD FROM VICKI

As the time for year-end giving draws near, I'd like to remind you of the many miracles your donated dollars make possible at Manna Cafe. I use the word *miracles* because God constantly blows my mind with the way He multiplies what you—our supporters—give so that it blesses thousands of lives. Every single day, I hear stories like that of Sherry W (see next column). Even with our dedicated staff and volunteers, we can't make an impact without our financial donors. God has chosen to work through *you*. This is why I'm asking if you'll enable us to keep offering help and hope to this city with a tax-deductible year-end gift.

### Ways to give:

- Log on to [MannaCafeMinistries.com/donate](http://MannaCafeMinistries.com/donate)
- Text GIVE to 931-542-4772
- Mail a check to 1960-J Madison St., #312, Clarksville, 37043
- Bring your donation to the Village (605 Providence Blvd.) and let us thank you in person!

No matter how much you choose to give, please know that your donated dollars are deeply appreciated because of the powerful, meaningful impact they're having on this city. Thank you!



## "MANNA CAFE IS ALWAYS SO GOOD TO US"

"When I first moved to Clarksville five years ago, I had custody of three grandchildren, so I utilized Manna Cafe. Three [teenage] boys eat a lot! They went back to their father, so for two years, I didn't

come back. [Now] I can't work anymore due to a back injury, so I started coming back to Manna Cafe, and it has saved me a lot of money.

"I usually use all the canned goods, and recently we've gotten a lot of milk and produce, which has helped. Overall it cuts my food budget by a third, so it makes it easier. The week before my check comes, I'm out of money, and I have to make a decision between buying gas and groceries. With Manna Cafe, I don't have to do that. It helps me to be more financially independent and takes a lot of that stress off my shoulders.

"I live in an apartment complex where you must be 55 or older, so what I don't use from the food boxes, like lentils, I put on a community table so others can use it. I can pass along what you have blessed me with to others, and it makes me feel like I'm doing some good.

"I don't know what I'd do financially without the food pantry. The amount of meat you all provide is incredible! I usually end up with four or five packages of meat. I've always been blessed by Manna Cafe. You're always so good to us."

—Sherry W.

