



Love, Peace, and Manna

The Manna Cafe Ministries newsletter

NOVEMBER 2023



"Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them."

—Isa. 58:7, NLT

We give thanks



BY DEBRA SUTTON



This is the season when we take time to count our blessings. The Manna family has many reasons to give thanks.

1. The powerful love of Christ, who guides everything we do.
2. Generous donors including individuals, small businesses, and large corporations. Every gift makes an eternal difference in the lives of many in our community.
3. Amazing volunteers from local churches, businesses, and organizations. Manna Cafe's operations are possible only through the tireless efforts of compassionate volunteers.



4. Dedicated partners who assist in providing through our food rescue program. Each year more than 1.5 million pounds of food are distributed to our guests from local stores and restaurants.

continued on page 2



5. A phenomenal staff who, through compassion and creativity, make Manna Cafe a place where love, dignity, and hope can be found.
6. Our guests who come for help and leave with hope. Every life matters, and our peeps are more than clients. They are friends and family.

7. Obedient founders with a vision. Our dear Kenny York received the vision and blueprint of Manna Cafe from God. He and his wife, Vicki, obediently followed the call and built Manna into a place of help and hope for thousands in Montgomery and Stewart Counties. Today Vicki carries on the legacy of love that is Manna.



A Lot Got Done Last Month

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

- 3,963 hot meals at our Mobile Cafe locations
- 160 hot showers for the homeless
- 2,481 carts of food
- case work benefits for 78 clients
- 28,000 pounds of food distributed at our mobile pantry



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

MannaCafeMinistries.com/donate



'Tis the season

Manna Cafe is always amazed by the generosity of our community during the holiday season.

If your church, business, or organization would like to help provide for the hungry and homeless, here are some items Manna Cafe can use:

- | | |
|------------------------------------|-----------------|
| Spaghetti/Tomato Sauce | Canned Soups |
| Spaghetti/Pasta Noodles | Canned Fruits |
| Beanie Weenies | Boxed Meals |
| Macaroni & Cheese | Rice/Rice Mixes |
| Dried Beans | Cereal/Oatmeal |
| Canned Meats (Chicken, Beef, Tuna) | Tea/Drink Mixes |
| Canned Chili | Sugar |
| Canned Beans | Flour |
| Canned Vegetables | Coffee |

Hygiene Items:

Razors, Shampoo, Soap, Feminine Products, etc.

Coats

Gloves

Hats

Underwear (unopened packages)

Blankets

Tents

Be sure to let us know when you plan to bring in donations so we can take pictures and share your good news on social media.

For more information, contact Debra Sutton at 931-933-0970 or debra@mannacafeministries.com.



HOW TO VOLUNTEER

Helping others is good for your health and good for your soul.

Manna Cafe welcomes individuals and groups for a variety of times and opportunities to serve.

For a complete list of activities and to register, check out our website:

mannacafeministries.com/volunteer

or

mannacafeministries.com/volunteerhub.com

If your group is interested in coming to serve, send your request to:

volunteer@mannacafeministries.com



Start your day helping others

Our friends at Mugsy's Coffee Company have created a delicious Manna Cafe Coffee.

All proceeds will benefit our mission. Manna Cafe Coffee is available at Mugsy's locations and online at

mugsyfreshroast.com/coffee-with-a-cause



Minimize Your Tax Liability

Your IRA, your impact

If you are 70.5 or older, IRA gifts are a powerful way to support Manna Cafe Ministries and reduce your future tax burden. And if you are subject to Required Minimum Distributions, making a Qualified Charitable Distribution (QCD) allows you to satisfy your RMD without increasing your taxable income! Most importantly, you'll restore hope, dignity, self-reliance and community while sharing the love of God through Jesus Christ to our neighbors, at less cost to you.



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



But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth.

1 John 3:17-18 ESV



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.