



# Manna Messenger

A Publication of Feed My People

July/August 2012

## FEED MY PEOPLE

A Christian  
Interdenominational  
help center showing God's  
love and compassion  
for His people in need.

### South County Office

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(314) 631-4900  
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### Directors

John & Carol DeGuire

### Editor

Carol DeGuire

### Programs

Emergency and long term  
food help

Energy Assistance

Medical and Transportation  
Financial Assistance

Weatherization Materials

Fan/Heater Program

Counselling/Referrals

Job Assistance

Clothing Assistance

Home Visitation Program

Advocacy

Adopt-a-Family and  
Giving Tree Programs at  
Christmas

Low-Cost Thrift Stores

Spring Seeds Program

Smoke Detectors

Computer Literacy

Affordable Housing



## Meet Us at the Finish Line!



Follow God's prompting and join us Sunday, September 30<sup>th</sup> for the 2012 Manna March Walk for Hunger benefiting the pantries and client programs of Feed My People. Your efforts continue to make a difference. The challenge starts now for you to collect as much money as possible by forming a walking group or contacting your friends, family and co-workers to donate for you to walk.

- ☆ Walk anytime between 1:00 p.m. and 3:00 p.m.
- ☆ Special kick-off to the walk
- ☆ Walk as an individual or a couple or better yet, form a team and challenge your friends and family
- ☆ Walk in memory of a loved one and we will feature your loved one on our memory board at the walk
- ☆ Be a virtual walker if you cannot walk in person. This is a great way to be a part of the walk
- ☆ Special events for the kids. Get them involved.
- ☆ For more information on becoming a walker or forming a walking group, contact Roy Wunsch, walker coordinator, at 314-631-4900, or [manna\\_march@feed-my-people.com](mailto:manna_march@feed-my-people.com)
- ☆ We are seeking corporate sponsors. Get your company name on our t-shirts or display a banner at the event or have an information booth. For more information contact Gail Davis, sponsorship coordinator at the above number.

## Please Help Us Make a Difference

Summer time is always a rough time...for food pantries, because people are busy planning vacations and they are not thinking about the needy many times. Also, with kids being home during the summer, those we are helping are not able to get free breakfasts and lunches at school, so the parents have to provide 3 meals a day during those summer months.

The Feed My People food drive, that took place in June (the door to door collection, which was headed up by Mary Prost), was a huge success, which generated some much needed food to help fill our pantry. However, as many people as we are seeing, it goes in a hurry. The Freedom From Hunger Food Drive, that takes place during the summer months also will help, and if everyone did just a little, to help us with our food supplies, then that would make a big difference in the lives of many. So, when you're busy planning your summer vacations, don't forget those less fortunate, who are happy just to be able to put food on their tables.

Thanks, and God Bless You!



## Freedom From Hunger Food Drive

Our Freedom From Hunger Food Drive starts in July and can be continued beyond, at churches, businesses or where groups meet. Do your own food drive by setting up a red, white and blue table at your site and encourage your members to bring in food throughout the month. Feed My People will be glad to provide the collection barrels and special Freedom From Hunger posters and we will pick them up when filled or at the end of your food drive as needed. For more information or to get barrels and posters, call Mary Hettenhausen at our High Ridge facility, 636-677-9885, or Ted West at our Lemay facility, 314-631-4900.

## Job Search Program by Sr. Claire Reinert, SSND

Karen, age 37, came to the job search office today searching for a job just like the one she was laid off from seven months ago. Karen is a single parent with three children. She receives \$425 a month in child support plus food stamps. Her actual expenses are \$1029 per month. She was looking for a job as an office administrative assistant. Karen was lucky to get a job with a good company as a clerical worker, not exactly what she was looking for, but she learned to be flexible and was willing to accept a job with a little less pay than her previous job. Karen learned that you need to be flexible. Finding a job or pay just like your last job is not very realistic.

Since April 1, 2012, out of 122 people that came to Feed My People for help with their job search, ninety persons have gotten a job. Twelve are in the process of locating jobs or getting interviews.

A career coach cannot get an applicant a job. The applicant must focus on the process, the goal and the tangible steps to the goal. It's a process. One visit to a career center will not usually get a job. Getting a job is a series of steps. Sometimes it takes months or even years. The first step in the process is being confident that you have a purpose and you are able to get a job. Getting a job is a journey. You need to create the rules and time structures for the journey. Job search is a full time job.

Aaron wants a job as a manager. He had managerial experience. He lost his job three years ago. How can he prepare himself for another job? Most job search agencies suggest the client review their educational background and update their skills. While searching it is a good idea to look at the skills you have and explore newer and sometimes better ways of doing things. It is annoying when you are applying for a job online and you are stopped by being required to look at opportunities for attending classes. Look at this as a time for a re-evaluation of your work skills and your career approach.

While you are searching for a job, review your past job history, your strengths, your skills. Look at how you could improve in the future. Set some goals and revise your resume. Accept and prepare for the changes in the future.

## Entertainment Books

They will be available in mid-August and will cost \$30 again this year. Make sure you get yours – plus they also make a nice gift. They will be available at both locations!

## Fans/School Supplies

Feed My People does not have the funds to purchase these items this year. But if anyone would like to donate a box fan, or any school supplies, they would be greatly appreciated. For a list of school supplies needed, check out our web page under "Current Events", at [www.feed-my-people.org](http://www.feed-my-people.org).

## The Thrifty Hanger Report

While we settle in for a nice warm summer it is not too early to start gearing up for Back to School. The thrift stores of Feed My People will have a huge back to school sale beginning August 1<sup>st</sup>, and running through the 18<sup>th</sup>. Daily and weekly promotions geared toward getting your kids ready for the new school year.

"Back to school has increasingly become a major event and here at the thrift stores at Feed My People, we are jumping on the band wagon" said Roy Wunsch, thrift stores manager. "We continue to face stiff competition and we are going to create an exciting shopping event that will continue to build year after year." Wunsch continued. Look for the giant sale signs starting in early August.

As a reminder, gift certificates in any denomination are available for purchase. We accept Mastercard and Visa debit and credit cards at both locations. The Lemay thrift store is open until 7 p.m. on Thursdays.

Have a great summer and we hope to see you in the thrift stores soon.



### High Ridge Office Needs Your Help Too

We have a need for reception, pantry keepers, thrift store sorters/pricers, cash register and even a few truck drivers. Our hours of operation are similar to the South County office, but Tuesday to Saturday, no Monday at this time. Our office is located in Jefferson County on Hwy 30, near Rock Creek Road. Call Ann or Mary at 636-677-8451, or stop in for an application.

### South County is a Few "Hands" Short

Do you have a few hands to give a few hours or a day to help us feed the community? What help we need is in our Pantry, Help Center and Thrift Store at our South County location.

Got your hands on a good driving record? Get up too early during the week? We are seeking drivers and helpers to pick up donated food items from area grocery and banquet locations. Start time is 7:30 a.m. and takes a few hours or you can stay the rest of the day (3:00 p.m.).

Want to work "Hands On" with those in need? Interviewers and receptionists are needed to make appointments and obtain information during food orders. If you can keep personal information confidential, this is the volunteer job for you. Hours are 9 a.m. to 3 p.m., Monday through Friday, and 9 to noon on Saturday.

Got time on your hands and want to get out of the house and relax? Our Thrift Store is always looking for folks who will sort, mark, or price clothing/items or operate our cash registers. This can be a few hours a day or a few days a week. Cashiers are needed 9-9:30 a.m. to 3:00 p.m., Monday through Friday and 8:30-9 a.m. to 1:00 on Saturdays.

Please call Ted West, 314-631-4900, if you can help or lend a hand.

### St. Louis Food Drive

Many thanks to Mary Prost, who headed up the St. Louis Food Drive this year, and also to the many volunteers who drove, or went door to door not only to distribute bags, but to pick them back up, or those who sorted and packed food, and also those who worked two weekends in a row, which was much needed and greatly appreciated.

We increased the bags we put out this year, so the returns were even bigger and a little over 7,000 lbs of food was collected. So thank you to everyone!

### Client Picnic for Apartments

Thanks to everyone who volunteered at the picnic at Jefferson Barracks Park, which Feed My People put on for the clients who live in the apartments along Kingston. Besides barbequed hamburgers, hot dogs, sides, desserts and soda, we had a free bingo with prizes, a horseshoe tournament, face painting, and crafts for the kids. The weather was good and everyone had a great time!

**Manna Messenger  
Via Email?**

If you're interested in getting the Messenger by email, it will help us save postage and printing costs. Send your email address to [ginny\\_macrum@feed-my-people.com](mailto:ginny_macrum@feed-my-people.com). Thank you to everyone who has responded so far!

### Mark Your Calendars for Important Dates Coming Up!

- \* The whole month of July and beyond – **Freedom From Hunger Food Drive**
- \* Saturday, September 15 – **Will Work for Food**
- \* Sunday, September 23 – **Crop Walk**
- \* Sunday, September 30 – **Manna March for Hunger**

**In Loving Memory**

We remember these "special volunteers" who have gone to their heavenly home.

**Mary M. Stammer**, May 5, 2012, former receptionist at South County location on Friday.

**Josephine Goelzhauser**, May 18, 2012, volunteer for many years in our South County help Center and Heart Award 2000 recipient.

**Jeanette Lohman**, June 12, 2012, volunteer in High Ridge Pantry on Thursday.

They will always be a part of our Feed My People family.

### Tributes

- Robyn Ackerman  
Mother's Day
- Charles Block  
Father's Day
- Rachel Brady  
18<sup>th</sup> Birthday & Graduation
- Sharon Craig  
Mother's Day
- Carol DeGuire  
Mother's Day

- John DeGuire  
Father's Day
- Karen DeGuire  
Mother's Day
- Nancy Lou Hamilton  
Rita Hartmann  
Mother's Day
- Ken & Jeanette Haller  
50<sup>th</sup> Anniversary

- Alissa Holthe  
16<sup>th</sup> Birthday
- Betty Hood  
67<sup>th</sup> Birthday
- Mr. & Mrs. Arthur Kruger  
50<sup>th</sup> Anniversary
- Jeanne Lampe  
Mother's Day
- Al & Rosemary Lauber  
50<sup>th</sup> Anniversary

- Jean Royer  
Mother's Day
- Nancee Schillinger (Nana)  
Birthday
- Roger Stueckel  
80<sup>th</sup> Birthday
- Esther Tabatt  
100<sup>th</sup> Birthday
- Grace Weber  
Birthday
- Roy Wunsch

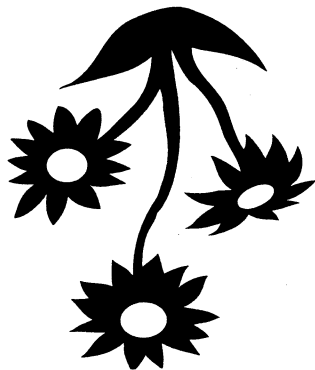
## Memorials

Shirley Ackerman  
 Dolly C. Anderson  
 Shirley Block  
     Mothers Day  
 H.J. (Bud) Butler  
 Brad Carson  
 Jo Ann Casteel  
 Virginia Cerny  
 Carolyn Champion  
 Allen Christmann  
 Ron Colvin  
 Neil Cook  
 Paul Devine  
 Frank Dohr  
 Alice Drozda  
 Walter H. Feldmann  
 Bill Flahart  
 Mary Ann Frank  
 Joan Gaston

Ray Gillick  
 Ed Giles  
 Gary Goelzhauser  
 Josephine "Blackie" Goelzhauser  
 William Goelzhauser  
 Ray & Dorothy Goodhart  
 Emma Hacker  
 William Hartje  
 Jean Heimberger  
 Rev. Dr. Paul Heirboth  
 Anita Henderson  
 Dolores Henderson  
 Evelyn Henderson  
 Richard Henderson  
 Herberholt Family  
 Grace M. Heoflinger  
 Edward & Norma Huxhold  
 Helen & Frank Jamroz  
 Tom Jersa  
 Hildegard Kossman  
 Tony Kreft

Margaret Kwiatkowski  
 Herbert G. Laudel  
 Jay & Elizabeth Meyer  
 Herm "Pete" Mohrmann  
 Helen Mueller  
 Doris Nierdieck  
 Jackie Nieter  
 Patricia Noser  
 Evangeline O'Leary  
 Perniciaro Family  
 Anna Mae Powers  
 John Rath  
 Tom & Vera Reichert  
 Jennifer K Rhea  
 John Ringwald  
 Jacie M. Robb  
 Earl C. W. Roettger  
 Shirley Schaefer  
 Leo & Gene Schmitt

Vernon A. Schneider  
 Mary Schumm  
 Richard J. Schweppe  
 John Sieber  
 Jerry Simpson  
 Bernice Smith  
 Lucille Smith-Lovely  
 Mark Stratmann  
 Sullentrup Family  
 Velma Taylor  
 Clarence Vogel  
 Henry & Rose Von Rohr  
  
 Bernice E. Wiethop  
 Thelma Wright  
 Raymond Wucher



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St. Louis, Missouri 63125-2932

171 Kingston Drive

**FEED MY PEOPLE**

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 U.S. Postage  
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