

Manna Messenger



A Feed My People Publication November - December 2023

Because of you...

Letter from our Executive Director



Happy Holidays! What a year 2023 has been! On behalf of our founders, board of directors, staff, and volunteers, I would like to thank you for your ongoing support this year! As a recap, this year's Trivia Night, Chef's Challenge, and recent Annual Manna March was an astounding success and we cannot wait to see what the new year will bring.

This year's Manna March reached its' 20th anniversary. It was a walk to raise funds for food and emergency help services for our neighbors in need and to promote awareness throughout the community. With support from our participants and sponsors, we are able to continue serving His people, particularly His people in need.

I'd like to give a special thank you to the local businesses and churches that donated food and other essential items. As we wrap up 2023, I'm looking forward to our upcoming holiday gifting programs to help our clients enjoy a lovely holiday with their families.

I think this year has brought about a lot of hope and my vision for 2024 is to continue making a positive impact to the community. I'd genuinely like to thank all of you that have volunteered with us, donated, organized food drives, attended our events, recommended us to their friends, family, and individuals in need. You've enabled us to accomplish more than we thought possible.

On behalf of Feed My People's staff, we would like to thank our founders, John & Carol DeGuire, for their guidance and unwavering support.

I would like to wish you all a peaceful holiday season filled with love and joy as we head into the new year!

Many Blessings,

Stephanie Berberich
Executive Director

*"And the angel
said to them,
'Fear not,
for behold, I come
with good tidings
of great joy.'"
Luke 2:10*

2023 Holiday Shopping Kickoff

Attention Shoppers! This is an official announcement for this year's Holiday Shopping Kickoff at both of our thrift store locations.

When & Where: November 30th, 4-6:30 pm at South County and December 3rd, 1-3:30 pm at High Ridge

How to Attend: Donate 5 canned goods or \$5 in cash

What to Expect: Snacks & Refreshments, Holiday Gift Baskets for sale, Door Prizes, and a Fun Shopping Experience!

Holiday Kickoff
\$5 off your \$15+ purchase

Offer valid only on 11/30 at South County or 12/3 at High Ridge thrift stores.
One time use only at Holiday Kickoff.

Feed My People

A Christian Interdenominational Help Center showing God's love and compassion for God's people in need.

South County Office

171 Kingston Drive
St. Louis, MO 63125
(314) 631-4900
Fax (314) 631-7930

High Ridge Office

3295 Ottomeyer Road
High Ridge, MO 63049
(636) 677-9885
Fax (636) 677-8691

Website

www.feed-my-people.org

Email

info@fmpstl.org

Executive Director

Stephanie Berberich

Editor

Scarlet Montilla

Programs

Transformation Program

Our Transformation Program is a holistic, new service to help clients identify needs beyond food. It's a comprehensive referral service that assists clients with:

- Utility Assistance
- Rental Assistance
- Health & Wellness Assistance
- Emotional Distress
- Spiritual Distress

Client Choice Program

Emergency and Long Term Food Assistance

- **Job Counseling**
 - Computer Lab
- **Thrift Stores**
 - Open to the Public
- **Healthy Family Program**
 - Personal Care Items, Clothing Assistance, Eldercare Assistance
- **Healthy Kids Program**
 - School Supplies, New Shoes
 - Birthday Room
- **Healthy Homes Program**
 - Heater, Blankets, Fans
 - Utility Assistance
- **Christmas Programs**
 - Adopt-A-Family, Giving Tree

What's Going On In The Community?

Foosball For The Youth

A pastor's wife came into our thrift store, The Thrifty Hanger, to ask about a foosball table she saw outside for sale. She mentioned they were redecorating the youth group recreation room at church. Her husband was trying to provide a space for kids to socialize. We decided to donate the game table. A few weeks later, we received another game table and reached out to the pastor and his wife to see if they were interested in adding it to their rec room. They said yes and immediately came to pick it up! As you can see in the images below, the recreation room provides a safe space for youth to have fun and make friends!

Youth group at church's rec room



Volunteers

As you all know, volunteers make the world and Feed My People go round. We could not serve the South County or High Ridge community without our hundreds of volunteers. Thank you to our recent volunteer groups for working with us!

If you are interested in volunteering at High Ridge or South County, contact Angela H. at (314)631-4900 x 315 or angelah@fmpstl.org. We'd love to have you!



Novo Nordisk volunteers



Maryville University volunteers

Holiday Cheer

As we reach the end of the year, our need to help clients have a lovely holiday with their families increases.

Our **Giving Tree** program is in its beginning stages. New and unwrapped, donated gifts are set up in our offices and clients will be able to choose the items that will best suit their families' needs.

Adopt-a-Family is in full swing! Our donors have been selected and provided with their assigned family's wish list.

If you are interested in providing gifts or wrapping supplies, please contact Angela at AngelaH@fmpstl.org or 314-631-4900 x 315.



Giving Tree

Request List

Gloves/Hats/Scarves/Coats
Sheets/Blankets/Comforters
Toys & Books
Electric Toothbrushes/Shavers/Clippers
Makeup/Cosmetics/Bags
Hair Ties/Bows
Craft Supplies (Markers, Crayons, Etc.)
Pillows (Decorative, Body, Etc.)
Water Bottles/Athletic Items
Stickers
Journals
Jewelry/Jewelry Boxes
Small Household Appliances
Bath Bombs/Lotions/Oils
Hair Straighteners/Blow Dryers
Men's Clothing (Flannels, PJs, Etc.)
Linens (Towels, Table Clothes, Etc.)
Bicycles for all ages
Manual Can Openers




Gift Cards are always a safe and welcome choice as well.

**Hand in Hand, the DREAM continues...
Making spirits bright!**

Events & Programs

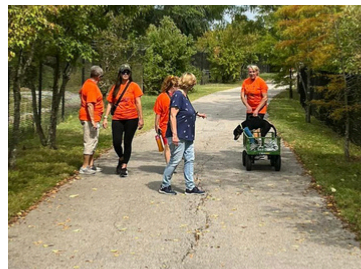
Manna March

Our 20th Anniversary Manna March was an astounding success! With 120 participants and many sponsors and donors, we couldn't be more thankful to everyone that join us to walk against hunger. It was great to see so many people wearing bright orange shirts walking along the Mississippi River at Jefferson Barracks Park.

We awarded the John & Carol DeGuire Humanitarian Award to River City Casino and Crosspoint Church, and the George Huber Heart Award to Denise Huber. They were nominated and voted for by the Manna March Committee. These winners supported Feed My People immensely last year and we greatly appreciate it.

Thank you to our sponsors, The Donacy Realty Team, Bull Moose Tube, Patrick's Wrought Iron Services, Cafe Nova, Glenlo Awning & Window Company, MBhealth Insurance Agency, Harmony Fellowship, Pines Wealth Management, Siebert Insurance Agency, Ron Mydlo Agency Inc, Reid Jaeckle, and Smoke n' Bones BBQ. In memory of Curt Kohring and George Huber. Also, thank you to our wonderful volunteers!

Stay tuned for next year's Manna March!



All above pictures show Manna March attendees

The Need For Food Meal-A-Month

Meal-A-Month, is an easy way to support our food pantry. Your business or church will be provided with yellow collection bags. These bags provide a list of essential items to fill our pantry. Your employees or congregation would fill up a bag and drop it off. At the end of the month, Feed My People will send drivers to pick up all of the items collected.

This is an ongoing program as the need for food is never ending especially for our clients. If your business or church would like to join this food program, please contact scarletm@fmpstl.org to get started.

MEAL-A-MONTH
MAKE A DIFFERENCE TO FEED THE HUNGRY
 \$12 feeds a family of 4 per meal. Imagine how many meals you can provide to help us feed 1,600 individuals a week.

3 EASY STEPS

1. Grab a yellow bag from your church or business
2. Fill it with meal suggestions provided
3. Return to church/business for pickup

More Information
www.feed-my-people.org
 314-631-4900

During a year marked with inflation, your gift to FMP's Thanks for Giving Program can help families have a Thanksgiving dinner. Join our effort by donating for meals.

Thanks for Giving Program

Please select your desired amount.

_____ \$250 will serve 3 families

_____ \$100 will serve 1 family

_____ \$50 will provide one turkey and two sides

_____ \$20 will provide two sides

Other \$ _____

Your name _____

Email _____

Address _____

City, State, Zip _____



Memorials

Joseph Sind

Janice Cocayne
Lauren Ellenbecker
Mary Lee
Ginny Eason

Steve Crouch

Mary Reinke Jackson

David Angers

Ellen Roelle

Herman Neiter

Robert & Susan Ruzicka

Bill Losh

James & Louise Doiron

Curt Kohring

Ann Tollefson
Ann Corrigan
Wayne & Rosemary Finkenbuenger

Tom St. John

Mrs. Ruth Marie Eggers

Gloria Besterfield

M. Knudtson

John & Carol DeGuire

Joan Ferguson

Nancy Ron Wildberger

Bob Dittmaier

Barry & Sharon Jenicek

Wayne Schlichting

Mary Hettenhausen

Melva Smith

Elizabeth Cromwell

Mr. & Mrs. Gene Pollman

Mr. & Mrs. Robert Brunner

Irene Peterson

Linda Peterson

Kerwinn & Amy Williams

Christina Theodore

Joan Ferguson

Brad Carson

Joan Carson

JoAnn Ryan

Evelyne Mosblech

Janice Kroeger

Andreas & Deborah Aumer

Shirley Mizell

Wayne E. & Barbara J. Miesner

Cindy Riordan

Karen L Berendt Gant

Paul & Dorothy Welker

Cletus M. & Rebecca Schnurbusch

Carol Kimmich

Daniel L. & Peggy A. Buechler

Sharon Doerre

Gloria Wagstaff

Mickey Mackfie

Norman & Susan Friedmeyer

Henry & Rose Von Rohr

Joyce Gray

Tributes

Steve Lieber

Peiker-Piatcheck Associates, Inc.

Tonnie Monroe Wasem

Ken & Linda Meyers

Natasha & Keegan Ellis

Marilyn Ellis

Tony & Barb Noronha

Joseph Hagan

Dina Stymiest

Silvio & Nancy Tomasella

'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away. Revelation 21:4



**As of 10/20/2023*

Memorial/Tribute Program

Enclosed is my gift of \$ _____

In **Memory** or in **Honor** of (Circle One) _____

In Honor of (Occasion) _____

Please Send Notification To: _____

Email: _____

Your Name _____

Email _____

Phone _____

Address _____

City, State, Zip _____