



The Newsletter from the  
Sandwich Program—  
Angel's Offerings from  
Sophia's Kitchen  
103S. Richard Pryor Place  
Peoria, IL

# Notes From the Kitchen



Volume 1 Issue 2

Spring 2016

## Did you know?

- We feed 300 to 700 people daily
- We never turn down those in need
- All our meals are made fresh
- Join us at 7:30 AM daily Mass at St. Joseph Church. Special Intentions for our volunteers are offered on March 24 and April 22.

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## Bringing Strength and Health: Nourish

Many hours of thought and prayer have helped us define where we feel God is leading us as we continue to help those who need us most. The one word that seems to come up repeatedly is Nourish. We want our guests to go away with more than a sack full of calories. We want the food to provide them with strength and health. We want their souls to be tended to as well.

With these goals in mind, we have concluded the current layout of the building needs a bit of improvement to better serve the needs of both volunteers and patrons. We have collected bids and revised plans. We are pleased to announce that

we are ready to begin a new chapter at Sophia's Kitchen.

We will be creating a larger kitchen area to allow more room for the growing number of volunteers who wish to help us. An office space will allow the Program Director to be onsite to better serve everyone. Ventilation issues will be solved. Best of all, a defined dining area will allow us to safely invite our patrons inside. In this area, they may eat their lunches and hear God's word. Bible classes will be lead, spiritual counseling will be available and EWTN can be played throughout the day.

Construction is set to

begin at the end of April. Two generous bequests have given us the seed money to feel comfortable in going forth with this project, but we still need your help! As frugal as we have been in planning, there are still things that will need to be covered. Could you make a pledge to help us cover these costs?

- ◇ Electrical
- ◇ Mechanical
- ◇ Drywall
- ◇ Doors
- ◇ Windows
- ◇ Flooring
- ◇ Paint
- ◇ Labor

All pledges from your heart are gratefully accepted. Help us share our Catholic heritage with our neighbors!

## From Claire's Desk...

*I am excited to see the long needed construction happening soon. Fr. Larry had often asked me if I wanted a formal office space at the Kitchen, but other needs were always*

*more pressing. It will be good to be back onsite! The ventilation has been a moist and stinky issue since we began serving in 2010. Thank you for your help in solving these problems, and*

*helping us to better serve those who seek our help.*

Claire Crone,  
Program Director

## Some Very Special Birthdays



Henry is a great guy! He asked for donations to Sophia's Kitchen instead of gifts for his birthday party. He dropped off a HUGE amount of food to help those in need. I wish Henry could have seen those eyes light up when they saw what he brought.

This young lady is Megan with her brother and sister. Megan just turned 9 and for her birthday she asked for donations to Sophia's Kitchen. Everyone was so touched by what you have done, Megan. What kindness during this the Year of Mercy.



# Recipe

An Invitation to Grace

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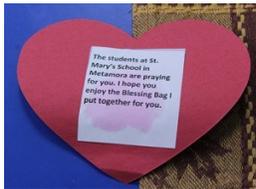
All you who are thirsty,  
come to the water!  
You who have no money,  
come, buy grain and eat;  
Come, buy grain without money,  
wine and milk without cost!

a delicious holiday

## Faith in Action

Peggy Jacques and the Faith Community Nursing Program truly fulfill our commitment to nourish by tending to both the physical needs of our patrons and their spiritual needs. To further serve, they have arranged to have the OSF Care-A-VAN come to Sophia's Kitchen parking lot the last Wednesday of every month. Thank you for caring so much for our patrons!

## Blessing Bags



Joyce Heiple, the second grade teacher at St. Mary School in Metamora had her students enter into a Year of Mercy project that would bring blessings not only to them, but to those in need in central Illinois. All the students were involved in raising enough money to buy items for 101 blessing bags—one for each of

them to assemble and send to Sophia's Kitchen. The children were not to approach their parents for money, but to make sacrifices throughout the month of January and earn it by doing chores around the house. Each bag had a bottle of water, a pair of socks, nuts, a granola bar, a fruit snack, gum, a toothbrush and

toothpaste, and a fresh apple. Most important, the bag included a cut-out heart with the child's first name assuring the recipient of ongoing prayers. What a wonderful way to participate in the year of mercy and learn the importance of helping others and praying for them.

## Hearts, Hands and Souls of the Kitchen: Our Volunteers

Our good friend Cora O'Brien, better known as "Corky", has passed from this world and is dearly missed. Corky was a parish member at Sacred Heart Church and was even married there. She was a volunteer when the sandwich program was still at Sacred Heart

and followed the ministry to Sophia's Kitchen. She always greeted our patrons with grace and made sure they had enough to eat. This kind woman was a friend to all in need. She was just a sweet, dear lady and is very missed by her fellow volunteers.

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.*



## Food Safety is Number One in Importance



We work very hard to make sure all food we serve is as safe as it can be! All managers are certified and they make sure volunteers understand the importance of food safety.

The best way to keep everyone healthy is to practice good personal hygiene, which is always promoted at our kitchen. Volunteers and staff participate in handwashing seminars,

learn to avoid cross contamination and stay up to date on food safety. God bless our volunteers for their willingness to learn new things!

## Good Bye Sr. V!

It's been a delight to have Sr. Vilayphon in the Kitchen. We will be sorry to have her leave us in April. Her gentle nature and beautiful garden have been gifts Sophia's

Kitchen will always treasure. May she find abundant blessings in her new adventures!





In the Spirit of Saint Francis and true to the foundation began by the Friars Minor, Sophia's Kitchen is an outreach of Sacred Heart Parish.

All donations are tax deductible and are used exclusive to for the needs of this ministry to the hungry of Peoria.

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Pastor

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Director

Sister Vilayphon  
Manager

Courtney Curtis  
Assistant Manager

CatholicPeoria.Com

The people we serve at Sophia's Kitchen have the same hopes and dreams for their children as you do for yours. Help us provide them with nutritious, healthy food. Donate on-line at [CatholicPeoria.com](http://CatholicPeoria.com) & click on DONATE or mail donations to:

**Sophia's Kitchen c/o Sacred Heart Church**

**504 Fulton Street**

**Peoria, IL 61602**

**Mission Statement**

Sophia's Kitchen seeks to nourish the less fortunate members of our community by feeding both souls and bodies. Under the direction of the Roman Catholic Diocese of Peoria, Sophia's Kitchen gives those in need - the elderly, unemployed, under-employed, poor, and homeless women, men and children - food for the day, support for their health needs, and spiritual guidance for their everlasting souls. We provide a safe, clean, uplifting environment for our patrons in need of food and fellowship.

Sophia's Kitchen provides a healthy and

nutritious sack lunch at no cost to individuals and families in the downtown Peoria area. We have a "no questions asked" policy, serving more than 400 meals a day to all who come. We encourage healthy behaviors and lifestyles through our partnership with Faith community nurses, who provide our patrons with blood pressure screenings, blood glucose monitoring, and health education. We share our Catholic beliefs through gentle evangelization guided by the "Little Way" of St. Therese of Lisieux.

The needs of Sophia's Kitchen are sustained by committed and

compassionate volunteers and also through the generous contributions of donors. We are supported by a spiritual army of prayer warriors who surround the Kitchen with a blanket of care. We do not receive any funding from the County, State or Federal governments.

