



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

### 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.

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# Notes From the Kitchen

Volume 1 Issue 3

Summer 2016



## Making a Difference

Are we making a difference? Every day when I unlock the doors, I know I will see the same weary faces again. Cliff will be there with his children, the one legged man will hobble in, Martha will push her wheel chair into the wall again and we will be serenaded by the one who literally insists on singing for his supper. They will be followed by hundreds upon hundreds seeking something to eat. The lobby will resound with pleas for "anything you've got - I'm so hungry!" and "God bless you!" Some will come angry, so angry at needing to beg for food. Some will come with a demanding attitude and leave a huge mess in their wake. Others have stories of

such sorrows that our hearts writhe.

At the end of the day, I'll lock the door, pick up the garbage and repair the wall from Martha's wheel chair again, while wondering if we are making any difference. They will all be back tomorrow, just as hungry. So what difference did we make? Well, because of us, Cliff is able to keep his kids. They aren't in foster care. The one legged man has independence. Martha has companionship instead of sitting alone in her apartment. And who wouldn't love the never ending song of praise from our friend? We made a difference in their lives, and the hundreds and

hundreds of others who come to us each day. We are making lives better.

Would you like to learn how to help the poor in Peoria even more? Would you like to learn why they are poor and mostly why they seem to always stay poor? Why don't they just get a job? Sophia's Kitchen will be hosting Bridges Over Poverty, a one day seminar September 17, reflecting on the causes and solutions to poverty. For more details and to sign up, contact Claire at: 309-655-1578

## From Claire's Desk...

*Sophia Sunday—Every July we honor the little girl whose name the kitchen bears. Sophia Donald died just 3 days after her 3rd birthday. Sophia's family began an annual fundraiser to benefit*

*the Sacred Heart Sandwich Program. This year the Donald family hosted the 1st annual Sophia Sunday benefit, with proceeds going to the Kitchen. The delicious pork chop*

*sandwich meal was enjoyed by all, as well as the entertainment and silent auction. I hope to see everyone there next year. Claire Crone, Program Director*

## VicTouch



Sandy Whalen at VicTouch

Our volunteers are learning to use VicTouch. This is the same system OSF uses to track volunteers. It is so useful for both administration and our volunteers. At a glance, they can see when they are scheduled, put in when they will be gone on vacations and see if extra help may be needed on a day when they are

able to help a bit more. It is especially useful in keeping track of student hours for their PND service.



Dean Zoss & PND's Conner

# 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

It's a beautiful thing to see the young students serving alongside our veteran volunteers. Thank you for teaching them how to love their fellow man. The compassion they are learning at our window will well serve them for the rest of their lives. We have greatly appreciated the strong young people taking out the garbage, carrying heavy boxes and pitching in where ever they are needed. They are now skilled in good work ethics and healthy kitchen skills from your examples!

## Spiritual Center



Meet the deacons. We are blessed to be joined by Deacon Marty Pajoli, Deacon Ed Mallow, Deacon Mike Schallmoser, Deacon Rick Miller and Deacon Roger Hunter along with their spouses and helpers. With dedication, they come every week to host the dining area for our weary and hot patrons. In

this space, they can cool down while eating their lunches. Praise and Worship music fills the air, religious programming plays on the TV and the children are entertained with books and coloring. The deacons sit quietly and minister to their needs, showing them God's good graces in loving

ways. Thank you for making this ministry available to those we serve. In this calm way, we are introducing many to Catholicism.



## Volunteer Spotlight

This is our volunteer Sandy Whalen. Sandy is an AWESOME lady! She is one of my main cooks on Friday mornings. Her easy going attitude is a joy to work with. When she and her friend Sherrie start cooking, we know it will be delicious and filling. No one goes hungry on Friday mornings! Her ability to

roll with the punches is fantastic. There's nothing that Sandy isn't willing to try to cook - except canned Gefelته fish! What ever I hand her, she just rolls up her sleeves and gives it a go. I did find recently that this Irish lady had never cooked a corned beef before! By the time she got done with it, it was

delicious! Sandy is even willing to take on other new tasks, like learning the VIC touch system without complaint. She is just a joy to have volunteer in the Kitchen.



Thank you to the Girl Scouts who visited Sophia's Kitchen. They worked so hard!! The girls pulled weeds and helped to mend a fence. They cooled off by decorating our lunch sacks and helping to pack lunches. We are very

grateful for all the Lemonade they donated!

We serve 30 to 40 gallons of lemonade every day! When shopping, consider buying some extra items like this. You can drop them off at the

## Helpers of all Kinds

kitchen and see where your blessings go.

We are blessed to have many groups come and volunteer. Call us if you know a group who would like to volunteer for a day.

## Welcome Fr. Jim

Fr. James Pankiewicz is not only new to the Heart of Peoria Catholic Community, but he is new to the Sophia's Kitchen. He wanted to make sure the kitchen would be a big part of his ministry here at the Heart of Peoria. Fr. Jim was born in St. Joseph,

Missouri and ordained on May 29, 2010 for the Catholic Diocese of Peoria. He was Parochial vicar of St. Joseph in Pekin and then became Assistant Chaplain at St. John's Catholic Newman Center in Champaign. We are happy to have him join us this year.



Fr. Jim, Mary Ann Knight & PND's Natalia



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

Fr. Jim Pankiewicz  
Chaplain

Claire Crone  
Director

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**

Under the direction of the Roman Catholic Diocese of Peoria, Sophia's Kitchen gives those in need 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.

Almighty Father, help us love and serve those who are hungry. Use us to feed their souls and bodies, in accordance with the teachings of God's Holy Church. We ask this through Christ Our Lord. Amen

