



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

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Making a Difference This Lent

We are serving the poorest of the poor at Sophia's Kitchen. For most, there will be no end to their poverty. For many, the food we give them each day is all they will have to eat. When he picked up his lunch today, one man felt compelled to tell me his monthly budget. "I know it to the penny!" He listed all his expenses over and over, and at last looked up at me. "Where does the food come in? I can't figure what penny goes to the food! Yesterday, I came here - it was all the food I got to eat. I can't find no more pennies."

He might not be able to find the pennies in his budget for food, but I'll bet you can. Put your pennies into a Sophia's Lenten Lunch Box to help those most in need. Boxes are available at Sacred Heart Church. Return them at any one of our four churches or the office at Sacred Heart at Easter time. Or you may donate the amount electronically at catholicpeoria.com

Any questions contact Claire at:
309-655-1578

Checks can be made to Sophia's Kitchen, c/o Sacred Heart Church, 504 Fulton Street, Peoria, IL 61602. Or you can give electronically at catholicpeoria.com



From Claire's Desk...

I'm so glad Msgr. Deptula has challenged us to fill the Lenten lunch boxes! The mere act of giving something up has always felt hollow to me. By pairing the sacrifice with

the action of giving, I know what I have done will truly make a difference. What can you sacrifice this season? A latte, an evening out, or maybe something bigger?

Claire Crone,
Program Director

Celebrations

St. Patrick's day:

We'll spend St. Patrick's day sharing the goodness of this fun saint with a hearty bowl of Irish Stew. We love to tell stories about saints with our patrons.



Feast of St. Joseph:

This feast day is near and dear to the hearts of St. Joseph parishioners. Our patrons will enjoy a warm bowl of chili as they help us celebrate our patron saint. We are privileged to be able to share this wonderful example of fatherhood with our guests.

Recipe

An Invitation to Grace

title

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!

Faith in Action

The grade school students have learned so much this school year from the time they have served at Sophia's Kitchen. St. Philomena students are using this as a capstone project. They have put a great deal of work into planning a Hunger Banquet in April where they will share some of what they have learned. I'm very proud of the compassion these great kids have for their fellow man.

Spiritual Center

Thank you to Kate Smart and Sr. Merlinda for our Bible Study class. The men who attend are seeking God and eagerly soak up the lessons. Sr. Merlinda has also begun a noon story time for our littlest ones. With the help of several volunteers, fun stories are shared and a Bible lesson or two!



Volunteer Spotlight

Volunteer spotlight: Peggy Reel began volunteering with Sophia's Kitchen in August of 2010, shortly after the program moved from Sacred Heart. A retired nurse, Peggy brings a kind, sensible approach to her work in the kitchen. We know we can rely on her calm, cheerful attitude to make

Thursday mornings go smoothly. Even on the days that her knees are achy, she just pulls up a stool and keeps making those PB & J sandwiches.

Thank you, Peggy for your willing heart!



It's expensive to be poor! Have you ever thought about some of the perks having money brings? The ability to go where you want, bundle services for cheaper rates, free checking, buying in bulk. We hear stories every day of the

poor paying ridiculous rates because they don't have any other choices. The lack of transportation limits where they can shop and how easily they can get places. A quick trip to the doctor for us might mean hours on a

bus for them. Lack of fresh vegetables creates costly health issues. Before we judge what we think are poor choices, remember their reality is different from ours. Let's give a hand up instead of a push down.

Planting for Others

When you plant your garden this summer, can you plant an extra row for us? Carrots, potatoes and sweet peppers are always appreciated as we add nutrition to the lunches.

Prayer Requests & Wish List

Prayer requests: Please pray for our volunteers. Thanks for the sacrifices they make to come here. Bless them for coming even on the days they are hurting and achy with joint issues, or family heart aches. Please pray for our patrons, those who are homeless, out of

work, battling addictions or mental illnesses. Keep them safe and help them find their way home.

Wish list: Sophia's Kitchen is always in need of plastic forks and spoons, powdered drink mixes, fruit, canned and fresh vegetables.





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.

Contact us
c/o Sacred Heart Church
504 Fulton St.
Peoria, IL 61602

Phone: 309-655-1578

Email:
SacredHeartPeoria@comcast.net

www.facebook.com/sophiaskitchen

Staff:

Msgr. Stanley Deptula
Pastor

Fr. Jim Pankiewicz
Chaplain

Claire Crone
Director

Sr. Merlinda
Spiritual 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 & 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

