



TABLE TALK

FEEDING THE MIND, BODY & SOUL

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President's Message

By Jack Lansing

Greetings from St. George's! As we enter the New Year, we feel well-prepared for the future, and we continue to be humbled by the generosity and spirit of our entire Saint George's family. On behalf of our staff, our board, and our guests: thank you, thank you! I am pleased to present to you our Winter 2018 Newsletter.

As we head into February, the social season kicks into full gear. I am gratified to be serving on the committee for the **5th Annual Empty Bowl event** hosted by **Bethesda-by the-Sea**. This is a collaboration between the church and over 40 restaurants in Palm Beach. All the proceeds from the fundraiser go directly to the **Palm Beach County Food Bank**. The Food Bank, in turn, is a major supporter of St. George's, supplying over 50% of the food used for feeding our guests at the Mid-Day

Meal. Collaboration is what keeps us strong. As their new Executive Director, Karen Erren completes her first year, we are very apprecia-

tive that she has gone above and beyond to strengthen the mutual commitment of our agencies.

As Board President, I am always actively exploring for more partnerships within our greater community. We continue to build our community corporate volunteers for our Mid-Day Meal. We are also looking to expand on the successes of the foot-washing and shower van programs to be able to extend more health and human services to our guests. I know that I can count on all of you to take a personal interest in our future success!



How Are We Doing?

With your help, St. George's Center is doing its best to care for the increasing number of people experiencing Hunger and Homelessness in Palm Beach County. Is the Table Talk newsletter telling you what you want to know about the work of the Center? What would you like to know more about? Do you want to volunteer or are you part of a group that would like to serve a meal at St. George's? Please let us hear from you. info@saintgeorgescenter.org

Guest Spotlight: “Cowboy” By Cristina Hungerford, Volunteer Coordinator

MEET COWBOY:

Wiggins, better known to most as Cowboy, has been a steady friend, volunteer and guest to St. George's for decades. Cowboy has lived in Riviera Beach since the late 60s. He has nine children (6 girls and 3 boys). He was given the name Cowboy when he was younger and liked to ride horses. And, the name just stuck.

There was a time in Cowboy's life when he was a professional chef for celebrities on Palm Beach Island and San Francisco.

He came to St. George's when he realized that he needed to change his life.

“I was living a hard life and it needed to end. It wasn't me—it was God who changed me.”

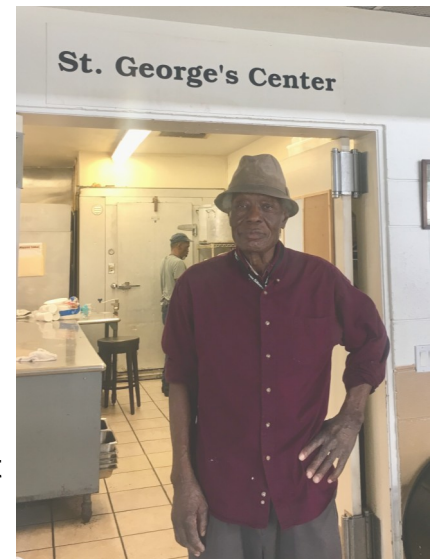
For the last 10 years, Cowboy has volunteered at St. George's six days a week—stocking

food, preparing food, cooking for the Mid-Day Meal, cleaning and helping at the church.

He also helps the guests by giving them advice on how to better their lives.

Cowboy says that what he loves most about St. George's is that everyone is like family and they are looked at as human beings, with respect.

“Life throws you curves but if you have your head positive, you can deal with anything.”



Donor Spotlight: D & D Constantakos By Cristina Hungerford

For the ninth year in a row **D&D Constantakos, Inc.** has been instrumental in the success of St. George's during the holiday season.

Their generous donation and match given by over 20 of their partners is vital to our programs.

D&D Constantakos makes it possible to continue our mission of giving a healthier lifestyle for the individuals and the families that we serve.



Feeding Program Update By Cristina Hungerford

In 2017, St. George's Center served over 2,300 meals a week to our guests.

St. George's staff and volunteers served a Mid-Day Meal Monday through Friday from 11:30am - 12:30pm.

Volunteer Groups served a hot Evening Meal Monday through Friday from 5:30-6:30pm.

Bag Lunches were served on Saturdays from 11:30am-12:30pm.

Saturday Evening Meals were served on the 2nd and 3rd Saturday from 4:00-5:00pm.

And, St. George's Church serves Brunch on Sundays at 11:15am.

A Volunteer's Very Personal Reflection on Footwashing

by Robert Hull, Board Member

As you probably know by now St. George's Center offers its guests the opportunity to wash their feet each Friday during the lunch hour.

It goes like this: our guests come with dirty, sore feet, with socks with holes (if they even have socks) and the myriad of blisters, scratches and aches that go with reliance on your feet as your only means of transportation.

They are given a small tub of warm, soapy water. They soak a while, then scrub with a betadine-impregnated surgical scrub sponge.

They are then given a tub of clear water for rinsing, a clean towel for drying, clippers for nails, foot powder, skin lotion and, if needed, antibiotic cream for the nicks and scrapes.

When all that's finished they are given a new pair of socks and invited to return in a week for another round.

You can imagine how good that all feels.

If your feet hurt, you hurt.

Sometimes I wonder if our guests at St. George's even think about Jesus washing the feet of his disciples, or his urging them to wash the feet of others.

It doesn't matter if they think about that or not, but I wonder sometimes.

As a volunteer I confess that I think about that a lot. I think of the humility of our Lord kneeling on his knees to wash the dirty feet of his friends.



I think of the symbolism of that simple act and how it completes Jesus' statements about humility and servanthood.

I must confess that occasionally I am tempted to say to myself "Well, look how humble you are, washing feet just like Jesus".

We humans have an amazing capacity to put a selfish twist on even the purest of actions.

I had a friend in college who was adept at poking holes in his friends' phony humility.

He would smile and say, "I see you're working on your next book: *Humility and How I Achieved It*".

I often wanted to smack him, not because he was wrong, but oh, so right.

Foot washing now helps me in the same way my college friend did and yes, I sometimes want to smack it too!

I can't engage in personal reflections about foot washing without remembering and sharing a profound moment from the past that occurred during a typical Friday foot washing session.

Five men were sitting in the foot washing chairs, in various stages of washing, rinsing and drying

their feet.

I noticed that one of our regulars was seated at the end of the row with his head bowed, seemingly done but remaining in his chair.

I walked over and put my hand on his shoulder and asked if he was finished.

He looked up from under the bill of his cap and I saw tears streaming down his face.

"Are you alright", I asked.

He nodded and said, "I feel like I just washed my feet in the tears of Mary".

We wash feet every Friday at 11:30. Please come help us.

Holidays For Our Guests by Cristina Hungerford

Throughout the year we are always so grateful for the kind and selfless volunteers we have at St. George's Center.

But during the holidays, we are amazed at the wonderful blessings our volunteers, friends, donors and community grace us with.

This holiday season we received so many clothing, food, monetary and volunteer time contributions that we would not have been able to do what we do without this aid.



THANKSGIVING

St. Mark's continued its annual tradition of serving a beautiful Thanksgiving dinner to our guests. Their schoolchildren participated by decorating the table with sparkle centerpieces and adorable placemats that they designed and colored.



Many of the guests were so pleased with the placemats that they took them with them when they left.



CHRISTMAS

This year, as in previous years, Temple Beth Am and Temple Israel served the holiday meals enabling St. George's Christian volunteers to take a day off. Temple Beth Am served a beautiful Christmas Eve dinner on Sunday to our guests and Temple Israel served a nice warm Christmas Day meal.



A big thank you to all who helped make the holidays a little bit brighter for our guests here at St. George's Center.



We are beyond grateful to Mandy Dolce from Holy Trinity Episcopal Church for donating this beautiful Christmas tree that all of our guests were able to enjoy this holiday season.

Volunteer Spotlight: Jessie Gray By Cristina Hungerford

Jessie Gray has lived in Riviera Beach for over 47 years and has worked as a Para Professional at Lincoln Elementary for more than 20 years.

Jessie started volunteering with St. George's Center in 2010 because she wanted to be involved with people that need help.

She has helped and continues to help with organizing and distributing of clothing, cooking for the Evening Meal,

assisting in the office and volunteering at special events.



When the Center had an After-School Program, Jessie played an integral part in its success.

Starting out as a bus aide, she was able to put her child development credentials to good use.

Her favorite memory with St. George's is of all the holidays she spent serving the guests.

Community Partner Activities

St. George's was invited by Dinah Washam, Board Member and employee of **NextEra**



Energy, to participate in their 2017 United Way Campaign Showcase. It was a great opportunity for St. George's to show hundreds of

NextEra workers the good work being done at the Center. If your company, church or volunteer group would like to know more about us please contact us so that we can share our story!

On Friday, December 22nd **Luvmat** and **Two Small Hearts** donated snacks, blankets, hundreds of toiletry bags, backpacks, wash cloths and socks to our guests during the Mid-Day Meal.

Our guests were extremely happy with the much needed donations. The blankets were a major hit!



Keep In The Know About The Center

Exciting things are happening at St. George's Center. Don't miss the latest news. Just click the link below and send us your email address so we can add you to the distribution list for our communications. "LIKE" the Center on Facebook. And view our videos on YouTube.



Like us on Facebook 



The Last Word By Cinthia Becton, Executive Director

We are looking forward to 2018 with great enthusiasm, because we ended a Magical 2017.

Magical because our guests were served over 124,000 meals.

Magical because community groups volunteered to serve bag lunches allowing the Center staff to take holidays off, knowing our guests would still be fed.

Magical because on cold days our guests had clothing and blankets from many generous individuals and families.

Magical because the foot-washing ministry provided comfort to so many of our guests' feet.

And magical because we are connecting more community service dots.

The St. George's story is all about service. And this service cannot

continue without the support of our volunteers.

While a meal is important, it does not complete the picture for individuals and families in need.

The Center would be unable to operate without our volunteers. In addition to our 33 Evening Meals, 4-5 Saturday lunches, and 2 Saturday dinners, several teams have purchased, assembled, and distributed hygiene kits. This service is appreciated.

Keep an eye out for updates displayed on the Parish Hall Community Information Bulletin Board. Information about local services and resources will be posted for our guests coming to the meals.



Board of Directors

Rev. Canon Howarth Lewis, C.E.O.

Jack Lansing, President

Daniel Ross, Vice President

Robert Hull, Secretary

Carmen Magana, Treasurer

Rev. Robert Beicke, Priest-in-Charge,
St. George's Episcopal Church

Elaine Alvarez

Hyacinthia Becton

Jane Counts

Keith Hintzen

Canon Dianna "Dede" Lewis

Dinah Washam

Tony Zmistowski

Host A 'Souper Bowl' Sunday By Rev. Hap Lewis, Chairman of the Board

Please help to make this year's **Super Bowl Sunday, February 4th** a "**SOUPER BOWL**" to benefit St. George's Center.

It is a very easy way to raise money for the center. All it takes is a soup cooking pot with the label "**Souper Bowl**" and under this "to benefit the Soup Kitchen at St. George's Center." Then have the pastor include in the announcements an invitation to the congregation to put in a donation—cash or check (made out to St. George's Center, Inc). And at the end of the service, collect the money and give it to the Center.

Holy Trinity Church has been doing this for the past 3 or 4 years and collects about \$1,600 to \$2,000 each time. Please ask your pastor if you can do this, this year.

