

Dear St. Paul's Community,

As our area begins to recover from the COVID pandemic, we at Among Friends continue our work in helping those with food insecurities which have dramatically increased throughout the pandemic and continues to be a cause for concern.

Among Friends is providing close to 1000 meals a month to those in need in our local communities. On average, we deliver about 40 meals and have 40 meals go out the parish hall doors on each of our meal days (Mondays at 5:00 and Tuesdays and Fridays at 11:00) One of the positives that have come from the delivery of meals is the personal connection our delivery drivers have been able to make with our meal recipients. Our delivery drivers often choose the same route to deliver (about twice a month) and many drivers "check-in" with our delivery guests and, I'm sure, provide a familiar friendly although masked face. If you would like to be included in our schedule for delivery drivers, please contact Bonnie at 508-397-8873 or Deb at 978-465-5351.

Recently, I was asked to talk about our work at Among Friends for a Newburyport Women in Action "Huddle Up" meeting. Women In Action has selected Among Friends to be the recipients of garden vegetables which they recently planted in a raised bed garden on the Newburyport rail trail. This is such a welcomed donation and great recognition of our continued work in the community.

Speaking of gardens... Among Friends will be in need of fresh produce during the summer months. We typically serve soup with every meal during the winter/cool months and then transition to fresh garden salads during the warmer/summer months. During the summer, we receive a weekly donation of greens from a program named Nourishing the North Shore. We are often in need of a variety of produce to complement a salad. Please think of us as you are rewarded from your garden this summer OR plant a few plants in your garden for us now to donate later. Produce you would like to donate can be left in the kitchen or in one of the refrigerators.

Thank you in advance!

*Bonnie Schultz*