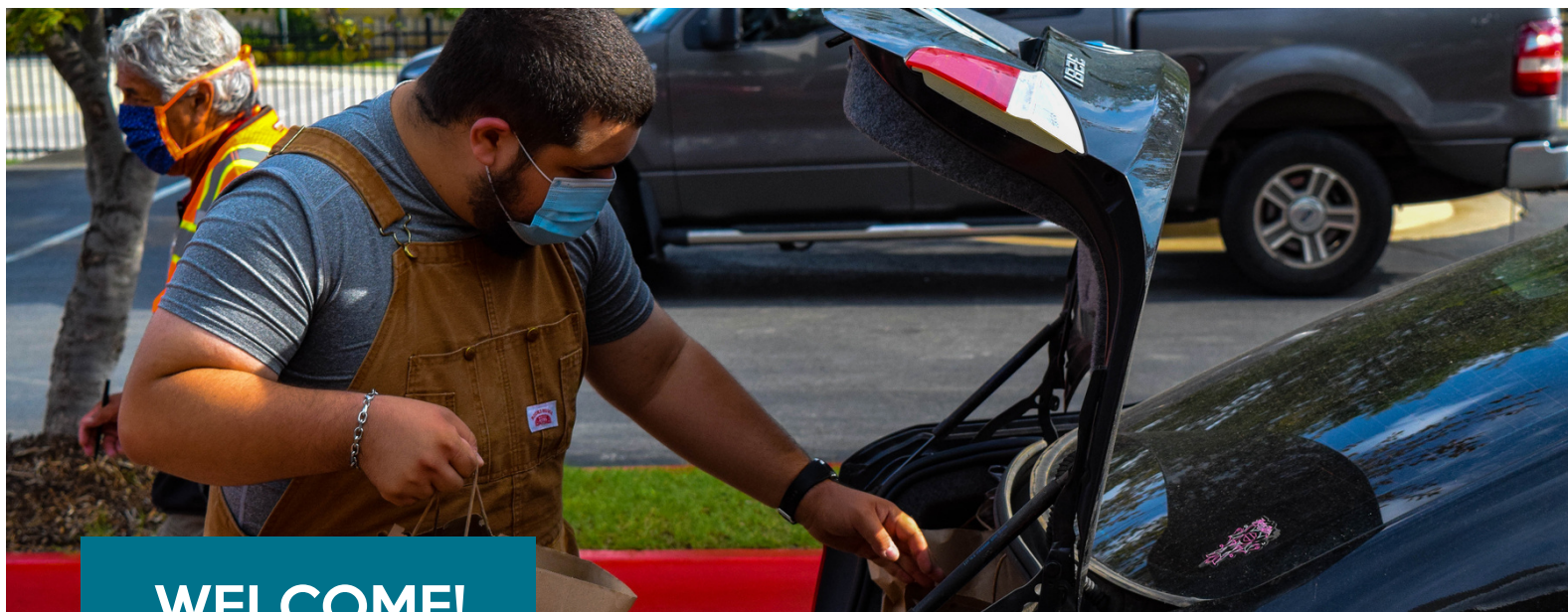


FOOD FOR THOUGHT

March 2021



WELCOME!

Welcome to the inaugural issue of the new Catholic Charities Food Pantry Newsletter! We are excited to be bringing our volunteers and employees this issue, which we hope will be the first of many more to come.

We will have feature articles in each issue about one of our staff, current and upcoming Food Pantry/CCEOK events, maybe some history, and something we call 'by the numbers' to help you appreciate the magnitude of the work we are accomplishing. In addition, this newsletter will be the vehicle we will use to introduce what changes to the Food Pantry are on the horizon, and a place to communicate new or changed pantry policies. We'll even have periodic updates from our outreach locations.

Our intent is to publish a graphically-enriched, engaging issue each month. If you have ideas for newsletter stories, or suggestions on how the newsletter can be improved, please email volcommunications@cceok.org. We strive to respect your suggestions by responding to you and/or incorporating those ideas and suggestions into an upcoming issue.

We are excited about using this newsletter to foster a sense of purpose, build a community within the Food Pantry, and just have fun sharing information about what we do!

Call to Action

A big thanks to Dennis Hayes for bringing this newsletter to life! His initiative and volunteering is helping to cultivate community within both the Food Pantry and Catholic Charities as a whole.

If you have story ideas for the newsletter, suggestions to improve it, or have an idea for a new way to get involved, email volcommunications@cceok.org.



A History of the Food Pantry

What began almost 40 years ago in a small one-room area of Catholic Social Services on North Denver Ave. has blossomed into what today is a multi-site food distribution network, involving scores of employees and volunteers, that feeds more than 400 families Tuesday through Friday every week--rain or shine. Today's Food Pantry, which is the largest food pantry operation in NE Oklahoma, gives away some \$25m of in-kind value food, and dwarfs the original.

St. Anthony Assistance Center, as it was originally known, was founded by Fr. James McGlinchey (below) and managed by Matt DeWeese. Matt provided long-term leadership, staying



with Catholic Social Services, then Catholic Charities of Eastern Oklahoma (CCEOK), for many years, leaving just a few years ago. St. Anthony Assistance Center had a case-management unit,



a couple of offices, and the bedroom-sized pantry. Groceries filled one or two sacks and were carried out by hand. No shopping carts were needed at that point.

A significant percentage -- about half -- of the groceries for the early Food Pantry were purchased at retail, the remainder was provided by parish food drives. We are all familiar with the large Community Food Bank of Eastern Oklahoma (CFBEO) trucks delivering food these days, but back then none of the food was coming from the CFBEO.

Clients received a standard parcel consisting of pancake mix, pancake syrup, Jiffy corn muffin mix, noodles, various canned goods, and one to three packages of ground beef (depending on the family size), but no bakery items and no fresh fruits or vegetables. Groceries were picked up and transported in an old pick-up truck and offloaded onto little dollies that made their way down a broken sidewalk into the small space where the groceries were repackaged into sacks. Clients did not enter the Pantry; sacks were carried out to them.

TO BE CONTINUED IN THE NEXT NEWSLETTER

DID YOU Know?

Since May 2020, Catholic Charities has:

received
204
truckloads of
pallets

containing
267K
boxes of food,
weighing

Over
1000
volunteers
donated
more than
14,800
hours to
distribute
the food

\$11,524,368
of food was given to

414,758
people



6,623,200 lbs!



STAFF SPOTLIGHT: Deacon David Hamel

Deacon David Hamel is the Chief of Mission Integration at CCEOK and leads the mission and culture efforts here as well as overseeing the Human Resources and Volunteer Engagement departments. The mission to be Christ's merciful love is always at the heart of what he does and is working on projects to help us all strive to holiness and eventually become saints.

Deacon David's accent quickly reveals that he isn't from Oklahoma. He grew up in New England. That fact was something his future wife, Janet, noticed upon their first meeting in Tulsa in 1986. One evening after work, he was winding down at the Wild, Wild West, and Janet asked him to dance to Reba's "Whoever's in New England" song. It must have been God's providence because the first thing Janet said after David introduced himself was, "You are not from around here!"

They moved to New Hampshire and Deacon David spent the next 23 years in productive careers working for the Church as the Business Manager and Pastoral Associate for a large multi-cultural parish of 4,000 families that celebrated Mass in five languages – English, French, Spanish, Vietnamese and Portuguese! He was ordained a Permanent Deacon in 2002 for the Diocese of Manchester and received a Master's Degree in Theology.

In 2010, Janet and Deacon David moved to Bristow, OK to be closer to her family and shortly after he received full faculties and was assigned to St. Joseph in Bristow. Several years ago, he was incardinated (officially accepted) into the Diocese of Tulsa and is now assigned to St. Mary in Drumright, Sts. Peter and Paul in Cushing and St. John the Evangelist in Pawnee.

For someone who grew up in a New England city, Deacon David has certainly embraced country living.

He and Janet started Ham-Moo Acres (a word play of their last name--or the pigs and the cows) where they raise and care for Beefmaster cows, a couple of pigs, 2 donkeys, 3 ducks and several dogs and cats.

At the heart of all he does, Deacon David tries to model his life as a witness to Jesus as a leader and a servant.



2 TRUTHS & A LIE

So now that you know all this, he has two truths and a lie to share. Can you figure out which they are?

PAPER BOY: Deacon David began working at ten years old with a walking paper route with 110 customers.

MARCO POLO: Deacon David has traveled to more countries (14) than he has to different US states (13).

FIRST BORN: Deacon David is the oldest of five siblings and he and the second are only 51 weeks apart in age.

The answers will be in the next newsletter!



UPCOMING EVENTS:

Spring Break is just around the corner!

Student Volunteers
will be here:

**Tuesday through Friday
(March 16 – 19)
8:30 AM - 12:30 PM**

This will be a great week to plant the seeds of serving and faith. You may be the only one that shows them Jesus that day.

We need you to welcome these students to Catholic Charities.

Share your story: Why do you volunteer here? What impact has volunteering made in your life?

Coming Soon...

CCEOK Volunteer Office Text Messaging: Our volunteer office is always looking for the best way to send timely and important information to you. Email is a good way to communicate when timeliness isn't a factor, but email can inadvertently be filed in a spam/junk folder, you might never receive it, or if you don't check your email every day, you may not get the timely information, which can be very frustrating to both the sender and the recipient.

In the near future we will be setting up volunteer texting by groups (programs) and sub-groups (groups within the program, like lead volunteers, group leads, or volunteers that come in on a specific day for example).

Very soon you will be receiving an invite email from our SignUpGenius. Please follow the simple steps:

1. Click the button that takes you to the SignUpGenius site,
2. Enter your mobile/cell number and, finally,
3. Click Opt In for Text.

Only perform these steps if you'd like to receive these texts.

Hello!

Please opt in to text messages so I can keep you updated on any practice or game updates and changes this season. Let me know if you have any questions!

[Opt-In for Text](#)

GET INVOLVED



Volunteer with us!
cceok.org/volunteer

For story ideas, feedback, etc., email:
volcommunications@cceok.org