939 Ontario Avenue
Niagara Falls, NY 14305

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HE'S AT IT AGAIN

This photo shows yet another check presentation by Angelo Sarkees, founder of Deposits for Food, this past fall. The amount presented to Heart, Love & Soul was $750. L-r: Sr. Beth Brosmer, Heart & Soul; Fran Giles, Modern Disposal; Angelo, himself; and Joe Sbarbati, Community Missions. Since November, Angelo has donated another $1,100 through his tireless efforts to feed those in need. Angelo, you are an example for all of us—God bless you!

FINAL FANTASY

These are characters from Final Fantasy XV. Their names are Noctis and Lunafreya. I wanted to celebrate the release of the game after being in development for 10 years. I plan on drawing more characters from this game as a collection. The characters feel like real people when you're playing the game. I want to one day be able to create games and make a living in this way. I want to make my imagination come to life. That's about all I can think of right now.

Peter Rhine, Artist and Guest at Heart, Love & Soul

WISH LIST

- Pasta – all types
- Canned chicken
- Condensed milk
- White rice
- Socks – adult, white or black tube
- Laundry detergent – 40 oz. or more
- Toilet paper – two and four packs
- Small bottles of dish soap – 14 oz. or less
- Deodorant – men's and women's
- Body wash, bar soap
- Toothbrushes, toothpaste
- Shampoo and conditioner – full-size bottles
- Razors, shaving cream
- Body lotion – full size bottles
- Bleach – gallon size

HEART Love & SOUL
SPRING 2017

SERVING THE COMMUNITY FOR OVER 30 YEARS

MISSION

Heart, Love & Soul is dedicated to feeding those in need – body, mind and soul.

WHAT WE DO

- Food Pantry
- Dining Room
- Holiday Food Distribution
- Community Meetings
- Social Work Services
- Cooking and Nutrition Classes
- Summer Programs for Children

CONTACT INFORMATION

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There was a collective sigh following a very busy Thanksgiving and Christmas season! In reflecting on the past months, we are very conscious that your generous donations made it possible to help many families and individuals. You made it possible to provide a box of food to 251 households at Thanksgiving. At Christmas, you provided another 313 households with a box of food. In addition, you helped to give new clothing gifts to 122 children and new toys to 118 children.

Overall in 2016, your generosity provided 128,503 meals in the dining room and pantry. In another area, 489 haircuts were given to those wanting to get their ears lowered. The Necessary Store was well-utilized, as it helped 2,954 guests with personal care items and cleaning supplies.

It is indeed amazing that you made all this possible for those we serve! We look forward in 2017 to your ongoing donations and support for those who are hungry, those in need of warm clothes, medical guidance and assistance in social services.

Your generosity is a clear sign of God's providence for those served at Heart & Soul. God bless you each one!

Sister Beth

RESERVATIONS GOING FAST

The Annual Recognition Dinner is Thursday, April 6, 2017, at 5:30 p.m. at Heart, Love & Soul. Tickets are $60 per person. Auctioneers are Rev. James Maher, president of Niagara University, and Jessica Perry, Scott Perry & Co. Auctioneers. Honorees this year include National Grid, Paulette Shine, and Cindy Rhoney. For information, contact tschneider817@gmail.com or 716.282.5687. Be sure to make your reservations as soon as possible -- seating is limited.

MISSION MOMENT

Heart, Love & Soul touches its guests in more ways than just providing nourishment. We share the following Mission Moment with you:

I walked into the foyer, and there sat a man all alone in his mid-30s. He looked dejected and just plain weary. Generally, I greet guests waiting there and keep on moving, but this gentleman's demeanor stopped me. I asked how he was doing and he briefly told me his sad story. Over many years, he used drugs and knew he was on a pathway to death. His drug abuse caused severed relationships, criminal activity, abuse of his body, and a total disregard for his very life. He voiced that he had to stop using; he could not go on this way. I listened carefully and watched this disheartened man tell of a life wasted on drugs. Then he told me that this day he was going to First Step to begin a drug rehab program. I encouraged him to use the program for all he was worth. As I was leaving the foyer, I promised to hold him in my prayers. He nodded his head. Would you join me in praying for him?

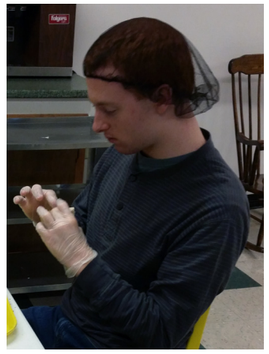
A DOUBLE BLESSING

For more than a year, Heart & Soul has been the beneficiary of volunteer services from Niagara-Orleans BOCES Community Outing Work Experience. Approximately once a month, these young volunteers work together, one-on-one with a teacher, on a project for us. Projects vary according to our need. One such project involved packing bags of candy, which we later distributed with the Thanksgiving and Christmas food baskets. Another time, the young people scooped fancy loose tea, which had been donated, into tiny cloth tea bags. Eventually the tea bags were distributed through the pantry.

When we asked the students, "What is your favorite thing to do at Heart & Soul?" one person immediately mentioned helping with the lunch bags for Food Express day. Some responses to their whole experience here included: "I like being busy." "I like helping." "I like sorting." But the big smiles on their faces clinched the importance of coming to Heart & Soul for them. All in all, we are blessed by having them here, and they are happy when they come.

Justine DeFranco

Sydney Conrad



Mitchell Warneck

Emily Slango

WE REMEMBER SR. ROSA

Sr. Rosa Mystica Niedda, 85 years old, died on Dec. 24, 2016. She was a Sister of St. Francis for 69 years, having joined the community at the age of 16. We extend our sympathy to her family and her Sisters of St. Francis.

Prior to retirement, Sr. Rosa served as Heart, Love & Soul's "volunteer" volunteer director. With her gracious manner and contagious enthusiasm, she coordinated volunteer intake and orientation that included a super-deluxe tour of the facility. We could not have hired a PR firm to do a better job than Sr. Rosa did. She was a one-woman public relations powerhouse for Heart, Love & Soul. Well done, good and faithful servant. May you now rest in God's holy peace!

FRIENDS AROUND TOWN

We are grateful to our friends at GHD, especially Casey Moyer, Linda Skrlin, Darla Stewart, Mary Kisiel, and Kathryn Wilde. Through their efforts, employees at GHD were asked to "Give a Little Warmth." As a result, they decorated a Christmas tree with 55 pairs of mittens, 22 hats, three hat/mitten sets, three headbands, and a scarf. In addition, these good women volunteered at Heart & Soul to help distribute bags of food along with pumpkins that put smiles on many faces. Many thanks to our GHD friends!

FRIENDS GALORE

The holidays were filled with many friends bearing gifts. Here are just a few photos of those generous individuals and groups who made a difference in the lives of the guests of Heart, Love & Soul.

Above: Representatives from National Grid present a $1,000 check to Heart Love & Soul. L-r: Ken Kujawa, regional manager, Dan Keating. jurisdictional manager, Sr. Beth Brosmer, H&S executive director; Mike Daloia, H&S assistant director; Matt Wiltrout, lead project manager, and Melanie Littlejohn, director.

Above: Bob Shively, Lions Club, presented a check and grocery gift cards to Sr. Beth Brosmer.

At right and left: Students from St. Peter School, Lewiston, volunteer during 2017 Catholic Schools Week.

At left: Lewiston/ Niagara-on-the-Lake Rotary presents $500 check to Sr. Beth Brosmer.

At left: SERTOMA members present $1,000 gift to Sr. Beth Brosmer.

At right: Sr. Beth Brosmer receives "Toilet Tissue" Christmas Tree from Marge Gilles and Betsy Diachun, Unitarian Universalist Church members.