A message from Jesuit Volunteer Elise Mudd

I want to take this moment to express my deep gratitude to all of the volunteers and especially Terry, Kelly, Myra and Kathy for welcoming me into the CPO family! Before I moved to Raleigh, I wondered what my life would be like working in a new city with so many new co-workers and a totally new workplace. Now as I prepare to leave, I wonder how I'll ever find another workplace as joyful as CPO. It has been an absolute pleasure getting to work with each of you and I will treasure this year and all the things I've learned here throughout my life. Thank you for sharing your time and stories with me, and thank you for letting me live that passion with you!

miss the TEFAP. :) CPO is an extraordinary place not only because of the important work that happens here, but also because of the passionate, hard working people who come here to do what they can to help those in need. Thank you for letting me live that passion with you!

Words of Wisdom & Artwork

volunteer Judy Lamanna

Seeking Spiritual Shells

People who walk on the beach early in the morning, as the Sun rises, find the best sea shells. Seeking spiritual knowledge is a similar hobby. By sincere prayer for understanding from the Holy Spirit of God, we may seek spiritual knowledge in our morning hours like those beautiful shells! The Apostle St. James taught “Draw near to God and He will draw near to you...Humble yourselves in the sight of the Lord, and He will lift you up.”

Happy “Shell” hunting!

Save the Date

CPO celebrates 40 years of serving our community!
Evening of Sept. 28, 2017
Our Lady of Lourdes Fallon Center

St. Francis Mercy Camp helped us assemble 2.5 pallets of TEFAP, repack 3,600 eggs, and ran carts for 103 families on July 13.
A message from Jesuit Volunteer Clelia Sweeney

There’s a cultural assumption that “feeding the hungry” means looking into someone’s suffering eyes and pressing a loaf of bread into their arms. But the work of feeding the hungry that gets done at CPO is not soft and sentimental. It is often pure, inescapable physical labor that keeps the pantry running at the well-oiled clip. Every day I sweat through my clothes and feel my body twinging in places I don’t usually notice. But I always go home having fed (some of) the hungry.

I started work at CPO in April, over halfway through my JVC volunteer year. During that time I’ve learned to operate a pallet jack, how to lift heavy things without hurting my back, what TEFAP is (government cheese, but better!), very minimal Spanish, all about hydration and heat stroke, and how to pack grocery bags like a Tetris master. I’ve heard incredible stories from the lives of fellow volunteers and of clients. CPO has also enabled me to cultivate skills I didn’t know I had, like designing fundraising materials, interviewing clients, and doing data entry correction. That last one may sound dull, but I find it strangely satisfying.

Terry and Kelly have taught me so much about professionalism and business; assets that enable them to keep the pantry impressively organized and efficient. From Myra I have learned a lot about the emotional intelligence needed for social work. I’ve also really enjoyed working alongside the staff of Centro para Familias Hispanas, who do amazing work and are so much fun to have lunch with. I’m so grateful to the many volunteers who have helped me in my time here, sometimes just by chatting to make the work go by with ease. I will miss my talks with Carol, Jean, Theo, Gerry, Marva, Lynn, Sandy, and my fist-bumps from Ronnie. Thank you to everyone.

I’m going to really miss everyone at CPO, but it’s comforting to know that I will take these skills and experiences with me on my next adventure. I’m moving to the Boston area to live with friends and hoping to get a job with a local nonprofit. I won’t miss the heat here, but everything else about CPO is hard to say goodbye to.

Tweet from Pope Francis

A Christian’s mission in the world is splendid, it is a mission intended for everyone, it is a mission of service, excluding no one!

Annual Volunteer Paperwork

Every year at this time, the diocese asks that all volunteers fill out a personal information sheet. You will find this form alongside the volunteer sign-in sheet outside Terry’s office. Please complete the form and give it to Terry. This is not necessary if you are a new volunteer and have completed the paperwork since July 1, 2017.
Beyond the Numbers: Helen

Helen’s husband died suddenly of an aneurysm in 2015, leaving her a single mom with 2 small children and a mortgage she could not afford. Soon after his passing, she developed health problems and became physically unable to work. The family lost their home and moved in with Helen’s parents, where they continue to live today.

Helen recently visited CPO and her family continues to need our help. She shared that our gifts of food, clothing, love, and kindness have made a big difference in their lives. Helen’s background is teaching, and her health has improved enough for her to teach some internet classes this fall. She hopes to give back by volunteering with her girls at CPO one day.

St. Andrew Youth Ministry helped us serve 135 families on July 19

Stats for June

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<th></th>
<th>June 2016</th>
<th>June 2017</th>
<th>YTD 2017</th>
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<tr>
<td>Households served</td>
<td>2,510</td>
<td>2,642</td>
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<td>People served</td>
<td>8,693</td>
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<td>Total clothing</td>
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<td>Total volunteer hours</td>
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<tr>
<td># of new volunteers</td>
<td>50</td>
<td>95</td>
<td>303</td>
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Note: On average a family visits CPO 2.9 times a year