

**Subject:** House of Sufism (KH) July 2014 Brunch Update

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# Brunch Update

Issue 60 – July 2014

House of Sufism Charity Initiative

Addressing the most pressing needs of our community



## THE BREAD EDITION!

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Over the past year, House of Sufism's pick-up and delivery service of bread and pastries donated by bakeries has provided hundreds of pounds of delicious food each week to those in need. Our support has come from Au Bon Pain, Panera, and the Danish Pastry House, each of which has generously donated a giant bag of baked goods on a nightly basis. Our volunteers have then drive their own cars to bring those bags of pastries and bread to local food pantries.

Recently, however, House of Sufism Charity Initiative has undergone an unprecedented growth in this operation. We are particularly grateful that Pepperidge Farm agreed to donate more bread than our delivery cars can hold. In one recent week, our volunteers distributed over 1,328 pounds of bread! In fact, our local food pantry partners have requested that we temporarily cease our deliveries, due to their overstocked shelves. We were more than happy to seek additional pantries to serve.

This edition of Brunch Update is dedicated to celebrating the joyous achievement of our volunteers engaged in this critical service to others. We feature a photo essay

that depicts the simple yet highly effective model for our bread deliveries. The essay also highlights the praiseworthy work of Bill Bumpus, the main organizer and deliveryman for this arm of the Charity Initiative. We also include descriptions of the main dishes that volunteers brought to Sunday Brunch over the past month.

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## Spotlight on Volunteers: Bill Bumpus



Volunteers from House of Sufism Charity Initiative pick up and deliver donated baked goods to local food pantries every day of the week. A little over a year ago, Bill Bumpus started picking up some of the donations from Panera. Today he volunteers almost every night of the week.

This pickup and delivery service began in 2013 when House of Sufism Charity Initiative cultivated the contacts at Panera in Cambridge and the Danish Pastry House in Watertown. Soon they were also picking up donations from Au Bon Pain. Most recently, Pepperidge Farms joined as a major donator.

The concept is a remarkably simple approach of connecting demand with supply. Every day, thousands of people go hungry in the Boston area; every night, thousands of bread loaves and pastries are discarded at bakeries. House of Sufism Charity Initiative volunteers deliver the food to the hungry.

The simplicity and efficiency of the model appealed to Bill Bumpus. And so did the chance to bring people happiness. “You show up with your sack of goodies - it’s sort of like being Santa Claus and every night is Christmas Eve,” he said, chuckling. “People at pantries and shelters are always thrilled.”

Three mornings a week, Bill brings his “bag of goodies” to Project SOUP, a food pantry in Somerville, MA. “Here in Somerville [Massachusetts] lots of families use food pantries. Kids are particularly happy when cookies are available.” On other days he delivers bread and pastries to St. Francis House, Rosie’s Place, and the Pine Street Inn.

Bill, who grew up close to Boston, admitted that until recently he had not been involved in charity: “It’s something of an experiment for me.” The “experiment” is testing the idea that doing immediate charity work with people leads to greater happiness.

Is it working so far? “I like tasks that are simple and mindless but useful,” Bill said with his characteristically self-effacing humor. “There is also a sense of immediate gratification. Certainly from moment to moment it’s working well.”

## The pick-up and delivery model in action:

1. After 9:00 p.m , the manager at Au Bon Pain in Cambridge places all uneaten bread and pastries into a clear plastic bag.



2. Bill brings the bag to his car, where the pastries and bread will stay overnight.



3. The next morning, Bill arrives at Saint Francis House in downtown Boston to unload the baked goods from his car.



4. After dropping off the bread and pastries from his work, Bill heads off to work.



## SUNDAY SUMMARIES



**June 1st:** We had yellow rice with a side of fajita-style beef with peppers and onions. Mohammad was also kind enough to have bought chocolate cake with a vanilla frosting and blue cream cake for Edmund's birthday. Funnily enough, Edmund protested when we brought it out, saying it WASN'T his actual birthday. Turns out we were just a little bit off (his real birthday is November 5th).

**June 8th:** The main dish, a tray of *moro de pollo* donated by a Colombian restaurant in East Boston, consisted of yellow rice with chicken, beef, peas, and carrots, as well as empanadas and sweet plantains. It was advertised as a "mystery meal" and everybody loved it. Asked what she thinks of our service, a friend said, "Hungry? Thirsty? Lonely? Come to Sunday brunch service!"

**June 15th:** Shunya brought Persian-style lamb chops and salad. A lasagna was also served! Salomeh brought her twin children, who really brightened the mood and added so much life to the day.

**June 22nd:** Sally brought a tray of spaghetti and meatballs with a side salad. There was also plenty of the standard brunch items, like scrambled eggs, pastries, fruit, and coffee. One friend shared:

*"The homeless are the invisible members of your community. But since you see us as family, we become a top priority to you."*

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# HOW TO GET INVOLVED



1. **Volunteer!** Sunday Brunch is a time commitment of only a few hours. Help us cook and clean or just spend time with our friends in need! Also, we need volunteers throughout the week to pick up donations from bakeries and deliver them to food pantries the next day.

2. **Monetary donations:** If you would like to make a contribution to House of Sufism Charity Initiative, you can write a check (payable to KN), use any credit card, or wire money through PayPal.

3. **In-kind donations:** We are always in need for milk, eggs, fruit, plastic bags, etc. for our Sunday Brunch. We also accept donations of items like household goods and furniture. All donations are tax-deductible.

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