

# Brunch Update

Issue 75 - October 2015

Sufi Service Committee of Boston

*Addressing the most pressing needs of our community*



*Cream of broccoli soup*

"Doing nothing for others is the undoing of ourselves."

- Horace Mann

# Happenings



*Salmon topped with veggie arrangement*

Our campaign to provide winter coats and other clothing to those in need took a major step forward this month with a ribbon cutting ceremony to celebrate the opening of our new clothing drop box at Noor Oriental Rugs (769 Concord Avenue in Cambridge, MA 02138). The drop box will allow us to accept clothing and other donations 24 hours a day, 7 days a week.

Our Sunday brunch service has continued without interruption. Among the favorite dishes we served this month was oven roasted salmon, rice cooked in salmon broth, and vanilla custard with roasted fruits, all of which was lovingly prepared by Zaid, with his hectic schedule as a physician in Rhode Island. Every Sunday morning, Sufi Service Committee volunteers were welcomed with a colorful and tasty "pre-brunch brunch" of pastries and fresh fruit.





*Candidate for a gold medallion.*



*Staff as well as volunteers of Rosie's Place warmly welcome our Thursday deliveries!*

Our food delivery program also continues, including our Thursday night pickup of fine Pepperidge Farm breads for delivery to Rosie's Place and a Sunday pickup from the Appleton Cafe in Boston. Starbucks in Copley Square has joined us by donating lovely food also. We will be picking up their donations three times a week.



*Rosie's Place pantry*



*Zaid at the Appleton Cafe*

In addition, we continue to receive weekly (at least!) donations from Panera Bread, Au Bon Pain, Whole Foods and the Danish Pastry House, which we deliver to shelters and food pantries such as Project SOUP, St. Francis House, East End House and Margaret Fuller House.

## In the News

According to a report by the nonprofit Brookings Institution, Boston has the third highest rate of income inequality among the 50 largest cities in the United States. Families even with both parents working may not have enough money for a place to stay. The report is available at [www.brookings.edu/research/reports2/2015/03/city-inequality-berube-holmes](http://www.brookings.edu/research/reports2/2015/03/city-inequality-berube-holmes)



*A volunteer sets the table.*

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## Volunteer Reflection

This summer, I participated in a program called Bike & Build, which organizes cross country cycling trips with the aim of raising money for affordable housing and engaging young adults in serving the affordable housing cause. It was an incredible experience in many ways, not least of which were taking on a seemingly impossible challenge, viewing the full spectrum of the American landscape, and forming close friendships with 29 strangers. One of the most powerful aspects of the trip, though, was the massive generosity of everyone who supported us. From all of my family and friends who gave financially before the trip, to every community who selflessly took us in along the way, we experienced human kindness in a way I had never seen before.

Life on Bike & Build entails, on most days, biking an average of 70 miles from one town to the next across a variety of terrain, stopping every 5 days or so to serve with a local chapter of Habitat for Humanity or other affordable housing organization. Before the trip, we raise a sum of money as a group (in our case, close to \$150,000). The less money we spend while on the trip, the more we have to donate to the affordable housing cause. This is where the generosity of strangers becomes so crucial – by providing us with shelter and a meal, they are directly increasing the amount that we are able to give back to those in need. Usually we would sleep in churches because they had the space and community structure necessary to support us for the night. Even as we travelled through some of the more impoverished areas of the country, people welcomed us to their home with an abundance of food and prayers of safety. While living on the road sometimes wore me down to my physical and emotional limits, the kindness of people whose paths I crossed and the sincere gratitude of those I was able to serve constantly replenished my own strength and my faith in the power of selflessness.



*Flora Lang is a recent graduate of Tufts University, where she studied architecture and urban planning and volunteered with the Sufi Service Committee outside of school. She currently resides in Brooklyn, New York.*



## HOW TO GET INVOLVED



*Volunteers serving Sunday brunch.*

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!
2. Monetary and in-kind donations: If you would like to make a contribution to the Sufi Service Committee Inc., you can write a check, use any credit card, or wire money through PayPal.
3. Drive! We need volunteers throughout the week to pick up bakery and food donations and deliver them to food pantries and shelters.
4. Administrative help: We're always in need of volunteers to spend a few hours a week helping online or assisting in fundraising.
5. Donate clothes! Our new clothing drop box at Noor Oriental Rugs (769 Concord Avenue in Cambridge, MA 02138) allows us to accept clothing and other donations 24 hours a day, 7 days a week. Winter coats are particularly needed at this crucial time of year.

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