

**Subject:** Sufi Service Committee of Boston May 2016 Brunch Update

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# Brunch Update

Issue 82 - May 2016

Sufi Service Committee of Boston

*Addressing the most pressing needs of our community*



*Anthony, Christina, Noorejahan, and Lucky pose before brunch service.*

## Happenings

April 24th was a special day for the Sufi Service Committee for more than one reason. For the second time, we provided brunch at the Hearth permanent supportive housing for the elderly in the South End. And for the first time this year, volunteers worked a "double header", with an early brunch at the Hearth residence followed by our usual service at the Pine Street Inn residence nearby.

Hearth is a non-profit organization dedicated to the elimination of homelessness among the elderly. Over the last 15 years, Hearth has placed over 1,800 elders in permanent housing and assisted over 3,000. Homelessness for the elderly is particularly harmful because it has been found to cause accelerated aging, frailty, chronic disease, impaired mental function, and negative feelings like loneliness and isolation.

Our volunteers responded magnificently, with over a dozen in attendance for our best turnout in a long while. Yet everybody seemed to find a role to play in preparing and serving food and ferrying supplies between the two locations. Michael provided his exceptional background music of jazz and traditional dance tunes at both venues.

The main dishes (lasagna, stuffed peppers, fruit and salad) were, as always, quite popular, as were the donated baked goods from Au Bon Pain in Cambridge and sandwiches/soups/salad from Whole Foods. As always, the meals seemed to strengthen the sense of community among the residents in both facilities - something perhaps more important than the food itself. And of course, that sense of community included the volunteers as well. Wherever our volunteers go, smiles, laughter and jokes are sure to follow.

## Charity Photos



*Bill delights at the week's offering of juicy oven-roasted chicken.*



*Bobby sorts clothing at Noor Oriental Rugs' clothing donation service.*



*Cheryl, the owner of the Appleton Cafe, is all smiles as she donates pastries.*



*Daniel is pumped to be serving this chicken parm laden with melted cheese and tomato sauce.*



*Emraan and Atena in a joyous moment as they prepare stuffed green peppers at Hearth.*



*Grilled shrimp with nuts, scallions, and a sweet and sour sauce.*

## HOW TO GET INVOLVED



*Laura and her mom Virginia serving stuffed peppers.*

**Volunteers of all background are welcome to get involved by:**

**Preparing and serving meals**

**Donating and organizing clothes**

**Providing administrative assistance**

**Making financial contributions**

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