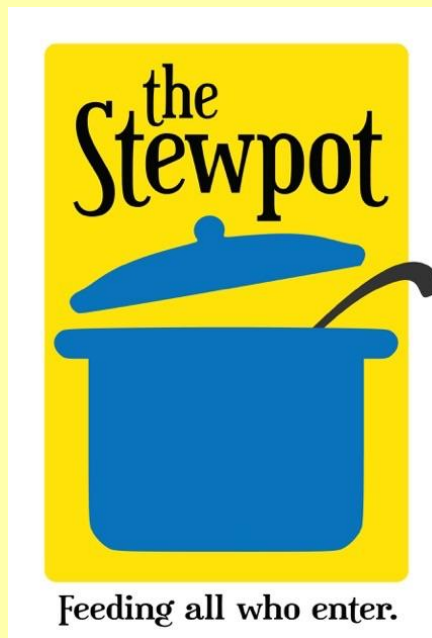


From: Little Rock Stewpot chfrith@mac.com
Subject: Little Rock Stewpot January 2018 Newsletter
Date: December 30, 2017 at 3:16 PM
To: chfrith@mac.com



Stewpot Newsletter January, 2018

Stewpot Officers - 2018

Chairperson - Charlie Frith
Vice Chairperson - Mary Jane Cheatham
Secretary - Ellen Russell
Treasurer - Roberta Saxon

Stewpot Committees - 2018

Volunteer Chairperson - Jan Van Ness

Special Events - Kay Shurgar
Manager - Nancy Rorex
Day Manager - Ed Brown
Communications - Charlie Frith



From the Stewpot Board

Church of Rock Creek Decorated Stewpot for Christmas

The Church of Rock Creek did a wonderful job of decorating the Stewpot for Christmas. Ed says that Stewpot patrons are much better behaved during the

month that Stewpot is decorated for Christmas.

Thank you Church of Rock Creek!



Stuffing the Stewpot Christmas Bags

Each year in mid-December, individuals gather at the Stewpot in downtown Little Rock to assemble Christmas gift bags for the Stewpot patrons. Each bag contained the following items: Blanket, pair of socks, pair of gloves, a cap, bag of trail mix and a toiletries bag. Gifts were assembled in colorful bags provided free from Natural Grocers on Rodney Parham. **Thanks**

to Kay Shurgar!



Handing Out the Christmas Bags

The gift bags were handed out on Monday, December 18th. Approximately 135 of the 150 bags were distributed by a joyful crew. In addition to the gift bags, each individual was also given candy canes and a homemade gift wrapped cake from the St. Louise de Marillac Parish.





Trinity Presbyterian Church Every Other Monday Group Serves a Holiday Meal

The Trinity Presbyterian Church Every Other Monday Group cooked a delicious holiday meal for Stewpot on Monday, December 18. Nancy Howell spearheaded the group and they prepared chicken dressing (It was delicious - I tasted it!), sweet potatoes, green beans, rice and gravy, fruit and dessert.





Members from Episcopal Collegiate School Help Serve at Stewpot



Several members of the Episcopal Collegiate School faculty helped to serve lunch at Stewpot on

faculty helped to serve lunch at Stewpot on Wednesday, December 20th. The group, organized by Lara Beard as part of the Institute for Responsible Citizenship at Episcopal Collegiate, learned the ropes from Gordon Garlington before the serving began at noon. The Institute seeks to identify and organize service learning programs and projects in the wider Little Rock community, not just for Episcopal Collegiate students, but also for the faculty and staff. Everyone involved expressed their gratitude for the opportunity to serve the homeless community, especially during the holiday season, and hope to return in the spring.

Gordon Garlington is pictured on the far left and Shirley Garlington is pictured on the far right with members from the Episcopal Collegiate School in the middle. In attendance were: (front row) Heather McPherson, Lara Beard, Katie Robinson, Laura Crawford, Christy Marquis, Haley Lafoon, and (back row) Jessica McSpadden, Jo Stoltz, Kathleen House, and Chuck McCormick. Gordon is the Team Captain for the Third Wednesday Stewpot Team and his wife, Shirley is one of the team members. The rest of the team had a day off.

Socks for Stewpot

Vickie Metrailler former Holy Souls captain - (personally) brought 140 pairs of socks to the Stewpot.

Thanks Vicki!



4th Thursday Stewpot Team





The 4th Thursday Stewpot Team is made up of members from Faithspring Church and Grace Presbyterian Church.

Shoes for Stewpot from Go! Running

Ray Koone, a member of Westover hills Presbyterian Church and a member of the Third Wednesday Stewpot group picked up several hundred pairs of shoes from the Go Running Shoe store in the Heights. Thanks to Ray and to Go! Running.





The Mens shelves of shoes were full for a short time, but Barbara says they can easily give away seventy-five pairs of shoes in a single hour on any Clothes Closet day.

Clothes Closet

*"I needed clothes and
you clothed me."*

Matthew 25:38

Update from the Clothes Closet

The Clothes Closet is rocking it starting out the new year! The donations of clothing are up and are fantastic. Fleet Feet and Go Running are generously still providing lots of shoes. AND the Undies Sunday drive was phenomenal!!! We had no idea that folks would donate so much underwear/socks/T-shirts! We actually may have enough to last through most of 2018. It was such a wonderful program that we have decided to make it an annual event (in the fall). Carl and I would like to take this opportunity to thank one and all who have been so generous in helping out the less fortunate folks in the downtown area. Additionally, we would like to acknowledge and thank our wonderful volunteers who help us distribute all of these items each Thursday!

With your continued support, we look forward to a very successful 2018. Happy New Year to everyone from the

successful 2016. Happy New Year to everyone from the Clothes Closet!!



Stewpot Calendar

Please check the Stewpot 2018 Photo Calendar on the Stewpot Bulletin Board. The Calendar was created by Charlie Frith, Chairman of the Stewpot Board.





Volunteer Appreciation Dinner



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|-----------|----------|--------|----------|
| 31 | 1 New Year's Day Shewpot Closed | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 Martin Luther King, Jr. Day Shewpot Closed | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |

| December 2017 | | | | | | | February 2018 | | | | | | |
|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | | 1 | 2 | | | | | 1 | 2 | 3 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 25 | 26 | 27 | 28 | | | |
| 31 | | | | | | | | | | | | | |

January 2018

Stewpot Holidays

New Year's Day

Martin Luther King Day

Good Friday

Memorial Day

Independence Day (4th of July)

Labor Day

Thanksgiving

Friday after Thanksgiving

Christmas Eve

Christmas Day

Does Your Team need Additional Workers?



If you are a Captain of a Stewpot Team and need additional workers for your team (either temporary or permanent), please contact Jan Van Ness (by telephone 680-3739 or email jvanness8@gmail.com).

Stewpot Video

To See a short video about the Stewpot,
click on the photo below.



Little Rock Stewpot

Make a Donation to Stewpot




Your donations to The Stewpot have helped us feed the hungry for the past 40

Your donations to The Stewpot have helped us feed the hungry for the past 40 years. Thanks to your support, we are able to supplement our allocations from Potluck, Rice Depot and other food banks with needed milk, canned and fresh food.

Please send your donations to The Stewpot - Little Rock, 800 Scott Street, Little Rock, AR 72201.

Check out our New Website
<http://stewpot-littlerock.org>

[Home](#) [Contact Us](#) [Volunteer](#) [Donations](#) [Newsletter](#) [News & Events](#)



Feeding all who enter.

The Stewpot

The Little Rock Stewpot is a simple group with a simple mission: "Feed whoever comes through the door. No questions asked."

Every weekday, volunteers at The Stewpot in Little Rock, Arkansas feed the hungry. Typically 100 people eat lunch every day – old, young, men, women, children, homeless, working or unemployed – but all are grateful for a hot meal. The food is very simple and sometimes there is always enough.

Address

The Little Rock Stewpot
c/o First Presbyterian Church
800 Scott Street
Little Rock, AR 72201
(501) 372-1804

Board of Directors

Chairman – Charlie Fidd
Vice Chair – Mary Jane Cheatham
Secretary – Ellen Kowal
Treasurer – Roberta Baron

Committee Chairs

Volunteer Chair – Jan Van Ness
Special Events – Ray Burger
Nominations – Nancy Rorer
Daily Manager – Ed Brown
Communications – Charlie Fidd

The Stewpot

The Stewpot Motto: "Feeding all who enter".

The Stewpot has been located on the second floor of the First Presbyterian Church in Little Rock since 1977. Stewpot served the first meal to 16 people at a cost of \$3.00 per meal in 1977. In 2017, it served over 45,000 meals at a cost of \$3.75 per meal. There is one full time and one part-time paid employee (Jill A. Cordis) and 150 volunteers a month from many churches throughout the city providing this service.

The Stewpot's primary mission

The primary mission is to feed the hungry. "Feed whoever walks through our doors". The Stewpot is open from 12:00 to 1:00 p.m., Monday through Friday of each week providing a hot meal to the homeless, jobless, elderly, physically or mentally disabled and displaced families in the Greater Little Rock area. The Little Rock Stewpot has served over 1.5 million meals in the last 40 years.

Secondary Mission

The secondary mission is to Help Clothe the Needy. The purpose of the [Clothes Closet](#) is to distribute clothing and hygiene products to folks in need. The Clothes Closet is open every Thursday from 12:00 to 1:00 p.m., and is staffed mostly by volunteers. Carl, a member of the Church at Rock Creek, is a long-serving volunteer. Barbara came on board about five years ago and is involved in assisting the women who come to Stewpot. Carl and Barbara sort through all of the items that are donated to the Clothes Closet. They are assisted by several volunteers who help distribute the clothing and hygiene products on Thursdays.

Third Mission

A third mission is to offer Free Medical Services to the sick. The [Rapid Health](#) Community Clinic is held weekly at the Stewpot. Nurses Rachel White and Gwendolyn Thigmon, and Community Health Associates, LeVella Bailey, come to the Stewpot each Friday from 12:00 pm - 1:00 pm. Dr. Blake Scherer, volunteer physician, along with two volunteer pharmacists, John Riley and Scott Pace offer free medical care and [prescriptions medications](#) on the third Thursday of each month. **Free.**

Stewpot Routine

Each day at Stewpot is covered by a team of workers. Teams typically work a specific day of the month, i.e., 1st, 2nd, 3rd or 4th Monday of each month, 1st, 2nd, 3rd or 4th Tuesday of each month, etc. Each team consists of a Captain or sometimes Co-captains and a team of 6-10 members. The captains are responsible for cooking the meal and typically prepare a similar meal for their day of the month. The team members perform various jobs, i.e., serve the food, serve seconds, prepare and serve desserts and help clean up. Seconds consist of a different type of food, oftentimes food left over from the day before and is usually served from a separate station in the main dining room.

Pastries are picked up daily from the Community Bakery in downtown Little Rock by a team member. These pastries are usually from the day before and are provided at no cost to the Stewpot.

To see a short video about the Little Rock Stewpot, click on Stewpot video below:

[Stewpot Video](#)

