



Stewpot May 2023 Newsletter



Summer is on the Way!

Charles Frith Compiles a Short History about the Stewpot - 1976 - 2023

Charlie Frith, past Stewpot Board Chair, has recently

compiled a short history about the Little Rock Stewpot. The book has 56 pages and contains many color photos. It can be purchased from Lulu.com for \$28.00 which includes tax and shipping.



To view a PDF file of the book, click on

the link below:

[Stewpot History](#)

**To buy a copy of the book, click on the
link below:**

[Buy Book](#)

Stewpot Celebrates Saint Patrick's Day with the Stewpot Diners

On March 17, the Stewpot prepared a special meal for the Stewpot Diners. Stewpot served Chili dogs, slaw, chips, pickles and pecan and apple pie.

The Baptist Health nurses also came to the Stewpot to give both Covid and flu vaccines. They also brought milk, fresh fruit and bags containing a variety of snacks.







Stewpot's Clothing Room Update

The secondary mission of the Stewpot 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 Tuesday from 12:00 – 1:00 p.m. to assist ladies and on Thursday from 12:00 – 1:30 p.m. to help the men. It is staffed completely by volunteers. Carl, a member of the Church at Rock Creek, is the longest serving volunteer. Barbara came on board about twelve years ago and is involved in assisting the women who come to Stewpot. Barbara sorts through all the items that are donated to the Clothes Closet. She is assisted by several volunteers who help distribute the clothing and hygiene products on Tuesdays and Thursdays.

Barbara is assisted each Tuesday by Kay Stephens, Marti Hampton and Nancy Blackstone from Westover

Hills Presbyterian Church . She is assisted by Paul Davis, Tony Bozynski, and Scott Garrett on Thursdays,



Tuesday is Women's Day



Left to Right: Marti, Kay & Barbara



Left to Right: Paul, Barbara and Tony



Handing out Men's Clothes

Jason and 4th Tuesday Team Prepare Hopping John for Stewpot Patrons

Jason and the 4th Tuesday Stewpot Team prepared a delicious hot meal for the Stewpot patrons on Tuesday, March 28. The meal consisted of Hopping John which contained turnip greens, diced tomatoes, black eyed peas, sautéed green peppers, onions and polish sausage, rice, butter and seasonings. Sherry sautéed the green peppers, onions and polish sausage. The meal also consisted of a peanut butter sandwich, chips, cookies and a packet of pretzels and nachos with a container of honey mustard for dipping. To see a short video of the group making the nachos and pretzels with the honey mustard dip, click on the video link below.

[Video](#)



4th Tuesday Team



Cooking Hopping John



**Sherry sautéed the onions, green
peppers and polish sausage**

Little Caesars Love Kitchen Visits Stewpot

Little Caesars Love Kitchen Pizza Truck arrived at the parking lot of the First Presbyterian Church on Tuesday morning, April 11th around 10:00 a.m. They immediately set up and begin cooking pizza. Each pizza was cut into eight slices. Pizza was served from 11:45 – 12:45. Each individual was served two large slices of pizza, one pepperoni and one cheese. After receiving their pizza, the diners were treated to a cold bottle of water, juice, and a packet of cookies. It was a beautiful warm sunny day. The Pizza Love Kitchen was a tremendous success. Stewpot says a grateful “Thank You” to Little Caesars Love Kitchen!



Stewpot Receives Socks from Bombas

The Stewpot recently received 20 boxes of socks from Bombas. Each box contained 250 pairs of a single size and style. Below shows exactly what we received. The total comes to 5,000 pairs of socks.

250 Extra Large Ankle

1500 Large Calf

1250 Large Ankle

1000 Medium Ankle

1000 Small Ankle

The boxes were delivered to the home of Charlie Frith.

Jason Benbrook, Day Manager of the Stewpot, used his vehicle and trailer to deliver the socks to the Stewpot.

The Stewpot serves as the distribution center to other nonprofit organizations in the Little Rock area, Socks will be given to **EL Zocalo, Compassion Center, Women's and Children's First, St. Francis House, Partners for Progress and other local organizations.**



Church Women United Make Donations to the Stewpot

CHURCH WOMEN UNITED

Agreed to Differ ♥ Resolved to Love ♥ United to Serve



May Friendship Day 2023

Living a Legacy of Love: Doing God's Work

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do"
Ephesians 2:10 (NIV)



Labor with Love
A Heart to Care
Matthew 25: 37-40

Sponsored by Church Women United

3605 Campbellton Road SW ♥ Atlanta, GA 30331 ♥ 678-705-3711

www.churchwomenunited.net

May Friendship Day was hosted by Church Women

United on Friday, May 5, 2023 at Bethel AME Church, 815 W. 16th Street, Little Rock. Registration began at 9:00 and the service began at 10:00 a.m. Men and women's underwear and the offering was donated to Stewpot. Charlie Frith, former Stewpot Board chair and current board member, and Jason Benbrook, Stewpot Day manager attended the service and received the donations.



Mrs. Arma Hart, President of CWU for Little Rock South and and Johnnie Branch, treasurer of CWU for Little Rock South are shown in the photo above with Charlie and Jason.

Stewpot Volunteers Make Ham and Cheese Sandwiches for Stewpot Patrons



Volunteers Needed!



Volunteers are always needed at the Stewpot. Volunteers typically help prepare sack lunches one day a month, i.e., a certain day of the month and usually work only once a month. There is nothing to preclude working more than once a month. Normal working times each day are from 9:00 am - 11:00 am. Volunteers help make sandwiches and whatever else is being served that day. Something hot, such as soup, stew, or wraps are served once or twice a week. Also, the

items must be placed in paper bags which Jason and Yolanda carry down to the serving area. For special occasions, a hot meal is prepared and served downstairs rather than sack lunches. For these occasions, the regular team prepares the food and a special team serves the food to the diners. The teams have fun and interact with each other as they volunteer at the Stewpot.

Please consider volunteering

**For more information or to
volunteer, contact the
Stewpot at:**

stewpotlr@gmail.com

Clothes Closet

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

Matthew 25:38

Clothes Closet Update

Dillards Donates Clothes to the Stewpot

Charlie Frith picked up five large boxes of clothes from Dillards at their central headquarters on Cantrell Road March 23. Five of the boxes contained new men's shirts

and one of the boxes contained new men's pants. Thank you, Dillard's.



Make a Donation to Stewpot

Stewpot's financial support comes from donations from churches and individuals. With food costs rising and our numbers increasing each month, we really need your financial support. Please help support the Stewpot. Make an

online donation by clicking on Make a Donation below. When you click on Make a Donation, you will have the option of making an online donation with either PayPal or a credit card.

Make a Donation

**[800 Scott Street, Little Rock, AR 72201]
[501) 372-1804] [stewpotlr@gmail.com]
[<http://www.stewpot-littlerock.org/>]**

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