

CROS MINISTRIES

CROS Currents

Fall | 2018

CROS Ministries serves the hungry in Palm Beach and Martin Counties through community collaborations.



Dear Friends,

Recently diagnosed with neuromuscular disease, Scott lost his job because he could no longer work. He is now receiving disability benefits, but his limited income is just enough to rent a small room, pay for utilities, and purchase some groceries. He started visiting the

Delray Beach pantry to supplement his monthly groceries. He also learned about our hot meal program, and soon began enjoying meals through the Caring Kitchen. Besides the benefit of easing his financial burden, Scott has found a community that cares at the Caring Kitchen meal sites.

Thank you to all who make it possible for us to continue living out our mission of serving the hungry. Through your prayers and valued gifts of time and financial resources, we are able to offer hope to our brothers, sisters, and neighbors most in need. Contact me to learn more about providing for CROS for decades to come – whether through estate gifts or present day contributions. CROS Ministries has two Endowment Funds: one with the Community Foundation of Palm Beach and Martin Counties, and another with the Florida United Methodist Foundation.

Together we are **Standing in the Gap** for many in our community.

With Gratitude,

Ruth Mageria
Executive Director



HUSTLE2ENDHUNGER5K RUN/WALK FAMILY FUN DAY

In celebration of CROS Ministries' 40th Anniversary, we added a 5K Timed Run and a Family Fun Day to our annual 5K Walk. **The event** took place on Saturday, October 6 at John Prince Park in Lake Worth. We were blessed with great weather and a good turnout for the first time at this new venue. Thank you to the participants, volunteers, staff, and donors - all who made the day a success! Pictures and final numbers to come in our Winter Newsletter.



Thank you to our Sponsors!

The Corrella and Bertram F. Bonner Foundation



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The Caring Kitchen Update

As everyone is aware, there have been a few changes to our hot meal program, The Caring Kitchen, located in Delray Beach over the past year or so. In thinking about the future of The Caring Kitchen, we stepped back and examined the program, revisited its effectiveness and looked at future program needs with the guidance of our 2018 – 2020 strategic plan. We are confident that the changes we have made to The Caring Kitchen will help us sustain the program and allow us to provide more meals to the residents of Delray Beach.



The Caring Kitchen program serves meals to the homeless, individuals and families with low-incomes, people with disabilities, and seniors. On November 1, 2017, we stopped serving meals and providing services at the 196 NW Eighth Avenue location in Delray Beach. Even though

the location was no longer open to the public, we were determined to continue feeding the hungry residents of Delray Beach. We also knew that to make this shift in serving meals work, we needed to reach out to local congregations and community groups. We found congregations willing to partner with us and now serve hot lunches Monday—Friday at three local churches, Resurrection Life Fellowship Church of God, Cason United Methodist Church, and St. Matthew's Episcopal Church. We continue to give out brown bag lunches to the homeless at Cason UMC on Saturdays, prepare after-school snacks for children at Milagro Center and Paul's Place during the week, and deliver meals to the homebound in the SET neighborhood. At the end of July 2018, we vacated the 196 NW Eighth Avenue location and moved our meal preparation operation temporarily to Cason United Methodist Church. A permanent location for our meal preparation kitchen is ongoing. **Please visit www.crosministries.org for The Caring Kitchen meal site locations.**

Thank You

Food Pantries

Mary has been a food pantry client for several months. Recently, her son lost his job and had to move in with her to keep from becoming homeless. Thanks to you, we can assist them both with food as Mary's son looks for a new job.

Nutrition in a Knapsack

Sue just got a job that will bring her out of poverty, but the struggle to feed her family continues until she starts receiving a regular paycheck. She is grateful for the bags of food her children receive through the Nutrition in a Knapsack program. She looks forward to the day that her children will no longer need their Friday bags of food, and she can pay it forward to another deserving family.

We would like to thank the following individuals and entities for their help moving The Caring Kitchen to its new home at Cason UMC.

James Batson

Merritt Transfer & Storage Co., Inc.

Jerry Spencer,

U & Me Moving & Storage

Chuck Dolce

Knights of Columbus
at Emmanuel Catholic Church

Dan Thompson

Thompson & Youngross
Engineering Consultants, LLC.

Derek Lewis

Razorback Electric

Scott Goode

Ron Allen

Morgan Taylor Companies, Inc.

Cason UMC's Ignite Student Ministry

THANK YOU!

CROS MINISTRIES

CROS Camp

There are lots of moments in life that people think back to that are special and meaningful. It can be the birth of a baby, getting married, sending a loved one to college, the death of a family member and so forth. They can be times of great joy, sadness, or mixed emotions...

When I think back to the many moments of this summer camp session, one stands out. It was at 7 am on a Thursday during the first week of camp. I came in like it was a normal busy first week day, however, that particular morning there was a grandmother sitting with her grandson at the picnic table. "Good morning, are you Ms. Emily?" From that first sentence grew a lasting relationship that has changed my life.



Friday morning came, and James was the first one at camp! He was excited for the day to begin, but I noticed he seemed a little sad. I asked him what was wrong, and he said they had not had time to have breakfast before camp, and he was hungry. He asked if I had anything he could eat. Of course, we did, thanks to the generosity of many CROS Camp friends donating breakfast items and needed camp supplies. James and I walked into the kitchen together, and I gave him a breakfast bar and juice, and after that, we started our camp day.

At 5 pm, James' grandmother arrived. Speaking with her, I learned that she was struggling to pay her bills and buy food for her grandson. "Do I keep the lights on or do I feed him three meals?" she worried. I said, "For the next ten weeks, you can keep the lights on. I will personally guarantee that he receives breakfast, lunch, and a snack every day while he is at Camp and food on the weekends. I also told her about CROS' Food Pantry in Lake Worth where she could receive food once a month to help supplement her grocery budget.

Going forward, every morning when James arrived at camp, the two of us started our first moments of the day together with a breakfast bar and juice. I always made time for James and our morning ritual. Since school started, James and his grandmother check in with me once a week. I will treasure these special moments that I had with James and his grandmother. - Emily Zarzycki, CROS Camp Director

Highlights from CROS Camp 2018

1. I learned how to skateboard with H2FLO.
2. I learned how to tie my shoes from Ms. Ashley.
3. I learned math skills using Uno cards.
4. I learned about science in a fun way at the FROST Museum in Miami.
5. I went to the Delray Playhouse and saw a play for the first time.
6. I went to Sandoway Nature Center and held a snake in my hand.
7. I read Alice in Wonderland.
8. CROS Camp gave me a safe place to call home and showed me that people care about me.

James' grandmother is in her early fifties, living on disability, and trying her best to raise her grandson since his parents are unable to take care of him at this time. She is on disability because she is on dialysis, awaiting a kidney transplant. James is 8 years old, super smart, full of energy, and has the most amazing smile. James and I became fast friends that morning. I enrolled him in camp and told his grandmother that I would see both of them the next morning.



CROS MINISTRIES

CROS Gleaning

I recently received an email from a mother who brought her five little children out to the mango grove with us this past summer. She and her family had a good day in the grove and were looking forward to coming gleaning again in the new season. She shared with me that although her oldest son had reached an age in school where he is required to serve, they came out this summer not because she was aware of that requirement for him, but because she wanted to instill in her children the value of serving others.



Of all the things, we are able to accomplish in gleaning perhaps the one with the most lasting impact will be the desire to serve someone else selflessly becoming a part of the character of our children. I love the fact that gleaning is a family



event. That children can see their parents serving and leading by example. That it is hard enough that it costs us energy and comfort to serve, but not so hard as to prevent us from wanting to do it again. Service that costs us something is the kind of service that shapes a soul.

We will be back in the fields in November and hopefully every weekend (except Easter) till the dog days of summer again. I hope you will set some time aside to join us and to bring the people you love with you. We will have a great day making a difference in our community and shaping our souls together.

- Keith Cutshall, Director of Gleaning



WAYS TO CONNECT WITH CROS!Tear Off and Return in the Enclosed Envelope

- Volunteer
- Pick fresh produce with Gleaning
- Help distribute food at the Food Pantries
- Prepare and Serve food at The Caring Kitchen
- Make a donation
- Become a Monthly Donor
- Remember CROS in Your Will
- Attend Raise Your Glass to End Hunger in April