

# Old St. Joe's food faith and friends Newsletter

With HOPE in God's goodness we meet as a group of men who share common problems, pain, sorrows, joys and successes.

Many of us share problems in addiction, homelessness, poverty, mental or emotional disorders and spiritual emptiness.

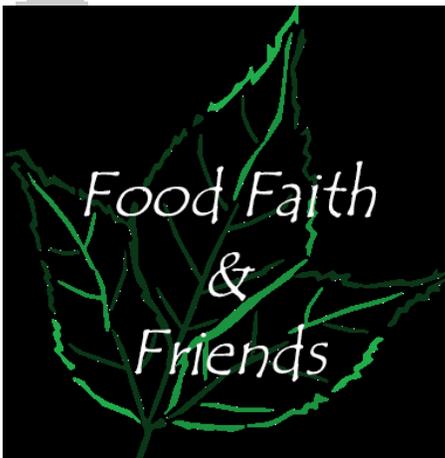
We desire holistic healing of our bodies, minds and spirits. We pray that this will be the first step in turning our lives around.

## WE HAVE HOPE

JANUARY 2015

Newsletter Staff: Donald, Billy, Stephen, Kevin, David, Mark, Michael, Chris, and John

## WHAT'S HAPENNING



**Meals are served every Tuesday, Thursday, and Saturday at Noon.**

Doors open at 11:30 AM.

Numbers are given out at 11:00 AM

If Philadelphia Schools are closed due to snow storms, Food, Faith, and Friends also will be closed.

Programs at 1 PM

### Our Mission Statement

The Food, Faith and Friends mission statement describes the heart and soul of the Food, Faith and Friends program. It was conceived and written over ten years ago by men who regularly attended the meals and were early participants in the FF&F program.

These men wanted a written statement that said FF&F isn't just about the food. It's an opportunity for people to come together, acknowledge their common problems, and help each other get back on track.

As one man told us, "The mission statement is a hopeful and inspirational message for people to recognize their own self-worth. It represents a desire to turn your life around."

Food, Faith, and Friends mission statement is printed at the top of this and every issue of the newsletter. It is read before every meal is served. And if it is not read respectfully, there is an immediate uproar of criticism from other guests. Which proves its message is just as meaningful today as the day it was written.



- ❖ Thursday January 8
- ❖ Father Dan's Discussion Group
- ❖ Saturday January 10
- ❖ The Examen Spiritual Program
- ❖ Tuesday January 13
- ❖ Movie (title to be announced)
- ❖ Thursday January 15
- ❖ Earl Lounsberry Addiction Counseling
- ❖ Saturday January 17
- ❖ The Examen Spiritual Program
- ❖ Thursday January 22
- ❖ Pennsylvania Hospital Program
- ❖ Saturday January 24
- ❖ The Examen Spiritual Program

## Focus on Friends



My name is David. I have been taking advantage of your Food Faith and Friends program for several years now. I'm writing this to express my appreciation. Many others provide food for those of us who are down and out but none compare to what we get here. We get a home cooked meal in a nice setting but most importantly the men are held to standards of conduct and manners.

In other places, it's like watching hope get stopped with arguments, fighting, and thefts of any unattended property as the norm. This program is such a refreshing haven from that — a place where decent people can meet several times a week to help each other with everyday problems, get news and catch up.

I have nothing but positive feelings about this program and I have a hard time putting into words how much I appreciate everything that the congregation has done for me. My only disappointment has to be the lack of response to the men's offers to give back in the form of odd jobs and other services.

Once again thank you for everything.

## It's a Lifestyle: Health

It's a lifestyle, a state of mind. Not just what you are eating- it's about what's eating you.

This month's topic is FROSTBITE

Extreme cold, high winds, wet clothing all contribute to cold-weather injury. Don't ignore warnings about storms and other inclement conditions.

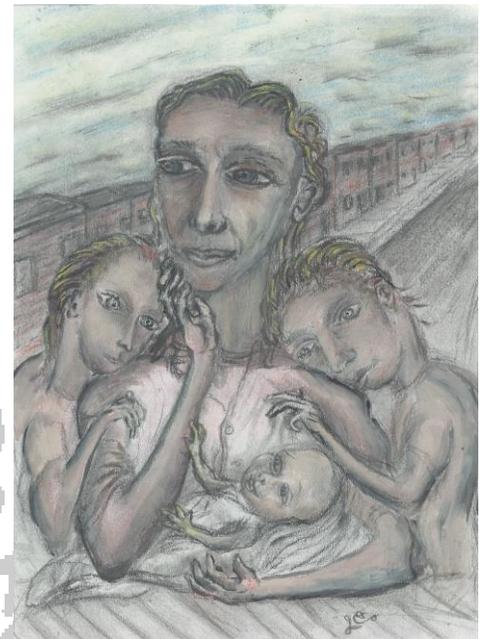
**Signs and symptoms of frostbite include:**

- At first, cold skin and a prickling feeling
- Numbness
- Red, white, bluish-white or grayish yellow skin
- Hard or waxy-looking skin
- Clumsiness due to joint and muscle stiffness
- Blistering after rewarming, in severe cases

### How can I stay safe?

- Wearing several layers of clothing. Ideally the innermost layer fabric should wick or absorb moisture from the skin. The outer layer should serve as a windbreaker.
- Mittens provide more protection than gloves. Gloves can be worn underneath. Hats and scarves should cover the ears.
- Two pair of socks is better than one with wool as the outer layer if possible.
- Get moving to help your body stay warm! Wiggle fingers and toes if they start to feel numb.
- Don't drink alcohol to get warm. Alcohol prevents you from realizing your body is becoming too cold.
- Don't smoke. Smoking constricts blood vessels and increases the risk of frostbite.

## Artisans' Corner



**Constance**  
By: John McPoyle

## The Last Word

Hello friends.

We're back. We made it thru round one. Good Job!

You know there's a passage in the Bible that says if you don't do good with what I gave you I will take it away. It's something to think about until next time. My name is Mark and this is the last word.

