



# Love, Peace, and Manna

The Manna Cafe Ministries newsletter

MAY 2023

"Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them."  
—Isa. 58:7, NLT

## Recipe for change, dignity and hope

BY DEBRA SUTTON



Manna Café was founded on the very simple idea that sharing the love of Christ starts with sharing good food. Kenny always stressed you cannot feed the soul until you fill the stomach. Such a simple concept is the foundation of the Manna Culinary Internship program. The knowledgeable management team trains, coaches, and develops candidates for approximately six months before they earn a highly regarded ServSafe certification. Additionally, interns receive a weekly stipend.

Beyond instruction in skills, interns find support and encouragement from dedicated Manna staff members that truly offer participants real hope for the future and the opportunity to make changes in their life circumstances.



***"Every person coming through the culinary program is searching for a new direction in life, and Manna is here to offer that hope for a better future. Our greatest reward is to be a part of their journey."***  
Vicki York

Robert, the newest intern, hails from California and has traveled through different communities before landing in Clarksville. He was first a client at Manna Café and, after meeting several staff members, he began volunteering in warehouse operations and various areas of the Refuge. One Saturday morning at the breakfast meal, Manna's kitchen manager, Rita Stinson, offered Robert a position in the internship program. "Robert is a great asset. He works hard and does whatever is needed," explains Rita.

Dana became homeless last May. She has struggled with many issues in the past year including substance abuse, domestic violence, and incarceration. Dana sought out food and other services at Manna Café and found what she describes as "her angel."



# Manna Heroes

## Giving beyond the call of duty

The Manna Clothing Ministry has been busy helping families settle into new homes. While way beyond the scope of their ministry, these volunteers have taken the art of giving to a new level by collecting and moving household goods for three families in one week.



Thanks to our Manna Clothing volunteers: Tanya, Shelly, Cindy, Dee, Kimi, Chela, Theresa, Roger, and Danny

## A Lot Got Done Last Month

Due to the generosity of our donors, Manna Cafe provided Montgomery and Stewart County residents with:

- 3,059 hot meals at our Mobile Cafe locations
- 2,098 carts of food
- 1,461 pounds of clothing
- 6,778 pounds of household goods
- 3,642 pounds of clothing (donated to other agencies)
- 80 hot showers for the homeless
- case work benefits for 60 clients
- free clinic services for 30 people

**For only \$19 per month you can make a huge difference in the lives of thousands in our community.**



Scan the QR code to help Get a Lot Done.

[MannaCafeMinistries.com/donate](https://MannaCafeMinistries.com/donate)







# Tee Off Against Hunger

## Robert Bellamy Memorial Golf Scramble

benefitting



June 9, 2023

Eastland Green Golf Course

**\$75.00**

Per Player

**300.00**

Per Team

Includes golf, cart, breakfast,  
lunch & prizes

**\$10** Mulligans (limit one per player)

Register at  
[MannaCafeMinistries.com/Golf](http://MannaCafeMinistries.com/Golf).

# Recipe

continued from page 1



By taking Dana under her wing, Rita has done much more than train her in culinary skills. This has become a mentoring opportunity to encourage and show love to this hardworking young lady. Today Dana is working toward getting into a rehab program and eventually rebuilding a relationship with her young son.



**Kenny York**

**Memorial  
Fun Day**

**20**  
MAY  
2023

12:00 pm to 5:00 pm  
Music by  
**Neal Brock & the Cover Up**  
Food Trucks  
Memorial T-Shirts for Sale  
490 Barge Point Road  
Clarksville, TN 37042

Appletons's Harley Davidson  
Byers & Harvey  
Hawkins Homes  
Screaming Eagle Ready Mix

**Memorial Ride  
& Biker Sunday**

**21**  
MAY  
2023

MEET AT MANNA CAFÉ  
605 Providence Blvd.  
Bikes leave at  
9:00 am sharp

RIDE TO POTTER'S HAND  
1546 US-79, Dover, TN  
Service at 10:00 am

Burchett Construction  
F & M Bank  
Jeff Burchett  
Bill Mace Homes

**RAIN or SHINE**





## Sharing is caring

Manna recently presented the Ajax Turner 50+ Center with a television for their activity room. When our generous donors give to us, we give to others in our community.

*Pictured are Ken Shipley, Manna COO, and Ricky Willis, Fiscal Director Ajax Turner 50+ Center.*

## Start your day helping others

Our friends at Mugsy's Coffee Company have created a delicious Manna Cafe Coffee.

All proceeds will benefit our mission. Manna Cafe Coffee is available at Mugsy's locations and online at [Mugsysfreshroast.com](http://Mugsysfreshroast.com).



## Minimize Your Tax Liability

# Your IRA, your impact

If you are 70.5 or older, IRA gifts are a powerful way to support Manna Café Ministries and reduce your future tax burden. And if you are subject to Required Minimum Distributions, making a Qualified Charitable Distribution (QCD) allows you to satisfy your RMD without increasing your taxable income! Most importantly, you'll restore hope, dignity, self-reliance and community while sharing the love of God through Jesus Christ to our neighbors, at less cost to you.



**FREEWILL** 

Scan the QR code or visit [FreeWill.com/MannaCafe](http://FreeWill.com/MannaCafe) to learn more and get started.



*The one who is gracious to the poor lends to the Lord, and the Lord will repay him for his good deed.*  
**Proverbs 19:17**



*Manna Cafe is a 501(c)3 nonprofit organization and a proud member of United Way of the Greater Clarksville Region and the Clarksville Chamber of Commerce.*