



St. Francis of Assisi Catholic Church Mobile Loaves & Fishes News

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December 2019



A Christmas Message from the Core Team

During this Christmas season, our **MLF** program is continuing to reaffirm its ministry mission statement: **“to provide food, clothing, and dignity to our brothers and sisters in need.”**

Here is a quick summary of our new 2019 activities:

- Following guidance from the new ministry, Our Common Home, we updated our kitchen recycling guidelines - 02/2019;
- **Scholars & Students Serving Others (SASO)** joined our ministry – 03/2019
- Started a new partnership with the **SAPD’s Hope Team (Homeless Outreach Positive Encounters)** – 05/2019
- Served at three new service locations, Woodhill Apartments, Lenwood Heights, and the Brooklyn Bridge site – 06/2019

With the good will, hard work, financial backing, sacrifice, and prayers of our many volunteers and supporters, the **MLF** program has remained true to its purpose. The **Core Team** would like to express its sincere thanks and wish all of you a blessed Christmas.



Pope Francis’ “Urbi et Orbi” Message**

To you, the faithful of Rome, to you, the pilgrims, and to all who are linked to us from every part of the world, I renew the joyous proclamation of Bethlehem: “Glory to God in the highest, and on earth peace among those whom he favours” (Lk 2:14).

Like the shepherds who first went with haste to the stable, let us halt in wonder before the sign that God has given us: “A baby wrapped in swaddling cloths and lying in a manger” (Lk 2:12). In silence, let us fall to our knees and worship.

What does that Child, born for us of the Virgin Mary, have to tell us? What is the universal message of Christmas? It is that God is a good Father and we are all brothers and sisters.

This truth is the basis of the Christian vision of humanity. Without the fraternity that Jesus Christ has bestowed on us, our efforts for a more just world fall short, and even our best plans and projects risk being soulless and empty...

May the little Child whom we contemplate today in the manger, in the cold of the night, watch over all the children of the world, and every frail, vulnerable and discarded person. May all of us receive peace and consolation from the birth of the Savior and, in the knowledge that we are loved by the one heavenly Father, realize anew that we are brothers and sisters and come to live as such!

****Note:** “Urbi et Orbi” translates “to the city of Rome and to the World.” To read the full text of this 2018 Christmas papal address, click [Pope Francis’ Apostolic blessing.](#)

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MLF Kitchen Guardians at Work

Here are John Tondre and Glenn Darilek continuing to improve our **MLF** kitchen facilities. Over the years, these two intrepid volunteers / handymen have labored to make our ministry’s work areas more conducive to

our needs. From installing new shelving to improving the plumbing facilities, they have toiled tirelessly to help us all effectively complete our ministry work. If you see these guys, please thank the unsung heroes who just keep putting in the work!

Combating Alzheimer's Disease

Dr. Rudolph Tanzi, a professor of neurology at Harvard University and the director of neurology at Massachusetts General Hospital suggests an approach to combat the progression of Alzheimer's disease. He uses the term **SHIELD**, an acronym for lifestyle factors that appear to help reduce the risk of developing Alzheimer's disease. Here is a quick summary of the **SHIELD** strategy:

S – SLEEP: During deep sleep, amyloid production is turned down. In addition to less plaque forming, the brain cleans itself out.

H – HANDLE STRESS: Take 10 minutes a day to meditate, take a walk, or do something else that relaxes you.

I – INTERACT WITH OTHERS: Loneliness causes stress that can lead to chemical changes in the brain that kills nerve cells. Speaking with people involves nerve activity that strengthens the brain.

E – EXERCISE: Walking 8,000 – 10,000 steps per day reduces pathology leading to Alzheimer's and helps grow new nerve cells.

L – LEARN NEW THINGS: Learning something new strengthens the connections between nerve cells called synapses and provides cognitive reserve.

D – DIET: Nothing is better for your brain than the Mediterranean diet. Eat less red meat and more fruits, nuts, and vegetables.

Source: [The SHIELD Plan to Prevent Alzheimer's Disease](#). For additional information, click this [NBC News article: "Is targeting brain inflammation the key to beating Alzheimer's disease?"](#)

HELP WANTED Openings – December 1, 2019

Our **MLF** ministry needs help for these crucial roles:

1) **Core Team** members for the **Core Team Director**, **Site Coordinator**, and **Day Volunteer Coordinator** positions (see [Job Descriptions](#)); and

2) **Meal prep and delivery volunteers** are needed for various meal shifts. For the complete listing, click this [Immediate Team Openings](#) link.

If you can assist with any of these jobs, please contact **Julie Mellin** @ volunteermif@gmail.com.

Contact Us

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Email: mlfnw@sfasat.org



MLF website: www.sfasat.org/MLF/index.htm

MLF News files: www.sfasat.org/MLF/mlfnews.htm

A Quick Reminder...

- **Captains, notify mlfnw@sfasat.org before canceling a meal run.**
- Call the Commissary person (listed on the bulletin board) on duty when you encounter food supply shortages.
- Prepare **only** the amount of meals shown on the **Meals Calendar** posted on the refrigerator
- Wear gloves and a baseball cap / hairnet when prepping meals or bagging cookies.
- **Use a zip lock bag when re-bagging chips or cookies to help maintain their freshness.**
- Do not pack turkey & cheese and peanut butter & jelly sandwiches in the same zip lock bags (peanut food allergies).
- Clean all food containers for recycling. Shake crumbs out of bread bags / cookie trays. Place loose bags into one bag. Rinse peanut butter & jelly containers. If not, put them into trash.
- Sweep the floor and empty trash / recycling (into commercial bins) after each meal prep.
- Empty the dirty water from the clean-up pail after washing kitchen floors
- Ensure that doors to clothing bay and ice machine room are locked after prep shifts.
- Fill-out the [MLF Truck Run Log](#) after deliveries **and** use the bottom section to report any unusual events / problems that occur.
- Report truck maintenance issues to David Aguilar @ tgeagle2@att.net .



Our patron saint, Francis of Assisi stated **"Remember that when you leave this earth, you take with you nothing that you have received – only what you have given: a full heart, enriched by honest service, love, sacrifice, and courage."**

The **MLF Core Team** recognizes these faithful volunteers who have passed during 2019.

- ❖ Mary Mellin
- ❖ Charles Steinmetz
- ❖ Mary Esther Ramirez
- ❖ Annelle Roquemore McGuire
- ❖ Richard "Rick" David Griffin
- ❖ James "Pete" Allen