



# April 2015 Newsletter

## Catholic Parish Outreach

This month's newsletter was written by Kelly Rappl, CPO Program Assistant.

Dear CPO Volunteers and Friends,

Once a year, I am blessed to share some time with you to reflect on our world and our place in it. This year I was looking for inspiration for my note when I came across a book titled "10 Things We Should Teach in High School and We Usually Don't" by Peter Herr. I met Peter 25 years ago when I began dating my husband and never did I imagine then that I would be sharing his words on generosity with you now, but his words resonated so strongly with our mission that I knew that I had found my inspiration!

1. Little acts add up and big things get done.
2. Being generous and offering service is an excellent way to show gratitude for things that you have in life.
3. Being generous is a habit, like many other positive characteristics.
4. When you get up and act, you will meet new people and do new things.
5. One of the remarkable byproducts of a life of service and charity is that we tend to get things in return – there is usually an unexpected reward.

I have witnessed and experienced all of these things with you during my time at CPO! Thank you and God Bless during this Lenten season.

*To change the world we must be good to those who cannot repay us. – Pope Francis*

### Beyond the Numbers: Amy



One Tuesday, Amy came into CPO crying and desperate. She told our volunteer greeter Eileen that she was sent to us for food from Wake Co. Human Services; however she is also in dire need of medication. Her disability benefits have been delayed, and she can't pay for the medicine. Eileen gave her a Resource Guide that we publish, and some suggestions of places to call. Our intern Zakayheal called her to be interviewed. She learned that Amy was distraught about needing the medicine, and did not know where to turn. Zakayheal took the time to listen, and helped Amy use the phone in our breakroom to call agencies that may be able to help. Amy left us with groceries and in better spirits, hopeful that an agency might help pay for her medications.

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## PIG PICKIN & OPEN HOUSE

Saturday April 18

3:30pm—7:30pm

(or until the pigs run out)

CPO and the Sacred Heart Cathedral Knights of Columbus invite you and your family to enjoy an evening of great food, a bake sale, music, and face painting. The event will be held at our food pantry. Tickets may be purchased in advance at CPO, or on the day of the event. This is a wonderful chance to give friends and family a behind the scenes tour of CPO (and enjoy a good meal). **Let's "pig out" to feed more families!**



### Donation Highlights

- St. Eugene food drive: 1,872 lbs of groceries & \$1,815
- St. Michael food drive: 5,294 lbs groceries & \$7,029
- St. Mary Magdalene school & parish food drive: 3,294 lbs of groceries & \$1,794
- Cardinal Gibbons High School: 6,432 lbs of groceries & \$76
- St. Thomas More Academy: \$305 proceeds "Breakfast for Lunch" pancake sale
- Leesville Rd. Middle School: 944 lbs of groceries
- Kids Everywear consignment sale: 1 ton of children's clothing & baby items

### Stats for February

	Feb 2014	Feb 2015	YTD
Families/Referrals	2,611	1,539	4,675
People served	9,225	6,626	17,675
Total clothing	812	413	1,507
Total diapers	533	296	929
Total volunteer hours	3,252	1,966	6,270
# of new volunteers (includes groups & youth)	60	31	111

Note: On average a family visits CPO 2.9 times a year

CPO will be closed for Easter April 3-5