

Mercy Seekers

“... Go and find out the meaning of mercy.” Mt. 9:13

November 2016 • Volume 240

A MESSAGE FROM THE DIRECTOR
FATHER MICHAEL BARRY, SS.CC.

“**T**he north wind will blow and we shall have snow and what will poor Robin do then, poor thing? He will hide in the barn to keep himself warm and hide his head under his wing, Poor thing” This is what crosses my mind when I think of the cold months ahead. People say this is California where it is always warm. In reality it gets cold and sometimes very cold. It has been our experience at Mary's Table that people come shivering with the cold and often coughing relentlessly looking for some type of warmth. Some type I say because often we cannot give them what we would like or what they want a warm place to feel and be human again. Still they come because they can share the limited warmth that we can give. We are trying desperately to give them a home. Emma Lazarus in her famous poem called them "the tired huddled masses that come to our shore" and to Mary's table in San Bernardino. It is a tragic inhuman condition for any city across the United States. Your help is deeply sought for our homeless forsaken brothers and sisters. We have many politicians with rosy promises for the future but as one of our homeless told me "It just ain't happening". Remember the 'little Robin' and pray that the homeless will find a "barn".

- Fr. Mike



Mary's Mercy Center, Inc.

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Thanksgiving Day Prayer

“God, who gives us all good gifts and who is the source of every blessing we have, hear our prayer as we gather to give thanks for all that you have set before us. We are grateful not only for the food that graces our table in such abundance, but also for the bond of family and friends, strengthened by the meal we share, and by the warmth of your love that comes to us each day through your benevolent mercy. Help us to use wisely all the gracious gifts you have showered upon us for the benefit of ourselves, our family, and our nation. On this Thanksgiving Day may we acknowledge that every good thing comes to us from you, and may your bounty never cease, so that we may share your blessings with those in need. Amen.”



Students Making a Difference

Thank you students of Urbita Elementary! Your collection of socks, toothbrushes and toothpaste will help the homeless. Good dental hygiene is linked closely to good health - so in a very real way you are helping them be healthier too!

Food for the Homeless

We serve lunch daily but what about the other meals? That is where our emergency food bags for the homeless make a big difference. Our shelves were low on ready-to-eat items when the parishioners of St. Peter and St. Paul brought their timely donation of ready-to-eat food items for our homeless food bags. On behalf of the homeless, thank you.



Personalized!

Debbie, the director of Veronica's Home of Mercy, met Kathryn Ankenman, a nurse and clinical educator in Maternal & Child Health at St Bernardine's Medical Center, during an outreach event. After learning about our home, Kathryn offered to teach the residents how to make their own necklaces. On October 3rd, she brought pizza and beverages for the ladies to enjoy before her workshop. Kathryn brought glass cases with charms, locketts and chains. The residents were able to create their own necklaces.

Our residents has a blast and are looking forward to Kathryn's next visit when she will teach them about scrapbooking. Thank you Kathryn for sharing your knowledge, talents, and heart.

Cold & Flu Season

“An ounce of prevention is worth a pound of cure.”

Walgreen’s provided a flu shot clinic for our guests. The shots are especially important for the vulnerable, such as the elderly, young, and those in poor health. It is generally recommended for everyone to get vaccinated because even if you are healthy it helps stop the spread of the flu. Thank you to Walgreens and their staff!



MYTHS

vs.

FACTS

FEED A COLD AND STARVE A FEVER (or vice versa) - FALSE!

You need to eat healthy to stay healthy

ANTIBIOTICS CURE COLDS & FLU - FALSE!

Antibiot-ics only work on bacterial infections

COLD WEATHER CAUSES COLDS - FALSE!

Certain viruses cause colds

THE FLU VACCINE CAN GIVE YOU THE FLU - FALSE!

The flu vaccine is made of dead flu viruses. Since they’re dead, you can’t catch the flu from them.

COOL MIST HELPS - TRUE!

A humidifier can help ease nasal congestion.

GARGLE WITH SALT WATER - TRUE!

Gargling with warm salt water can help soothe a sore throat.

EAT CHICKEN SOUP - TRUE!

The steam helps with congestion and the broth keeps you hydrated.

BLOW YOU NOSE OFTEN - TRUE!

Sniffing can en-courage a sinus infection.



Reaching Out to Help...

On October 8th, members of Umuada Ndi Igbo’s Inland Empire Chapter visited Veronica’s Home of Mercy. The ladies served food to all the women and children. They also brought gift items, supplies such as diapers, and a donation. The day of service was organized by Blessing Njoku and led by Lovelyn Ugonma Anyanwu. Their organization is comprised of women from Nigeria and actively speaks out on issues such as child marriage and the empowerment of women. We thank them for their generosity and the heart with which they served.



Welcome! Little One

Veronica’s Home of Mercy welcomes home its newest resident, Liliana Rose. She was born October 15th and weighed 8 pounds and 15 ounces. Mom and baby are doing well.



Mary's Mercy Center

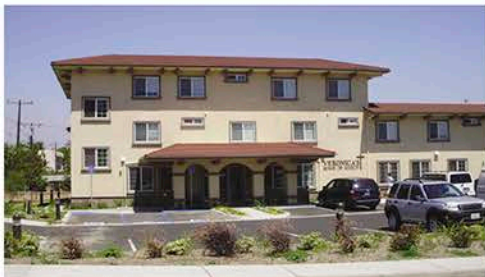
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RETURN SERVICE REQUESTED

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Veronica's Home of Mercy is funded in part by Arrowhead United Way



Did You KNOW



In September 2016 Mary's Mercy Center through its Mary's Table and Mary's Children provided the following services;

Meals served: **5,590** (includes lunches for parolees)

Food Bags: **594** over 3 Wednesdays

Showers (including a change of clothes): **300** with 184 shaving kits

Hygiene kits: **177**

Haircuts: **16**

Clothing (2-4 outfits and shoes): **41** of which 23 were for extreme emergencies

Children's Program: **58** families' needs were met. We were able to help with 100 pounds of baby clothes, 20 new baby blankets and 2 mattress sets.

THANK YOU - *what we are able to do is possible because of you!*

Grateful
to
God

*"Gratitude is not only the greatest of virtues
but the parent of all the others."*

~ Cicero ~