



NORTH RALEIGH MINISTRIES

Hunger Knows No Boundaries

Imagine if you were one of approximately 40,000 people living in North Raleigh having to decide between food, utilities, or a roof over your head. These people live in 15,443 households earning less than \$25,000 a year where the average rent is \$900 for one bedroom. Add to this the cost of utilities, transportation, healthcare, phone and, if you are fortunate enough, internet. Now add to that the cost of groceries. You get the message.

I'm sure one thing we can all agree on is that food goes beyond a basic need, it's a necessity to live. But let's do the math on this equation. According to [neuvoo.com](https://www.neuvoo.com) tax calculator, \$25,000 gross pay will net about \$16,951 a year. United Way NC's Self Sufficiency data estimates the most basic expenses such as rent, transportation, healthcare, and food equals \$20,376. So, which bill do you pay first? Don't pay the rent – you get evicted. Don't pay utilities – your lights and water are cut off. Don't pay for healthcare – you get fined. Don't have a phone – you are disconnected from

everyone. So, what's left? That's right, many people choose to go without food.



This is where food pantries come in. Well stocked food pantries are the difference between poor nutrition and having a healthy meal on the table. Food pantries help fill the hunger gap and can lead the way to other important services that can help people learn how to overcome financial challenges and thrive.

We at North Raleigh Ministries know that hunger knows no boundaries. Young and old find themselves facing hunger daily. We see them when they visit our food pantry. They're also the 150 children receiving weekend meals through our Backpack Buddies program.

We also know that everyone can help make a difference for people experiencing hunger in their community. We can give food regularly and/or make a financial gift to our local food pantry. And, always remember that every act of kindness makes a difference in someone's life.

- Donna Pygott, NRM Executive Director

Sources:

<http://www.unitedwaync.org/county-data-sheets#w>

<https://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>

<https://neuvoo.com/>

Life at the Donation Door



The shirts were neatly pressed and on hangers. The pants, too, were nicely folded and on hangers. The shoes were packed back into their original shoe boxes. She paused and stared at the clothes for a while before taking them out of the car. Eventually, she started handing the items to me – slowly, carefully, lovingly.

“These were my husband’s.”

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When I went on my first disaster recovery trip to Mississippi after Katrina, part of the training we received from Presbyterian Disaster Assistance included how to clean out damaged homes, how to make repairs, etc. But another part of the instruction involved dealing with the owners of the damaged homes and the specific guidance was: listen to the stories. Many of the homeowners had been through traumatic experiences and part of the rebuilding process included being able to talk through their experiences with a sympathetic ear.

A big part of the work at the thrift shop donation door comprises receiving the donations, giving receipts, pre-sorting the items, etc. However, another aspect of the work we do is listening to the stories. Yes, we’re dealing with things – clothes, books, linens, furniture, etc., but many of these things have history, have attachments to the donors. And we hear the stories.

Some of the stories are gleeful – “I don’t need these neckties anymore – I’m retired!” Others reflect our times – “These things don’t bring me joy anymore.” Some tales are told sadly – “We’re cleaning out the house now that the kids are gone.” And others are told joyfully – “We’re clearing out the house now that the kids are gone.” Other donors are dealing with the realities of life’s transitions – “My mother’s moving to assisted living.”

Regardless of the underlying explanation and the associated emotions, there’s one aspect of NRM that’s appreciated by all whom we interact with – the fact that all the funds generated by the donations stay within the North Raleigh community – they’re funneled into the Crisis Center. Donors are heartened by the programs and services at NRM – food pantry, financial crisis management, Backpack Buddies, classes and groups, etc.

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“These were my husband’s.”

"Thank you for your donation," I said. "We'll find a new home for them – a home where someone else can enjoy them."

-Rick Menzel, Board Member and Thrift Shoppe Volunteer

Volunteer Opportunities

We are looking for community-minded people to join the NRM volunteer team. The opportunities below are some of our most critical volunteer roles to get filled. Have a friend who might be interested? Forward this email to them! To start your journey visit us at www.northraleighministries.com/volunteer.



Food Pantry Shopping Assistant

Do you have a heart to connect with people and share God's love? Join our volunteer team as a Food Pantry Shopping Assistant where you'll assist our clients with picking out groceries, encourage them in the journey, provide education about center resources and make genuine connections.

Shifts Available:

Tuesdays 10:15 a.m. - 12:45 p.m., Tuesdays 12:45 p.m. - 3:15 p.m., Wednesdays 3:45 p.m.-6:15 p.m. and Thursdays 10:15 a.m. - 12:45 p.m.



Child Care Assistant

Like working with kids of all ages? Working under staff supervision, the Child Care Assistant will help monitor the safety of children in their care, change the diapers of infants and toddlers, and engage children in age-appropriate activities. Previous childcare experience required.

Shifts Available:

Tuesdays 6 pm - 9 pm from Oct 1st - Nov 19th



Donation Door Attendant

Interested in helping in an active area of our ministry? Attendants are needed to receive donations, assist donors, sort donations & help with recycling. This volunteer role will be sure to keep you on your toes!

Shifts Available:

Mondays 10 a.m. - 2 p.m. and 2 p.m. - 6 p.m., Tuesdays 10 a.m. - 2 p.m. and 2 p.m. - 6 p.m., Wednesdays 10 a.m. - 2 p.m. and 2 p.m. - 6 p.m., Thursdays 10 a.m. - 2 p.m. and 2 p.m. - 6 p.m., Fridays 10 a.m. - 2 p.m. and 2 p.m. - 6 p.m., Saturdays 10 a.m. - 2 p.m. and 2 p.m. - 5 p.m.

Don't forget to connect with us on social media and our website:



Our mailing address is:
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