

In my time here, I've learned that service is not a one-way street. Many of the guests I'm serving food to one week are volunteering in the kitchen another. A woman guest at our table helps an older man navigate a website about housing for senior citizens. She says when God sees you through hard times, the experience changes you, makes you grateful. She wants to pay it forward. "The difference between *unite* and *untie* is where you put the *I*, and I put the *I* in *service*," she told me.



Volunteer Javaughn Fauntroy, left, a student at Bishop McNamara High School, and guest and regular kitchen volunteer Julius "Crow" Crowder Jr. hoist a hot pot.

This place is named after a miracle: the story of 5,000 people fed with five loaves and two fishes. Some say that abundance was not so much a matter of multiplied material as multiplied generosity. People come to Loaves and Fishes to be fed—nutritionally, intellectually, spiritually—and leave touched by the spirit of service and generosity. So, Loaves and Fishes provides not only 25,000 hot meals a year, but 25,000 opportunities for people to come together, to rediscover their gifts and use them to help each other.

You are an integral part of our Loaves and Fishes community, and I invite you to let this spirit of generosity touch you. You can contribute by credit or debit card at our website loavesandfishesdc.org or by check using the enclosed envelope. With a gift of \$500 you can buy the groceries for an entire meal. With a gift of \$50 you can feed 16 people. With a gift in any amount you can help provide your neighbors with a hot meal and a welcoming place to reconnect.

And if you're near Washington, I invite you to stop by and join us in person. Any Saturday, Sunday or federal holiday, just come to the Loaves and Fishes kitchen in the rear of 1525 Newton Street NW at 11:30 a.m. You won't regret it. We look forward to hearing from you.

With gratitude,

A handwritten signature in blue ink, appearing to read "Suzanne Freynik".

Suzanne Freynik
Volunteer, Loaves and Fishes