



# Love, Peace, and Manna

The Manna Cafe Ministries newsletter

FEBRUARY 2023

"Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them."  
—Isa. 58:7, NLT



## Cooking with Love

BY DEBRA SUTTON

What most of us may call a chore, the Manna Cafe kitchen staff considers a labor of love. Rita Stinson, Manna's kitchen manager, and Katt Harris, lead cook, are the dynamic duo that orchestrate the preparation of delicious and nutritious meals for Manna Cafe guests.

Rita is a seasoned veteran of the food service industry. She owned and operated two restaurants in Kentucky before relocating to the Clarksville area. She began as a volunteer at Manna and after four months was named lead cook. In October of 2022 she became the kitchen manager. When asked why she chose to come to Manna, she immediately answers, "To give back. Here we can see how blessed we really are." Rita especially likes bringing clients into the Culinary Internship program. "We can help our interns to achieve something for themselves. We watch them build their self-esteem and find a purpose for their life." When an intern completes the program they receive a ServSafe certificate that gives them a good start on finding employment in the food industry.

For Katt, serving at Manna Cafe is a family affair. When she and her husband, Josh, moved to Clarksville they first were clients. At the time her father-in-law and brother-in-law worked for Manna. Then her husband Josh was hired, and she became involved in the Culinary Internship program. Her passion for baking evolved into helping with Manna Catering. She, too, shared the desire to give back to the community through working at Manna. "The kitchen is my 'happy place.' I love to pass on my knowledge to others," she explains.

When asked why she selected Katt as lead cook, Rita confidently says, "She's a leader. She is easy to work with and has good ideas on improving our program."

Each week the Manna kitchen staff and interns provide meals for more than 400 people on site at the Refuge and another 325 meals from the mobile cafe food truck at key locations in the community. "It's not easy work to put together nutritious meals geared toward healthy options. Some of our guests have special health needs so we try to offer a variety of foods," Rita shares. "Cooking takes a lot of love," Katt adds. "I love to see my cooking make someone smile. It's all done with passion and love."

To become part of the Manna Cafe Culinary Internship program email us at [Culinary@MannaCafeMinistries.com](mailto:Culinary@MannaCafeMinistries.com).



# When we each give a little, a lot gets done

***For only \$19 per month you can make a huge difference in the lives of thousands in our community.***

With only 63 cents a day you can help Manna Cafe:

- serve more than 23,000 hot meals through our Mobile Cafe program.
- provide monthly food distribution for more than 20,000 people in Montgomery & Stewart Counties.
- stage Mobile Pantry events that provide food to 300 families in a single day.
- distribute clothing, school supplies, & household items.
- provide tents, sleeping bags, & propane for those without a permanent home.
- offer a safe, warm place to stay when the temperature drops below freezing.
- provide caseworkers to assist clients in finding services to improve their lives.
- provide a free clinic twice a month.

Manna Cafe distributes more than 2.5 million pounds of food each year. It's only through compassionate and generous people like you that Manna can accomplish its mission to serve the hungry and homeless with hope, dignity, and love.

***To start your \$19 per month donation today, visit [MannaCafeMinistries.com/donate](http://MannaCafeMinistries.com/donate).***

## **A Lot Got Done Last Month**

**Due to the generosity of our donors Manna Cafe was able to provide (in Montgomery and Stewart Counties):**

2,842 hot meals at our Mobile Cafe locations.

1,839 carts of food.

806 pounds of clothing.

12,020 pounds of household goods.

Christmas toys for 50 families.

1,210 pounds of clothing (donated to other agencies).

20 nights of warming center services.

shelter from frigid weather for 500 guests.

94 hot showers for the homeless.

case work benefits for 70 clients.

free clinic services for 25 people.



***Scan the QR code to help Get a Lot Done***





# Manna Miracles

## Baby, It's Cold Outside ... Humane Society to the rescue



When the temperatures drop below freezing, Manna offers a warming center for those without permanent homes. Unfortunately, we cannot provide indoor accommodations for guests' pets. With the wind chill temps during the holidays dropping to below zero, the Humane Society of Clarksville-Montgomery County came to the rescue of several furry friends. Volunteers Retha and Sarah Chappell jumped into action and brought hard-shell kennels and doggie coats to ensure these pets would be warm through the frigid nights.

"We hear frequently that if you cannot afford to feed or fix your pet, you shouldn't have one ... but the Humane Society absolutely does *not* conform to this belief," explains Executive Director Amy Shaver. "Our pets just want to be with their people regardless of living situations. As a nonprofit, the Humane Society decided years ago that we needed to direct all of our resources into programs that help keep pets *with* their people and *out* of shelters. It's a win-win-win for pet owners, our pets, and the community!"

Thank you Humane Society of Clarksville-Montgomery County!

*The Humane Society operates a low-cost spay-neuter clinic, pet food bank, and discount retail store to meet these needs. Booking for spay-neuter surgeries and hours for the pet food bank & retail store can be found at [www.clarksvillehumanesociety.org](http://www.clarksvillehumanesociety.org).*

Join our miracle team!

# We're Hiring

## Truck Driver



Manna Cafe is looking for a dependable driver to help with food rescue and distribution, and to assist in the warehouse. Experienced driver preferred.

***If you are interested in joining the Manna team send your resume to:***

**[Resume@MannaCafeMinistries.com](mailto:Resume@MannaCafeMinistries.com)**





# Put your love into action this Valentine's Day

This is the perfect month to put your love into action! Caring for your loved ones, providing nourishing meals, and loving your neighbor are all powerful ways to make this Valentine's Day meaningful – and we have one simple way you can complete all three at once! Creating an estate plan is an act of love that allows you to provide for your loved ones and support the causes you love.

***Through our partnership with FreeWill, you can create your will for free and put your love into action today!***



**Scan the QR code or visit [FreeWill.com/MannaCafe](https://FreeWill.com/MannaCafe) to learn more and get started.**



## **VOLUNTEERS NEEDED**



Manna Cafe Ministries is seeking volunteers to help in different areas of our organization. From food distribution to our Refuge Center and more, Manna needs volunteers! If you are interested you can sign up on our website or contact us today!

Volunteer Coordinator:  
Kim Holbrook  
[kim@mannacafeministries.com](mailto:kim@mannacafeministries.com)



Help with food distribution every Monday, Wednesday and Friday.

### **AREAS:**

- Food distribution
- Warming center
- Office
- Warehouse
- Clothing distribution

### **JOIN US**

**Manna Cafe Ministries**

605 Providence Blvd, Clarksville, TN 37042  
931-933-0970

[www.mannacafeministries.com](http://www.mannacafeministries.com)



***If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.***

**—Romans 12:3, NLT**



*Manna Cafe is a 501(c)3 nonprofit organization and a proud member of United Way of the Greater Clarksville Region and the Clarksville Chamber of Commerce.*