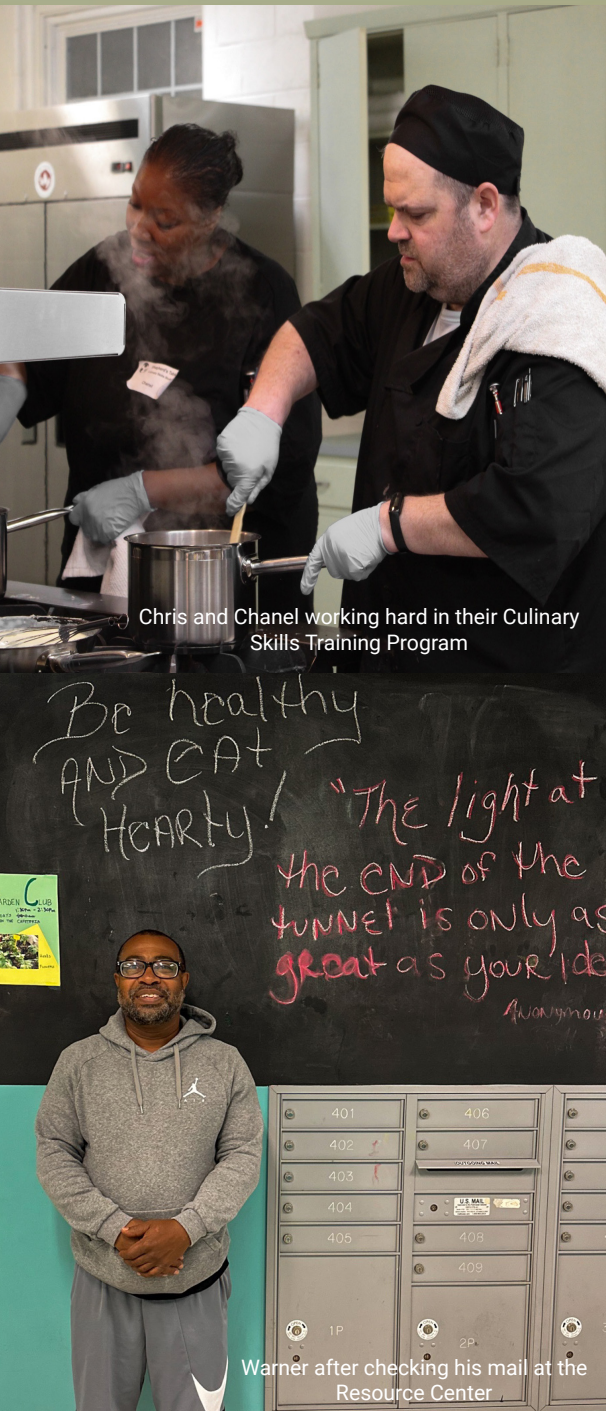




hello, friend.



Chris and Chanel working hard in their Culinary Skills Training Program

Be healthy AND EAT HEARTY!
"The light at the END of the tunnel is only as great as your idea"
Anonymous

Warner after checking his mail at the Resource Center

For the last 40 years, Shepherd's Table has been a reliable place for people to get a hot, nutritious meal every day. Individuals like Chanel, Chris, and Warner come to us for various reasons. Still, we're more than just a kitchen—we offer wraparound resources and services that help uplift individuals and inspire hope as they journey to accomplish their goals.

At Shepherd's Table, we are witnessing the impact of the increase in unhoused individuals, leading to a consistent rise in the demand for our daily meals. In the first quarter of this year, we have served 22% more meals than last year. With the number of unhoused individuals across the Washington region jumping by over 12 percent from 2023 (Washington Post), and one in eight people facing hunger in Maryland (Feeding America). It is more important than ever to address these needs.

Your continued support and dedication to our organization bring hope and transformative opportunities to those in need. Will you consider donating today to provide critical funding to empower those we serve toward self-sufficiency?

Warner turned to us in early 2023 for help navigating housing and food insecurity challenges.

"Whether it was a shirt or a tie to go to an interview, I was encouraged and felt like there was hope; I started to do certain things again that put me in the right direction to get back on my feet."

Warner's determination and strength helped him regain stability, but he credits Shepherd's Table's crucial support. Facing significant struggles, including turning to unhealthy vices to cope with hardships.

"I was able to come out of that because of the people who pulled me in and gave me good words of encouragement and direction. Realizing there are people here who want to help me make a big difference. I opened up to the help, and there are so many different resources here that have put me in a position to get to where I am now."

He believes that having interview clothes, daily meals, and encouragement from staff resulted in his renewed confidence and employment. Warner secured employment only a few months after arriving at Progress Place, and now he is on his next significant milestone—obtaining housing.

Similarly, **Chris** came to Progress Place last year during a particularly difficult time. He faced numerous obstacles, including sleeping in his car, unemployment, and relying on Shepherd's Table for daily meals.

"It was hard; you average about four hours of sleep when you're homeless."

Despite these hardships, Chris's "never give up" attitude helped him find a job at a local chain restaurant. However, shortly after starting, his car broke beyond repair. He was then transferred to a new location, unreachable without transportation. Finally, Chris was forced to quit.

Chris then came to Shepherd's Table while waiting for the next available shelter bed. He utilized the clothing closet and the eye clinic, receiving new prescription

glasses.

Chris didn't give up as he strived for consistency. He continued looking for work when a Shepherd's Table staff member reached out personally to tell him about the upcoming Culinary Skills Training Program (CSTP). With his background in restaurants, the program was a perfect fit. Now, weeks away from graduating with a ServSafe certificate and having secured stable housing since the program began, Chris shares,

"The Culinary Skills Training Program has helped me stay focused, and I hope it lands me a decent job."

Shepherd's Table served as a reliable place for Chris when he needed help the most.

Help us reach our goal of \$40,000 to provide essential life-changing support for others like Warner and Chris.



Lunch service at Shepherd's Table



Clothing Closet at Shepherd's Table

Chanel's story is unique and speaks to resiliency. Years ago, she and her family found support in the services of Shepherd's Table during a difficult period. Since then, Chanel has been employed and has had stable housing. Her reason for returning to Shepherd's Table is to follow a dream.

"I always knew I wanted to be a cook and create my own recipes; I started when I was 13."

She returned to Shepherd's Table with renewed purpose by participating in the Culinary Skills Training Program. *"At first, I was nervous. I didn't know what to expect, but now I'm feeling great about myself. I stepped out of my comfort zone,"* Chanel reflects.

Chanel's dream is not just to find a job but to build a fulfilling and stable career. Completing the Culinary Skills Training Program is not just a milestone for Chanel; it's a chance to turn her dreams into reality. As she continues on her path, we will support her every step of the way.

Your generosity enables us to continue these programs that transform lives and help our neighbors get back on their feet. Shepherd's Table has positively impacted individuals like Warner, Chris, and Chanel, thanks to your ongoing support.

If you would like more information on how you can support our mission, including ways to volunteer, please visit our website. At Shepherd's Table, we do more than feed individuals. We walk with our neighbors and help them fulfill their goals, however big or small, and we trust that you will join us in that mission.

Sincerely,

A handwritten signature in blue ink that reads "Manny Hidalgo". The signature is fluid and cursive.

Manny Hidalgo, Executive Director

P.S. Show gratitude to Shepherd's Table this summer with a tax-smart gift from your IRA, Donor-Advised Fund, and stock. This resource makes it easy to learn more and get started.



Stay in Touch

Scan the QR code to stay up to date with our events, volunteer opportunities, and the latest news from Shepherd's Table.

Shepherd's Table
8106 Georgia Ave.
Silver Spring, MD 20910
Tel: 301-585-6463
Fax: 301-585-4718
www.shepherdstable.org