

Subject: Sufi Service Committee of Boston June 2016 Brunch Update

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Brunch Update

Issue 83 - June 2016

Sufi Service Committee of Boston

Addressing the most pressing needs of our community



Barrett and Amy enjoy brunch service.

Happenings

Sunday was a quintessential spring day; the dark storm clouds intermittently interrupted by the sun's glow promised a lush and beautiful day. Our volunteer team assembled at a nearby now-familiar senior center where our team neatly divided into work groups. Without instruction, our group of about ten took to our individual tasks that taken together, created an ecosystem of efficiency. One of our youngest teammates took to serving coffee, pastries and fruit while the entree warmed in the oven, promising a delicious lunch with the aroma of baked chicken. While we hurriedly served guests, the kitchen group prepared plates for friends at another location. Stacks of heaping plates covered

with foil were delivered quickly, to make sure our friends had lunch at a regular time. While not always feasible, it was great to see how effectively we could provide a healthy lunch for two groups of friends, hopefully doubling the number of full bellies and warm smiles!

By the time we finished our lunch, the sun was in full shine!



Appleton Cafe's weekly donation is much appreciated.

Please Join Us for the First Anniversary of the Sufi Service Committee Clothes Drive

Friday September 16, 2016
2:00 pm - 3:00 pm

Noor Oriental Rugs, Inc.
769 Concord Avenue, Cambridge, MA 02138

keynote address by
Cambridge Mayor Denise Simmons

“Thinking of the impact my slightly used clothes could have on someone fills me with joy every time.”

- Mackenzie Bigelow

As we enjoy the warmer seasons of 2016, we must not forget how the colder seasons affect the less fortunate homeless population in our neighborhood. Our aim is to provide warmer clothes to everyone in need as a new outfit may provide that boost in self-confidence needed by those struggling to improve their lives.



Lucky serves roasted chicken with a smile.

Poem

Hands

Hands that mash, mix, and roll bread into shapes so sweet.

Hands that pull steaming dishes from oven's mouth.

Hands that cut, chop, and dice a sea of salad.

Hands that prepare the place of eating so perfectly.
Many hands of God used to create this exquisite meal.

Eyes savor the colors.

Nose teased by the aromas.

Taste buds saturate with flavors so vivid,
Memories of joys and sorrows burst forth.

Hearts soften, hands open.

Your hand in mine.

Let us go in service to our Beloved.

Time is short!

There is much work for these hands.

Matt Crichton



Persian rice pudding with saffron.

Dr. Amy Deris: Family and Charity - an interview

- " Dr. Deris, would you like to say something about yourself, please?"

- "I was born and raised near New Orleans, LA.

I went to Louisiana State University for college and medical school.

I specialized in Family Practice and did residency training at University of California at Irvine where I learned some Spanish working with my Mexican immigrant patients.

Now live in Cambridge, Massachusetts and work for Cambridge Health Alliance.

My focus during all of this training was to work with the underserved surrounding communities, especially a lot of immigrant populations. I still work with this population today and it is very rewarding! I hope to move back to New Orleans soon with my family and am committed to making it a better place!

Other than work--- I like yoga, reading, and being outdoors!"

- *"What role did your parents play in showing you the path to help and love others?"*

- "My parents led by example --they always put me and my sister first, before themselves. They made sure we always had a comfortable home and supported us in getting a good education and even did extra things like making sure we had time for fun and extracurricular activities."

- *"What difference do you see when you get involved by yourself alone and when you include your family? More collective energy? Do you think once you bring your loved ones to charity, it adds a higher dimension to the family love? I understand you will be a mother next month! What role you want to play in sharing your charitable contributions with your daughter?"*

- "Participating in charity alone or with family inspires me to be more involved in it. When loved ones are involved in charity with you it is thought provoking for conversation and strengthening relationships. I hope to make it relevant in our family as it grows, and to pass on a tradition of giving and striving to be more selfless.

- *"Do you think participation together in charity has enhanced / smoothed family relationship? In what ways? Some examples, please."*

- "Yes, it is a humbling experience. When our lives are stressful and strain the family relationship, we can put these matters on hold when there is a moment to change focus and devote time to serving others. Taking this pause definitely puts things into perspective and gives us a change to reevaluate what is really important in life. This makes it easier to let the stress in life go and focus on the positive things in our lives."

Charity Photos



Stephen and his son Aiden.



Volunteers had some waffles and fruits before beginning the day at Noor Oriental Rugs.



Volunteers prepared brunch dishes aplenty of roasted chicken, mashed potatoes, grapes, and a tangerine.

HOW TO GET INVOLVED



Sarah presents a bowl of tangerines.

Volunteers of all background are welcome to get involved by:

- Preparing and serving meals
- Donating and organizing clothes
- Providing administrative assistance
- Making financial contributions

Contact:

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