

Subject: Sufi Service Committee of February 2016 Brunch Update

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Date: 2/1/2016 9:14 AM

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Brunch Update

Issue 79 - February 2016

Sufi Service Committee of Boston

Addressing the most pressing needs of our community



Sandra carefully serves a helping of baby carrots.

Happenings



Luke serves Laura in a change of roles.

طریقت بجز خدمت خلق نیست

The (Sufi) Path is none other than serving people!

A warm new year's welcome to you from the Boston Sufi Service Committee. Another January has come, and opportunities for gratitude abound!

This month, volunteers shared hot tea and breakfast before venturing outside down icy walkways, the cold wind nipping at their ears. A lucky volunteer got to hold one of the metal pans filled with homecooked chili. Another lucky volunteer carried the oven-roasted chicken with basmati rice and veggies. She could feel the warmth through her coat.



Christine of Appleton Cafe donates a bag of pastries. Lindsay of Appleton Cafe offers a gift.

Shortly after the van was loaded and the trunk slammed shut, someone cracked a joke. His words were a puff of gray breath in the crisp air, and others laughed - more air puffing. The steam and the sounds dissipated. But through them we realized how warm and alive we were. The volunteers then brought that warmth and cheer to our friends. After all, the flame of a candle is not diminished by sharing its light.

In our small way we made this January brighter by giving \$25 gift cards to our friends. Plenty of them likely made practical purchases, like new socks or a good sweatshirt or a knit cap. But at least one let his imagination grow wild - how many M&Ms could he buy with \$25? Better yet -- how many smiles could he spread by sharing them?

Sunday January 17th saw a wonderful day of service. We were happy to see some old friends and catch up with them as well as share opinions on football and the concurrent playoffs. Michael brought his violin and shared his musical talent for everyone's auditory pleasure. We ate some delicious sausage with a side of corn and

vegetables and a bean soup. The day was particularly festive and familial as two new volunteers, Laura and her 8-year old son Luke, did a tremendous job serving food and sharing their zest for life with everyone. Laura was a wonderful addition and Luke delighted with his natural charm.

Oceans and continents away, some people in Iran had a beautiful idea and created “[walls of kindness](#)” to help the homeless. These spontaneous outdoor charity drives featured a colorful, artistic quality, provoking not only inspiration to give but also reflection upon the beauty of giving. Having little clothing, one compassionate man donated his wall, writing in colloquial and subtly poetic Farsi, “Don’t need it? Leave it. Need it? Take it!” This simple stanza was an inspiration to many, as it shows that service need not be elaborate, just sincere and heartfelt.

Countless other precious things happened this January. We hope the photos below give you a sense of how infinitely rich this January was.

Volunteer reflection: Mentors who Lead by Example!

by Daniel Muñera



Daniel (right) with other volunteers

inside a full refrigerator countless times trying to decide what to eat, in the comfort of my home. Knowing there’s someone out there in a contrasted situation doesn’t feel just.

This is why I take a portion of my time to help make food accessible, no matter a person’s story, no matter the reasons for their misfortune, everyone has a right to a meal, a shelter, an equal opportunity to thrive. I seek volunteer work as a balance to my privileged life.

I regularly meet (too many) people in poverty, begging by highways, sleeping outside department stores, in shelters, etc. So, why not give back, why not be the change I’d like to see in the world? From my perspective, we all have too much, and share too little, whether it be food, time or money. There will always be people that help, people that think about others before themselves, people who want to genuinely make the world a better place to live in.

I feel blessed having met these kinds of folk from the Sufi Service Committee. I strive to be one of those human beings, continuing to grow and learn from volunteering. I can’t see myself not helping - I feel part of something bigger when I volunteer, something that I lost touch with when I was introduced to comfort and excess. My soul literally comes alive when I physically change the outcome of that bread. Thank you for the opportunity to help.

This past year, I’ve dedicated a portion of my Saturday afternoons to collecting quality, trash-bound bread, and delivering it to the Sufi Service Committee, who then shares this bread with hungry Bostonians. It’s not a big task, and it’s sure nowhere close to what many volunteers do for less fortunate families day in and day out. I feel a grateful being able to contribute in any way to the community. It’s an immense joy, knowing the bread and pastries will brighten someone’s day.

The volunteer work I do is fueled by mentors who lead by example. I admire these individuals, and feel inspired to continue contributing to my community. People have to scavenge for food and seek shelter in alleyways as I look



A smartly arranged set of oranges and bananas.

HOW TO GET INVOLVED



Michael joyously plays a number on his violin.

Volunteers of all background are welcome to get involved in our charity activities:

- Preparing and serving meals
- Making food and clothes deliveries
- Visiting hospitals
- Administrative assistance
- Financial contributions
- Food and clothes donations
- \$25 gift cards from food shops in the vicinity

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