



# Sept/Oct 2023 Newsletter

 Catholic Parish Outreach  
Food Pantry  
A Program of Catholic Charities  
Providing Help – Creating Hope – Serving All

## CATHOLIC PARISH OUTREACH FOOD PANTRY

  
**Note  
From  
the  
Director**

 Kelly



The older I get the more I see that life is cyclical. We have the change of seasons, holidays come and go, people are born and die, inflation grows and then stabilizes, election cycles come and go, economies flourish and shrink (bull and bear markets), wars begin and end, etc. History repeats itself and the only thing that mankind can depend on is our connections to others. AGAPE, (love of mankind or love that is given whether or not it's returned/ love without any self benefit), is the only thing that will lead us through difficult times and situations.

The more connections we can make, the more common ground we find with each other, the closer we are to true peace and happiness. It fills my heart with hope to see our donors, staff and volunteers working together to forge bonds with our neighbors in need. This makes us ALL stronger in the long run! I am reminded of some famous quotes from Maya Angelou that inspire me everyday to reach out in love in all things!

Take care and God Bless!

**Hate.**

It has caused a lot of  
problems in this world,  
but it has not solved  
one yet.

- Maya Angelou

 Kelly



" I'VE LEARNED THAT PEOPLE WILL  
FORGET WHAT YOU SAID, PEOPLE  
WILL FORGET WHAT YOU DID, BUT  
PEOPLE WILL NEVER FORGET  
HOW YOU MADE THEM FEEL.

- MAYA ANGELOU

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2013 Raleigh Blvd, Raleigh NC 27604  
919-873-0245  
[cporaleigh.org](http://cporaleigh.org)


**Hours of Operation:**  
Mon/Wed/Thurs/Friday and 4th Saturday  
9 am—12 pm

*CPO is open on the 4th Saturday each month. In October we are adding 3rd Saturdays as well. The hours of operation are 9am—12pm. We will be looking to expand in the future to all Saturdays as the volunteer schedule allows.*

*If you are interested in volunteering on Saturdays, please contact Darcy, CPO Volunteer Coordinator at 919-847-1466 for more details!*

**CORRECTION Saturdays thru December 2023**  
Oct 21st      Oct 28th  
Nov 18th      Nov 25th — HOLIDAY  
Dec 16th      Dec 23rd — HOLIDAY

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**During FY 2023 CPO distributed to over 73,000 people/over one week's worth of groceries and the number keeps growing daily!**



### ***Volunteer Drivers Needed for CPO's Home Delivery Program "CPO Samaritans"***

To better serve our neighbors in need, CPO has been piloting a home delivery program for those who are homebound or lack transportation. Due to demand and need, this program is starting to grow, and more drivers are needed. The home deliveries are made on Wednesdays and Thursdays leaving CPO around 10am and it would take about an hour to complete the small route of deliveries. If you, a friend, or family member are interested in becoming a home delivery volunteer please contact Susan Hicks at [susan.hicks@ccharitiesdor.org](mailto:susan.hicks@ccharitiesdor.org).

	Sep-22	Sep-23	% Increase
People Served	6140	7905	22.33%
Families Served	1612	2071	22.16%

	Aug-22	Aug-23	% Increase
People Served	5813	7909	26.50%
Families Served	1502	2058	27.02%

	Jul-22	Jul-23	% Increase
People Served	5813	6914	15.92%
Families Served	1502	1822	17.56%

	Total Qtr	Total Qtr	Total %
People Served	17766	22728	21.83%
Families Served	4616	5951	22.43%

*CPO has purchased an AED and are asking for any active volunteers that are AED/CPR current certified to provide a copy of your current certificate, so that we are aware of those that can help during a medical emergency. The AED is located right outside the food area in the hallway for easy access to either waiting room, the food area or the CPO warehouse in an emergency.*



***It is not too late to help us meet our match....***

***Every dollar donated  
up to \$50,000***

*will be matched by  
CPO Friends  
to fight hunger for  
National Hunger  
Action Month!*

## HOW TO DONATE

### **Online:**

[www.cporaleigh.org](http://www.cporaleigh.org)

### **Call:**

919-873-0245 X 2300

### **Checks:**

CPO  
2013 Raleigh Blvd  
Raleigh NC 27604

*Please reference H2O for Hunger Challenge  
in the notes section*

***If you already donated then THANK YOU!***

## CATHOLIC PARISH OUTREACH FOOD PANTRY



***Unfortunately CPO has lost another very treasured “CPO family member”.***

***Marty Traube, along with his wife Bea, volunteered as our Volunteer Coordinators for 11 amazing years of growth (after making a one year commitment)! They were invaluable to keeping CPO running during many years of explosive growth including the great recession and NC food stamp backlog! Marty will be missed by many!***

### ***Martin John Traube***

***February 18, 1932 - September 13, 2023***

Raleigh, North Carolina - Martin John Traube, aged 91, of Raleigh, North Carolina, passed away on September 13, 2023. He was born on February 18, 1932, on Long Island, New York, to his loving parents, Martin Herbert Traube and Mary Hickey Traube.

Martin's life was marked by dedication, love, and service. He proudly served as an 18-year member of the National Guard, displaying a deep commitment to his country and community. His sense of duty and responsibility extended to all aspects of his life.

In his journey through life, Martin was blessed to share his days with the love of his life, Beatrice (Bea) Hutchins Traube. Martin's legacy lives on through his daughter, Stephanie Thiel and her husband, Carl, of Green Township, New Jersey. His impact also extends to his three beloved grandchildren and six great-grandchildren, who will forever carry his memory in their hearts.