

March 2024 Newsletter

CATHOLIC PARISH OUTREACH FOOD PANTRY



Note From the Director



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2013 Raleigh Blvd, Raleigh NC 27604
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Hours of Operation:
Mon/Wed/Thurs/Friday and 3rd/4th Saturday
9 am—12 pm

CPO is now open on the 3rd and 4th Saturdays each month. The hours of operation are 9am—12pm. We will be looking to expand to more Saturdays later in 2024.

If you are interested in volunteering please contact Darcy , CPO Volunteer Coordinator at 919-847-1466 (text) or CPOvol.Coordinator@ccharitiesdor.org (email) for more details!


When I was little, I thought giving up something for Lent was the sole purpose — our “suffering” was to make us better. Now that I am grown, I realize the outward sign was supposed to be a guidepost to our inner reflection and change of heart. If the gesture is the end game, I believe we have missed the point! I love that the Pope seemed to cut out the “middle step” and went straight for the heart. That we are all connected to each other and our actions have consequences. Every Lent, I now try to focus on the Pope’s list and to make the consequences of my decisions be positive - bringing me closer to my brothers and sisters and ultimately God. This Lent I am grateful for the CPO family who make a difference in the lives of our neighbors, ultimately making our connections deeper! God Bless!



Do You Want To Fast This Lent? (In the Words of Pope Francis...)

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

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

CATHOLIC PARISH OUTREACH FOOD PANTRY

Join us at the:



Let's pig out to feed more families!



More info & sponsorship opportunities available at:
CatholicCharitiesRaleigh.org/CPO-Pig-Pickin



SPONSORSHIP OPPORTUNITIES AVAILABLE



If you are interested in becoming a sponsor you will receive meal tickets (# dependent on sponsorship level) for the event, and have the opportunity to highlight your business or honor someone special to you! All sponsors will be listed on the website and at the event!

CALLING ALL BAKERS



If you are a baker, have a favorite recipe, and are interested in contributing to our bake sale, please contact Darcy Hull at CPOvol.coordinator@ccharitiesdor.org! We would love to have your contribution.

We ask that items be boxed and delivered to CPO no later than Friday, April 5th, before 2:00 pm.

Questions? Please contact Kelly Rappl at 919-873-0245 x2300
Or E-mail: kelly.rappl@ccharitiesdor.org

*Take a break to enjoy good food,
friendly company, and learn how CPO
provides help and creates hope
for our neighbors in need!*

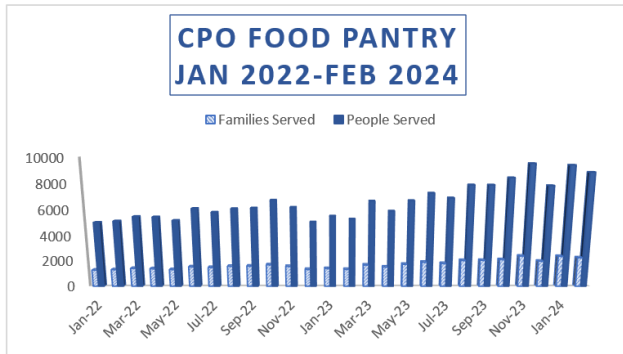
**LIVE MUSIC - BAKE SALE
RAFFLE - INDOOR SEATING**

**\$12 PRE-ORDER
\$15 PLATE ON SITE
BEEF HOT DOGS TOO!**

SATURDAY, APRIL 6 | 3:30-7PM OR UNTIL THE PIGS RUN OUT!

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	Jan-23	Jan-24	% Incr
Families Served	5513	9405	71%
People Served	1414	2390	66%

	Feb-23	Feb-24	% Incr
Families Served	5283	8864	67%
People Served	1345	2277	69%

Due to Growth in the Program , Volunteers Needed for CPO’s “CPO Samaritans” Home Delivery Program

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 volunteers are needed. We are in need of assemblers and drivers. The home deliveries are made on Wednesdays and Thursdays leaving CPO around 10am. Assemblers would be responsible for putting together the orders for the drivers to deliver.

If you, a friend, or family member has a couple of hours a week and are interested in becoming a home delivery volunteer, please contact Susan Hicks at susan.hicks@ccharitiesdor.org.



CPO is still in **DESPERATE** need of toddler (2T-6T) clothing to provide to our clients and we need your help! Currently our racks and bins are almost bare with new families coming into CPO daily. We need more clothing to help families in need with young children, who are also struggling to feed their families as well.

Ways you can help source TODDLER (2T-6T) clothing:

- Share with us the clothes your children and grandchildren have outgrown
- Encourage donations from Schools/Church groups and Business drives
- Donate from sales — buy 1 for a child / buy 1 for CPO
- Contact Neighborhood, Social or Facebook Groups



VITA (Volunteer Income Tax Assistance) will once again be providing help with taxes:

Dates: Saturdays from February 3 - April 13 between 9am-1pm.
Location: Centro para Familias Hispanas/Catholic Parish Outreach
2013 Raleigh Blvd., Raleigh, NC 27604



**Call to get an appointment: 919-286-1822 or
Visit www.catholiccharitiesraleigh.org/cpo-programs/
then choose the “VITA Tax Assistance” tab for details**