

November 2025 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



It has been a “topsy-turvy” year and it is not over yet. As of the end of October 2025 (10 months), CPO served as many clients as we did in the WHOLE year in 2024 (Jan-Dec). Recently, the government shut-down occurred and we served 40% more clients the first week in November than for the same period last year due to NO SNAP payments being processed. The government is now open, but we still have our two historically busiest months ahead of us to finish 2025.

No matter what is still to come, CPO is well prepared and will be providing not only food, but respect and hope to our neighbors. Everyone in the CPO family has been instrumental in preparing us for just such a situation. Our donors, volunteers, and staff of CPO and CpFH are all key components to help us serve others.

There have been so many who have reached out seeking ways to help their neighbors. Financial donations, food drives, volunteering, etc. Another way is to participate in our annual Honor Card Christmas campaign. You can send a beautiful card to those you care about and help those who are struggling with rising prices and fears. Details are on page 2 of this newsletter.

Happy Thanksgiving!

Take Care and God Bless!

Kelly



Across North Carolina, surging prices are stretching family budgets thin. In the Raleigh-Durham area, costs are up as much as 2–3% over the past year—and even higher for essentials like beef, eggs, and poultry.



Source:



Kelly Rappl

Program Director

E-mail: Kelly.Rappl@ccharitiesdor.org

919-873-0245 x2300

Deanna McCulloch

Assistant Program Director

E-mail: Deanna.McCulloch@ccharitiesdor.org

919-873-0245 x2310

Susan Hicks

Health Education Specialist

E-mail: Susan.Hicks@ccharitiesdor.org

919-873-0245 X2350

Myra Bradley

Family Care Coordinator

E-mail: Myra.Bradley@ccharitiesdor.org

919-873-0245 x2320

Darcy Hull

Volunteer Coordinator

E-mail: CPOvol.Coordinator@ccharitiesdor.org

Phone: 919-873-0245 x2370

Text: 919-847-1466

2013 Raleigh Blvd, Raleigh NC 27604

919-873-0245

Hours of Operation:

Mon/Wed/Thurs/Friday & Saturday

9 am—12pm



Tax ID # 56-0529943 (Catholic Charities—CPO)

VOLUNTEERING AT CPO

We are in need of volunteers to work in the warehouse or do monthly/quarterly/yearly maintenance projects at CPO.

Looking to volunteer:

We are now using Point software for people to volunteer at CPO.

Contact our Volunteer Coordinator Darcy Hull (call or text) 919-847-1466 or email CPOvol.Coordinator@ccharitiesdor.org and she will work with you to sign up to serve.

November Newsletter



Catholic Parish Outreach
A Program of Catholic Charities

CATHOLIC PARISH OUTREACH FOOD PANTRY

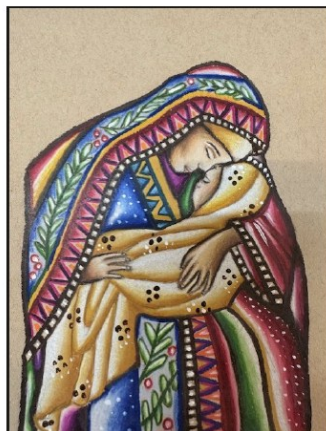
Give gifts that reflect the
true meaning of Christmas!

Christmas HONOR CARDS

Catholic Parish
Outreach Food Pantry
has been **serving those
in need for 48 years.**

Last year we distributed one
week's worth of groceries to
over 130,000 people.

A gift of **\$55 feeds a
family for a week.**



Unto Us A Child Is Born...

A generous gift has been made to
Catholic Parish Outreach
Food Pantry in your honor by

Thanks to this kindhearted
donation, we will feed more
families during this
Christmas season.

Every dollar makes a
difference in the fight
against hunger.

Consider honoring friends, co-workers, teachers,
and family members in this meaningful way.

We will send a beautiful color Christmas honor card
to share the joy of your donation with those you
wish to honor. (minimum donation of \$10 / card)

Enclosed is my gift to CPO for: \$ _____

Minimum donation is \$10 per card. Donations may be tax-deductible.

Please make checks payable to: Catholic Parish Outreach **To charge your credit card:**
with "Christmas Honor Cards" in the notes section.

Your Name: _____

Address: _____

City, State, Zip: _____

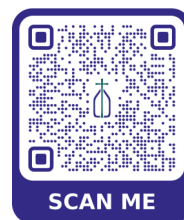
Phone: _____

☐ VISA

☐ Discover

☐ AMEX

☐ MasterCard



SCAN ME

Card Number: _____

Exp. Date: _____ Security Code: _____

Signature: _____

November Newsletter

CATHOLIC PARISH OUTREACH

FOOD DISTRIBUTION

	Oct-24	Oct-25	% Inc
Families	2,742	3,206	17%
People	10,798	12,947	19%

	Wk 1 Nov 24	Wk 1 Nov 25	% Inc
Families	622	872	41%
People	2,375	3,412	44%

MOBILE FOOD PANTRY—WAKE CO.

	Oct-25	
	MFP 1	Feb 25-Oct 25
Families	100	836
People	431	3,795

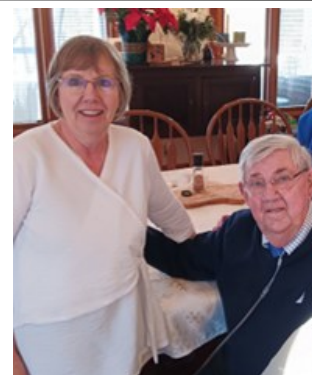
MFP1 = Kingsborough Estate Raleigh NC Distribution -- mobile home park

	Oct-25	
	MFP 2	1st Distribution
Families	94	94
People	131	131

MFP2 = King's Ridge CASA location -- mix newly housed 100 units including veterans/families (some with single mothers), senior citizens

CLOTHING & DIAPERS

	Oct-24		Oct-25		Clothing	Diapers
	Clothing	Diapers	Clothing	Diapers	% Inc	% Inc
Families	692	698	786	772	14%	11%
People	913	868	1,043	939	14%	8%



Hi, my name is Susan Kinane. I became a CPO volunteer this summer. I followed in my father's footsteps as a volunteer. My father, Daniel Callahan, began volunteering in 2012 after my mother passed. My father enjoyed helping others and needed a new purpose. Initially, I think his reasoning was that it was better than "staring at the four walls".

However, he soon realized that there was something special going on at CPO. I remember when he was asked to be a lead volunteer. He was so proud and honored! For him this was another reason to continue moving forward after such a loss. He frequently spoke of the camaraderie of the other volunteers and how much fun they had. Many of the friendships carried on outside of the building.

After hearing his stories and noting the joy in his heart, I planned to volunteer at CPO once I retired even after his passing. I am so happy that I did! The ministry serves so many people. I have joy in my heart too! Even though my father is gone, his legacy with the CPO family lives on.....

November Newsletter

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

CATHOLIC PARISH OUTREACH FOOD PANTRY



Centro para Familias Hispanas
A Program of Catholic Charities



TOY DRIVE **for Centro para Familias Hispanas**

Help us reach our goal of 400 toys!

We are collecting, **new unwrapped TOYS** for **kids ages 1-12**
(\$15 and up, no board games or puzzles)

Please bring them to Centro para Familias Hispanas

Address: 2013 Raleigh Blvd. Raleigh, NC

Mondays through Thursdays 9am-4pm and Fridays 9-1pm

Deadline for donations: December 5.

Wrapped with Love of Centro para Familias Hispanas gives toys to about 400 Hispanic children in Wake County every year, thanks to the support of generous donors.

For more information contact Marlene at
marlene.montsinger@ccharitiesdor.org

<https://www.catholiccharitiesraleigh.org/wrappedwithlove-cpfh/>

