

By Kara Brown, Executive Director

Dear Friends,

**Fundraising!** *Fundraising!* **Fundraising!** You can whisper it or yell it. Love it or hate it. But no matter how you say it or what you think of it, fundraising is a very necessary piece of every nonprofit organization. So let's embrace it! I often get asked where our funding comes from. The answer is that it takes many different sources to fund our Bliss House and Food Pantry programs.



We just started a new fiscal year on July 1, 2023. Looking at our budget, we rely on individuals, corporations, churches, organizations, and fundraising events for about 55 percent of our income. The rest of our income is expected to come from grants at 29 percent and Bliss House resident fees at 16 percent.

In the next year, our goal is to raise at least \$40,000 through fundraising events. Additionally, we hope that individuals will donate at least \$105,000 so that we can continue meeting the needs of our Food Pantry clients and Bliss House residents. To reach these goals, we are participating in Give for Good Louisville, the Community Foundation of Louisville's 24-hour online fundraising campaign on Thursday, September 14 and we're hosting a breakfast fundraiser on Thursday, November 2. We could use your support of these fundraising events or you can make a donation now with the envelope enclosed in this newsletter. Would you make a gift to help us feed our neighbors in need and provide recovery services to women?

*Thanks, Kara*

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## Meijer Simply Give Fall Campaign

### Meijer Double Match Days August 12 & September 9

The Center for Lay Ministries (CLM) Food Pantry is proud to announce a continued partnership with the Jeffersonville Meijer to provide much-needed hunger relief to local families through the retailer's customer-driven food pantry donation program, Simply Give.

"Meijer Simply Give is a wonderful program that helps fill the shelves of our food pantry. The program allows us to provide more food to our neighbors in need each month," said Kara Brown, Executive Director for CLM.

Each Meijer Simply Give campaign replenishes the shelves of more than 260 food pantries in Michigan, Illinois, Indiana, Ohio, Kentucky and Wisconsin.

The program encourages customers to purchase \$10 Simply Give donation cards, which are then converted into Meijer food-only gift cards and given to a local food pantry in the store's community.

The Center for Lay Ministries will benefit from donation cards purchased at the Jeffersonville Meijer store now through Sept. 30. In addition, Meijer will double match any cards purchased on Saturday, Aug. 12 and Saturday, Sept. 9, effectively tripling contributions made on those days. Meijer customers shopping online using Meijer pickup or home delivery can also purchase Simply Give donation cards as an add-on to their orders.

# The Bliss House: Fun Activities

By Tiffany Mullinix, Bliss House Director



Bliss House has been busy as usual. Over the last several months we have been fundraising, planning events, and staying on course with our classes. We have started an Activities Fund for the Bliss House residents. This fund will provide for fun, safe, and sober group activities. We want to peak their interests, give each resident an opportunity to find something they enjoy doing and develop new skills. Finding interesting things to do is a wonderful way to give life a purpose. The more meaning people find in recovery the less likely it will be that they will relapse.

In April, we had our annual Thunder Party. Residents and their families had a great time, enjoying plenty of food, a bounce house, and a DJ as we were able to experience sober fun with our children. The Bliss House Alumnae sold raffle tickets and raffled off a PS5 and an Amazon gift card, which made for an exciting give away.

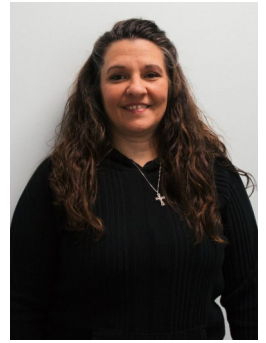
The next fun activity that our residents were able to experience was axe throwing/rage room. We used

this activity as a spiritual adventure to help our ladies learn to process and deal with anger in a healthy way. Anger is a secondary emotion.

Usually, we are hurt, ashamed or scared. Learning healthy ways to release emotions in a safe place is invaluable to our recovery.

Upcoming planned events include our annual camping trip which is hosted by our Alumnae Association and a pool party for all Bliss residents, Alumnae, and families. The Alumnae hosted a car wash fundraiser to help offset the boat rental cost and other expenses for the camping trip.

Stay tuned to hear more about the spiritual adventures we have planned for our wonderful women of Bliss House.



## CLM Facebook

Are you friends with us on Facebook so you can see our latest updates, needs and events? Our account is at:

[www.facebook.com/Center4LayMinistries/](https://www.facebook.com/Center4LayMinistries/)





Thank you to the **Northaven Elementary School Student Council** for holding a food drive for the CLM Food Pantry. They collected nearly 1,500 pounds of food. That's awesome!



Thanks to these ladies from **Eastern Heights Baptist Church** for volunteering their time to clean the Food Pantry this spring. They did a great job. Thank you for all your hard work.



Thank you to the **Enjoy Life Company** for their generous donation of food to the CLM Food Pantry!



Thanks to **New Washington State Bank** for holding a food drive for the CLM Food Pantry in April! We appreciate your support!



Thanks to **Eastside Christian Church Youth** in Jeffersonville for collecting food donations for the CLM Food Pantry! We appreciate your continued support to help feed our neighbors.

## Fun with Our Food Pantry Volunteers!



## We're Always Winning with our Amazing Volunteers!



# Volunteer Corner

By Susie Cooke, Volunteer Coordinator

*"Help others and give something back. I guarantee you will discover that while public service improves the lives and the world around you, its greatest reward is the enrichment and new meaning it will bring your own life." – Arnold Schwarzenegger*

If you ask our volunteers why they volunteer, most answer that they want to help others or enjoy working with a team. I did some research and found some positive benefits of volunteering.

- Volunteering helps you make new friends and exposes you to a new support network.
- Volunteering provides many benefits to both mental and physical health.
- Volunteering helps counteract the effects of stress, anger, and anxiety.
- If you have recently retired or lost a spouse, volunteering can give you a sense of purpose.
- Volunteering increases your self-confidence.
- Doing good for others in the community provides a sense of accomplishment.
- Volunteering can give you a sense of pride and identity.

If you've been thinking about volunteering, now is a good time. The CLM Food Pantry is super busy helping families. Children are out of school and that creates even more hardships on families. This is also the vacation season for some of our volunteers. There are empty spots where you can fill in and see if we are a good fit for you without committing to a regular schedule. We are always happy to welcome new volunteers. Here is a list of ways that you can help at the CLM Food Pantry:

**Pantry Help:** Volunteers create boxes of food and stock shelves.

**Interviewer:** This person greets the clients and helps them fill out the paperwork if needed.

This position requires some computer knowledge, but training will be provided.

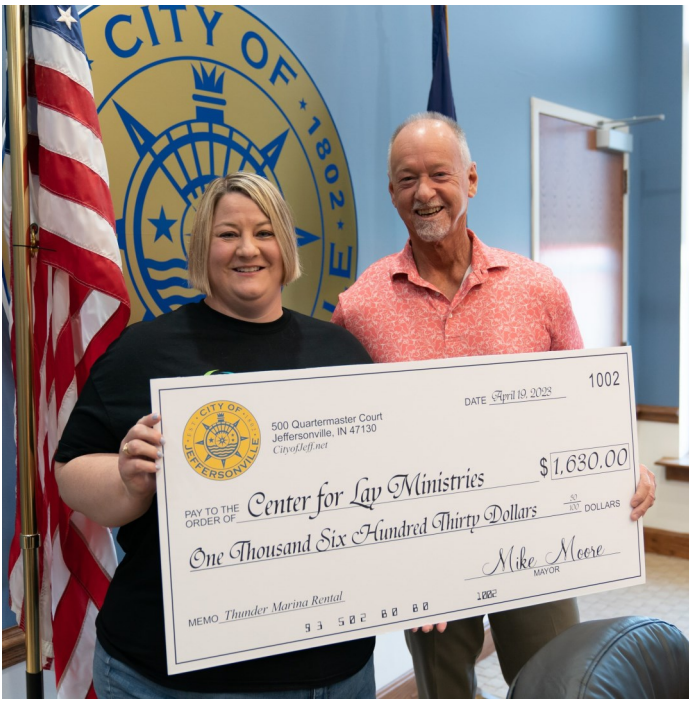
**Warehouse:** This position does involve some lifting. Volunteers sort and stock the food.

**Driver:** Individuals pick up food from several locations. A driver must meet state requirements in order to drive the box truck.

**Miscellaneous:** There are other jobs that come up such as preparing Grab-N-Go Bags for our homeless population. We often need help unloading the trucks that make deliveries to CLM.

As a volunteer at the CLM Food Pantry, you set your own schedule. It can be weekly, monthly, twice a month, occasionally. You decide. Our shifts are usually two and half hours. If you would like more information, please contact me at [volunteers@layministries.org](mailto:volunteers@layministries.org) or 812-620-4706.





**Thank you City of Jeffersonville!** Every year, the City of Jeffersonville auctions off boat docks at Fisherman's Wharf for use during Thunder Over Louisville with proceeds benefiting two great non-profits. Mayor Mike Moore presented a \$1,630 check to Kara Brown, CLM Executive Director.



## Blessings for Breakfast

We need sponsors for our Blessings for Breakfast fundraising event. It will be held on Thursday, November 2, 2023. The event will support our Food Pantry and Bliss House programs. To learn more about sponsorship opportunities, contact Kara Brown at [kara@layministries.org](mailto:kara@layministries.org).



Shiver me timbers! **The Porch Pirates of Country Club Estates** scavenged for a huge bounty in their neighborhood this year--1,285 pounds of food! Aaaargh, that's a lot! Thanks me Maties!!!



During global volunteer month **American International Group, Inc. (AIG)** held a food drive for the CLM Food Pantry at their Jeffersonville office and made a corporate donation. Thanks AIG. We appreciate your support!



## Support CLM on Give For Good Louisville

We're counting down the days to September 14th and Give For Good Louisville! We need your help to make our fundraising campaign a success! The Center for Lay Ministries needs your help to raise at least \$12,000 through Give For Good Louisville. This is a 24-hour online campaign that starts at midnight and goes until 11:59 p.m. that same night.

Would you donate to help us continue providing food to neighbors in need and our Bliss House program of recovery for women? Donate on September 14 at: [www.giveforgoodlouisville.org/organizations/center-for-lay-ministries](http://www.giveforgoodlouisville.org/organizations/center-for-lay-ministries)  
Thank you in advance for your support!

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