



# Stewpot December 2024 Newsletter

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**You better be good!**



## Stewpot's Mailing Address

P.O. Box 2278, Little Rock, AR 72203

All Stewpot correspondence and donation checks

should be sent to this P.O.Box.

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## Stewpot T-Shirts

If you ordered and paid for a Stewpot T-Shirt, you can Pick it it up from Jason at the Stewpot.

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## Stewpot Receives Bombas Underwear

In September 2024, the Stewpot received 800 units of underwear as outlined below.

240 WOMEN'S T-SHIRT - M/L

120 MEN'S T-SHIRT - M/L

120 MEN'S T-SHIRT XL/XXL

100 WOMEN'S UNDERWEAR - M/L

200 MEN'S UNDERWEAR - M/L

100 MEN'S UNDERWEAR - XL/XXL

**Total Boxes: 12**

Lack of storage space at The Salvation Army facility, prompted a new storage solution. David Gill, Vice-Chair of the Stewpot Board, allowed it to be stored at Ferncliff. Emily Hooker, Director of Mission & Outreach for Ferncliff Camp and Conference Center, was responsible for storing and distributing the underwear. All 800 units of underwear were quickly distributed. Bombas underwear can't be sold, but must be donated to individuals by charities.





**Boxes of Bombas Underwear Received at Ferncliff**



Emily with Bombas Underwear

## Stewpot Receives Grant from the Arkansas Hunger Relief Alliance

The Stewpot received notice in early September that it received a Grant for purchasing protein and fresh fruit and vegetables. A total of \$6,000



was received for purchasing fresh fruits and vegetables, and an additional \$6,000 was received for purchasing protein. Protein includes meats, cheese, eggs, beans and peanut butter .



Nancy Howell and Charlie Frith from the Stewpot receive a check from Parker Blake and his son from the Arkansas Hunger Relief Alliance



DATE 9-13-2024

PAY TO THE ORDER OF

Stewpot

\$12,000<sup>00/100</sup>

Twelve thousand and 00/100 DOLLARS

FOR PCHRI 24-25

*Arkansas Hunger Relief Alliance*

⑆045164787⑆ 1234567890⑈

# New Stewpot Officers for the Little Rock Stewpot - 2025



**Shirley Garlington - Chair - Top left**

**David Gill - Vice Chair - Top right**

**Adrienne Kulousek - Secretary - Bottom left**

**Tammy Pflug - Treasurer - Bottom right**

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### **Little Rock Chinese Community Donates Again**

The Little Rock Chinese Community has periodically surprised Stewpot with food contributions. This time the donation included 40 large jars of peanut butter and 6 boxes of chips each containing 50 bags of chips. About a week later they donated 24 pounds of hotdogs. These were the delicious dogs grilled at the December cookout for our diners. **Thanks Little Rock Chinese Community.**





## First Thursday Team Prepares Lunch

The First Thursday Team prepares a sack lunch containing a peanut butter and jelly sandwich, a salami sandwich, chips, cookie and condiments.





**Sherry Making Salami Sandwiches**



**Jason Showing Off One of the New Stewpot Cooking Pots**

## Stewpot Serves Special Desserts

Jason has really enjoyed experimenting with the stove and oven at the The Salvation Army. He has made both peach and cherry cobbler for the Stewpot diners, and both of them have been big hits! See a photo below of the cherry cobbler.



## **The Matthew 25**

### **Trinity Episcopal Cathedral Donates Money to Repair Walk-in Refrigerator**

The Matthew 25 Committee of Trinity Episcopal Cathedral donated over \$9000 for the repair of the walk-in refrigerator at our new location at the Salvation Army on Markham Street. Having a large walk-in cooler increases our efficiency for food preparation. Thank you Matthew 25!! The Repair of this walk-in refrigerator allowed the Stewpot to sell all of their free standing refrigerators. This really helped the Stewpot because there was not enough space at the Salvation Army for the free standing refrigerators.



## A Generous Gift: Nourishing Our Community One Snack at a Time

Recently, Stewpot received an unexpected and generous gift that has truly filled our shelves with joy. Thanks to the Simmons Bank Championship PGA tournament held at Pleasant Valley Country Club in Little Rock, we now have a truckload of delicious snacks to share with our community!

The donation included a fantastic variety of treats, such as Nature Valley granola bars, Chex Mix, beef sticks, mixed nuts, and more. These snacks are exactly the type of items we can use to support those in need, and we are thrilled to

be able to distribute them to our community members.

We want to extend our heartfelt thanks to Stewpot volunteers Bridgett Norwood, Allan Turner, and Frank Howell, who played a crucial role in ensuring that these snacks made it to us. Frank and Allan worked tirelessly to load the truck and deliver these goodies directly to the Salvation Army, making it possible for us to reach even more people in need.

We are incredibly grateful for the support we receive from our community. It's the efforts of dedicated volunteers like Bridgett, Allan, and Frank that help us identify and secure essential items that make a real difference in the lives of those we serve.

Together, we are not just distributing food — we are nurturing a sense of community and support. Thank you to everyone who continues to advocate for and contribute to our mission at Stewpot. Your generosity and kindness inspire us every day!







## Thanksgiving Boxes

A small group of Christians from the Maumelle area who worship at the Pleasant Valley Church or Christ have been trying to do as the early Christians did as found in the Book of Acts 2:42 – “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.”



This group is asking God to challenge it with opportunities

to serve outside of its typical community. Last week, they were able to contribute 4 boxes of traditional Thanksgiving food so that individuals might have less stress and food worries and feel that they have been blessed by others who were thinking of them during this holiday time. Likewise, the Maumelle group feels blessed to partner with The Stewpot to find 4 families that seemed that they would benefit from such a gift of love.

The 5 boxes were delivered the week before Thanksgiving and included a complete meal (still required “fixing”). The boxes included the following items: \$20 gift card to Walmart for choice of meat, 3 14 oz. Cans of Green Beans, 1 14 oz can of Cranberry sauce, 3 cans whole kernel corn, 2 14 oz cans of Yams, 1 large Crisco bottle of vegetable oil, a bag of puffed small marshmallows, 2 boxes of Stove Top Stuffing mix, 2 boxes of mac n’ cheese, 1 quart of shelf ready milk, one large box of instant mashed potatoes, and 1 box cake mix and 1 can of frosting to match the cake mix.

God is good....all the time.





# STEW POT

# THANKSGIVING

The Stewpot Thanksgiving Feast was held on Wednesday before Thanksgiving, Tables were setup and decorated outside. The menu included turkey and dressing, gravy, ham with pineapple and brown sugar, green beans, slaw, cranberry sauce, a large croissant and a piece of strawberry cheesecake for dessert. Volunteers were there all morning decorating the tables, cooking, and cleanup. Kudos to Jason and Nancy, the primary chefs.







## Stewpot Board Members Assemble Christmas Bags for the Stewpot Diners

Many Stewpot Board Members gathered on Thursday morning, December 5th, to assemble Christmas bags for the Stewpot diners. The Group met at Westover Hills Presbyterian Church and listened to Christmas music as they filled the bags. Bags will be distributed on December 18th along with a Christmas feast.





## Stewpot Diners Get a Special Treat

On Friday, December 6th, a team of executives from Arkansas Health & Wellness (AHW) met at the Stewpot/Salvation Army to grill some “burgers and dogs” for the local folks. In addition to the charcoal-grilled burgers and hotdogs, the menu consisted of Little Debbie snack cakes, chips, and soft drinks of many varieties.

Arkansas Health and Wellness (owned by Centene) is an Arkansas-based employer that offers health insurances to Arkansans and is most commonly associated with the Ambetter

Health brand, a program spawned from the legislation commonly known as “ObamaCare”. Ambetter Health provides health coverage statewide for over 120K Arkansans of all socioeconomic levels, races, and genders. A local independent insurance agent was available in case any of the local community residents had any question about the current Open Enrollment season or how to obtain no cost coverage through the Department of Human Services.





## Baptist Health Bags

On Friday, December 6th, three nurses from Baptist Health brought 75 backpacks containing a hooded sweatshirt and a hat and gloves. A Ziplock bag within the backpack contained a variety of items including, soap, washcloths, hand warmers, etc. The bags were handed out during the normal lunch hour from 12:00 p.m. to 1:00 p.m. **Thanks Baptist Health!! You have been a faithful contributor to our Stewpot community.**







# Stewpot Holidays



**New Year's Day  
Martin Luther King Day  
Good Friday  
Memorial Day  
Juneteenth  
Independence Day (4th of July)  
Labor Day  
Thanksgiving  
Friday after Thanksgiving  
Christmas Eve  
Christmas Day**

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## **Special Announcement**

**Please note Stewpot will be closed from  
December 23, 2024 until January 2, 2025**

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**Make a Donation to Stewpot**

Stewpot's financial support comes from donations from churches, individuals, corporations and grants. With moving costs, food costs rising and our numbers increasing each month, we really need your financial support. Please help support the Stewpot. Checks can be mailed to The Little Rock Stewpot, Post Office Box 2278, Little Rock, AR 72203.

You can also make an online donation by clicking on Make a Donation below. When you click on Make a Donation, you will have the option of making an online donation with either PayPal or a credit card.

**Make a Donación**

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**[Post Office Box 2278, Little Rock, AR 72203]**  
**[[stewpotlr@gmail.com](mailto:stewpotlr@gmail.com)]**  
**[<http://www.stewpot-littlerock.org/>]**

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