

## Do Big Good News!

*The Mission of Matt Talbot Kitchen & Outreach is to serve the physical, emotional and spiritual needs of Lincoln's working poor, and homeless through outreach, advocacy, education and the provision of food and shelter.*



### The Zen of Gratitude

Robert Rieck, PLADC, joined Matt Talbot Kitchen & Outreach last year as an Alcohol and Drug Counselor. He recently read an interview with David Loy on "The Zen of Gratitude" in Spirituality & Health magazine. Loy maintains that, "Consumerism – which in some ways seems to be the prevailing religion of the modern world – is based not on cultivating gratitude, but just the opposite. Consumerism is about cultivating dissatisfaction through advertising, and that sense of lack is what keeps us always craving something more, rather than appreciating the many things that we already have."

So how can we cultivate gratitude? Loy suggests that we list and reflect on 10 things that we feel grateful for right now, and Robert has been encouraged to share his list with family and friends to further the conversation on gratitude.

Loy also states, "The other aspect of gratitude that needs to be emphasized is the deeper way in which we express it, which is generosity. When we realize all that we have been given – how much there is to appreciate in our lives – we see that gratitude is not something to be cherished in the sense of keeping it to ourselves, but something that is to be shared with other people."

All of us at Matt Talbot are very grateful for the generosity of our volunteers who share their time, talents and compassion with us and with those we serve. And thanks, Robert, for sharing The Zen of Gratitude with all of us!

"If the only prayer we ever say is 'thank you' that would be enough." – Meister Eckhart



**Matt Talbot Kitchen & Outreach is in need paper bags for our pantry. Please consider saving your bags and donating them to MTKO. Paper bags with handles on them are preferred!**

### Continuing the STRIVE Legacy

By Janet Buck, MS, RD, LMNT, Nutrition Coordinator

We are continuing to highlight hunger relief teams who exemplify the STRIVE principles of improving the nutritional quality of meals served at MTKO that we have been promoting for the last two years. The team we would like to honor this month comes from Prairie Hill Learning Center, just outside of Lincoln. Every time they serve they bring a group of around seven children (ages 9 to 14) with two adults to assist them. The children plan all of the meals with nutritional and practical advice from their own cook, Tawnya Skinner. The children then prepare the food, serve it, and help clean up. Jason Nord has been the team captain for the past 14 years but the team has been in existence for longer than that and was originally headed by Chris Eigbrett and Deb Buck.

A meal they prepared recently consisted of vegetable tofu stir fry over rice with oranges, grapes and sandwich cookies for dessert. This team serves vegetarian meals. Their tofu protein source is low-fat, half the plate consists of fruits and veggies, brown rice is whole grain and low-fat dairy is used. By making their meals from scratch they help control the sodium levels in them. Jason said, regarding their students' experiences at Matt Talbot, "the children always love the work, and I think it is a great experience for them." Congratulations to this outstanding team of young people and thanks for all you do to help Matt Talbot's guests!



# THANK YOU

Thank you to our sponsors and more than 600 volunteers for helping Matt Talbot Kitchen & Outreach raise over **\$56,000** for Huskers Helping the Homeless this year!

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St. Mark's on the Campus and to all of our amazing volunteers

**Matt Talbot**  
Kitchen & Outreach  
"DO BIG GOOD"

For more information visit  
[www.mtkserves.org](http://www.mtkserves.org)



THANK YOU TO THE SPONSORS,  
VOLUNTEERS, COMMUNITY  
MEMBERS & FANS WHO DONATED TO  
HUSKERS HELPING THE HOMELESS.

**YOU DID BIG GOOD!**

Visit [mtkserves.org](http://mtkserves.org) for jug totals.

At Matt Talbot we love our volunteers!  
Welcome to new volunteers:

Joey Horton  
Kevin Eddy  
Krystin Holston  
Lisa Vu  
Zach Ruwe

## Life Skills classes

Interested in attending Life Skills Classes? Classes have started:

10/05/2016	Parenting
10/12/2016	Housing
10/19/2016	Employment
10/26/2016	Self Esteem

For additional information please call:

Matt Talbot Kitchen & Outreach  
2121 N 27<sup>th</sup> Street  
Lincoln, NE 68503  
402.477.4116

find the  
courage  
to let go  
of what you  
can't change

### **MTKO Hunger Relief needs some new teams**

MTKO needs **three** new Hunger Relief Teams for 2017:

- 2<sup>nd</sup> Tuesday Evening Meals of the Even Months (2/14, 4/11, 6/13, 8/8, 10/10 & 12/12)
- 3<sup>rd</sup> Thursday Evening Meals of the Odd Months (1/19, 3/16, 5/18, 7/20, 9/21 & 11/16)
- 4<sup>th</sup> Thursday Lunch of Every Month



**Weekend on Call Pager Number:**  
**402-473-0447**

**"Do Big Good News" is prepared monthly by staff at MTKO**  
**2121 N 27<sup>th</sup> Street Lincoln, NE 68501**  
**402-477-4116 mtkserves.org**  
**[www.facebook.com/mtko.serves](http://www.facebook.com/mtko.serves)**



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Thanks to all who made  
Huskers Helping the Homeless 2016  
a BIG success!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30 Lunch</b> Knights of Columbus Ken Polacek <b>Supper</b> St Patrick's-Manley Sherry Kunz	<b>31 Lunch</b> Lincoln Medical Alliance Jenny Ackerman Jeanine Kingsley <b>Supper</b> St Michael's Cheney Lori & Michelle		<b>MTKO Weekend</b> <b>Pager Number: 402-473-0447</b>			<b>1 Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Family & Friends Joyce Champoux
<b>2 Lunch</b> Madonna Sue Carraher  <b>Supper</b> Family & Friends Peggy & Greg Dynek	<b>3 Lunch</b> Prairie Hill Learning Center Jason Nord <b>Supper</b> Super Supper Servers Sue Connolly	<b>4 Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Melanie Stubblefield	<b>5 Lunch</b> Wednesday Lunch Bunch Lisa & Michelle <b>Supper</b> Ceresco Covenant Church Marsha Rogers	<b>6 Lunch</b> Angel Helpers Mary Jo Bousek  <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>7 Lunch</b> IANL Dr. Ram Bishu <b>Supper</b> Westminster Presbyterian Church Joan Roberts	<b>8 Lunch</b> First United Methodist Church Liz Zeff <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>9 Lunch</b> St Mary's Elmwood Les & Ruth Ann Hlavac + Malcolm Student Council  <b>Supper</b> P.K.'s & Friends Grace & Bryan Willnerd	<b>10 Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> Sub Teams Madau provide J-Tech serve/dishes/clean up	<b>11 Lunch</b> <b>Lakshmi provide pizza</b> Swanson Russell Serve Only <b>Supper</b> Bryan College of Health Sciences Brenda Neemann	<b>12 Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> Sub Team Bethlehem Lutheran Youth P/P/S Wahoo	<b>13 Lunch</b> Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>14 Lunch</b> Christ Lutheran Church Middle School Ministries Megan Ockaden  <b>Supper</b> Blessed Sacrament #1 MaryAnn Burda	<b>15 Breakfast</b> American Legion Mike & Cecelia <b>Lunch</b> St Catherine's Lunch Bunch Eileen Zuerlein <b>Supper</b> Holy Savior Lutheran I Sherri Mogensen
<b>16 Lunch</b> St. Peter's Mary French  <b>Supper</b> SAMS Joan Campbell Foote	<b>17 Lunch</b> Sub Team LuAnn Cao P/P/S <b>Supper</b> St. David's Episcopal Kathy Wilson	<b>18 Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> Crossbridge Christian Church Phil Berlie	<b>19 Lunch</b> Blessed Sacrament Jr High Danielle Miller  <b>Supper</b> St Teresa's #1 Rosie Polak	<b>20 Lunch</b> Christ United Methodist Lona Dearthmont <b>Supper</b> St E's Mission Integration Committee Kurt Clyne	<b>21 Lunch</b> Second Baptist & Elaine Pope  <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>22 Lunch</b> St John's Talbot Lunch Bunch Tini Van-Oehlertz  <b>Supper</b> CALL Cheryl Ferree
<b>23 Lunch</b> Calix Chris Jacobsen <b>Supper</b> The Servants of St Joseph Mary Bill + Immaculate Conception Rulo	<b>24 Lunch</b> St Peter's/St Teresa's Circle Provide Windstream Serve Only <b>Supper</b> Sysco Lincoln Elke Hesser	<b>25 Lunch</b> Women's Welcome Club Beth Griffing <b>Supper</b> Southwood Lutheran Leigh Porter	<b>26 Lunch</b> Residential Treatment Community NSP Marv Chauza <b>Supper</b> St Teresa's Coffee Group Norene Lackey	<b>27 Lunch</b> Friends of Matt Talbot Kathy Grubbe  <b>Supper</b> St Francis & St Claire Janet Harrison	<b>28 Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran Sue Alby	<b>29 Lunch</b> The Dangling Particles Chad, Mindy & Hollie <b>Supper</b> Cathedral Godteens Michelle Heofener

## **USDA INVENTORY AS OF September 20, 2016**

### **Canned, Frozen or Instant Vegetables**

2 cases (12/2.5# bags/case) Frozen Diced Carrots  
6 1/2 cases (24/#300 cans/case) Green Beans  
9 1/2 cases (24/#300 cans/case) Corn  
13 cases (24/#300 cans/case) Peas

### **Canned & Frozen Fruit**

9 1/2 cases (24/#300 cans/case) Applesauce  
13 1/2 cases (24/#300 cans/case) Sliced Pears  
1/2 case (144/1.33 oz. boxes) Raisins  
9 3/4 cases (24/#300 cans/case) Sliced Peaches

### **Pasta**

4 cases (20/1# boxes/case) Macaroni  
10 cases (20/1# boxes/case) Spaghetti  
8 cases (12/1# bag/case) Egg Noodles

### **Frozen & Canned Meat**

None

### **Soups**

3 cases (12/22 oz. per case) Cream of Chicken Soup (not condensed)  
4 cases (12/22 oz. per case) Cream of Mushroom Soup (not condensed)  
1 1/2 cases (24/#300 cans/case) Condensed Vegetable Soup

### **Miscellaneous**

5.5 cases (24/#300 cans/case) Spaghetti Sauce  
10 cases (3/46 oz bottles/case) Apple Juice

Other inventory available for hunger relief teams to use: frozen ground beef, canned diced tomatoes, frozen hams, and frozen ground turkey. None of these are USDA products.