



Catholic Social Services
Diocese of Fall River

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Volunteer Times**

VOLUNTEER SPOTLIGHT

Cindy Baillargeon has been volunteering since about 1997.

This quiet, soft-spoken woman arrives at the food pantry and immediately gets to work.

It all began over 24 years ago when she saw an announcement in her parish bulletin for a need for volunteers to help out at the food pantry. The food pantry (located at St. James at the time) was conveniently located near her home. She decided, "why not." With her children in school during the day, she had some free time and began her volunteer work and has been doing it ever since. Even though the food pantry has since moved location, it is still close enough for Cindy to walk over to the food pantry at least once a week to help.

She still has some family responsibilities at home, but on the days she has free time, she spends them helping out. Why, you may ask? Her answer, "I truly enjoy it, that is why I continue to come back." She even ventured to say "it's fun."

Cindy is just one of the many volunteers I have had the opportunity to meet since arriving at CSS. Cindy, like all the others I have met, truly enjoys volunteering and cherishes the community she has forged while serving others.

Thank you Cindy and all those volunteers who have said, "Why not!"



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SPECIAL POINTS OF INTEREST

- **Volunteers:** Help us update your contact information—name, phone number, address and especially the number of years of service. Also remember to let us know how many hours you serve.
- **Happy Birthday** to all our volunteers who celebrated a birthday in August and will be celebrating in September. In future editions, we would love to honor and recognize YOU! Email your name and birthday to rsaraiva@cssdioc.org.





VOLUNTEER OPPORTUNITIES...

Bilingual speakers to translate and interpret for clients - Spanish, Portuguese & Haitian Creole.

Food Pantry Volunteers.

Volunteers to sort and organize donations at various sites.

Volunteers to serve our shelter guests.

Food preparers and cooks for the Soup Kitchen and shelters.

There are many more opportunities throughout our agency and its sites.

For more information, contact Rose Mary Saraiva, Volunteer Coordinator at 508-674-4681 Ext. 1111 or via email at rsaraiva@cssdioc.org



VOLUNTEERING: *FOOD PANTRY*

What's it like to volunteer at a food pantry? Funny you should ask! Recently I had the privilege and honor of working along side some amazing and remarkable individuals as they prepared items to be distributed to their guests.



For those volunteers, preparation begins days before or early on the day that food and non-perishables are handed out. There is so much work that goes on behind the scenes that is belied by the calm and efficient demeanors of staff and volunteers alike. For anyone who may be on the outside looking in, it seems as if there is not much to running a food pantry and meeting the needs of their guests—it is that efficient.



Bagged & Ready for Guests



Flip the switch and come inside—this is where the true work begins. There are items to be sorted and organized, bags to

be filled, vegetables, canned goods and fresh meat products to be readied and available so that guests can simply walk in and go to the specific food stations grab a well-filled bag and be on their way. If a guest comes in with a child,

there is always a wonderful surprise that awaits them. To watch all this in motion and to see and feel the gratitude of the guests is beyond words.

As I spoke to the volunteers, there was one common theme—they loved doing it! Why! Because, as someone put it, anyone of us could easily be in their shoes, and their hope is that someone would be willing to do the same for them. I was also reminded that one could never have “too many” volunteers.

For more information about volunteering at the Food Pantry or any of our other sites, contact Rose Mary Saraiva at 508-674-4681 Ext. 1111 or via email at rsaraiva@cssdioc.org.

Volunteers in the United States hold up the foundation of civil society. They help their neighbors, serve their communities, and provide their expertise. No matter what kind of volunteer work they do, they are contributing in invaluable ways.

SHARE YOUR STORY

STORIES WANTED...

In the short time I have been here I have heard so many wonderful stories. Volunteers have shared with me how many years of service they have provided, why they do it, and what led them to volunteer in the first place. These stories not only touched my heart, but showed me the magnitude of love that these individuals show to their sisters and brothers in need.

If you have a story to share, I invite and implore you to share it with all of us. In these confusing and often trying times, it is the stories of love and hope that lift us up, that propel us forward, and that sheds light that spills over into the dark corners of our life.

The stories can be about you, a fellow volunteer, or what your parish or social group has done and continues to do.

Volunteers touch lives in remarkable ways and it is these stories that need to be heard and shared.

You may not be a writer, but YOU are all storytellers. You tell a story each and every day. Every time you share a smile with another person, you bring a glimmer of light. Every time you touch another's hand, you bring the gift of comfort. Every time you say Yes, you give the gift of presence. Every time you share your story, you show the world that compassion and caring is still the most valuable human commodity.

Send your story (and pictures) to rsarai-va@cssdioc.org.

If you wish, an interview can be arranged by calling Rose Mary at 774-253-4097.

"If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life." – **Author Unknown**



FUN FACTS ABOUT VOLUNTEERING

Did you know that...

1. Most employers believe that volunteering among their employees creates a wider skillset in their companies. Companies view this with positivity and encourage volunteering as much as possible. The skills they acquire can be passed along and can build morale.
2. Most international volunteers express a passion for ending poverty. They make it clear that it's important for everyone to do something to help put an end to it. This is the most common cause that people want to volunteer for.
3. Research shows that people who regularly volunteer show higher levels of happiness in their daily lives, satisfaction in life, higher self-esteem, sense of control over their life and better physical health. What great reasons to sign up!
4. Many volunteers claim to have made lifelong friends while volunteering.
5. Around 40% of volunteers choose to do it because a friend or someone close to them suggested the idea to them. This friend could be YOU! Try to convince someone to take part in volunteering. You'll feel so happy with yourself afterwards. **Spread the joy of volunteering**



Catholic Social Services "Give Back" - Fridays

"GIVE BACK" - FRIDAY

Your donations at work!

At Catholic Social Services our mission is to serve, to change lives, and to make a difference.

Over the years, generous donors, like **YOU**, have given not only your time, but have donated items that help families in need, and brighten the lives of children of all ages.

Catholic Social Services has been graced with such displays of generosity, particularly during this COVID pandemic, that we want to give back!

Catholic Social Services has partnered with several parishes in our diocese and will make items available to families with children of all ages. The goal is to cover the five deaneries.

On a designated date and location, our CSS staff (and any volunteers that are available) will distribute brand new toys

and games for all age groups, as well as new clothing and coats from newborn and up. We ask for your help in spreading the word—let family, friends, and neighbors know.

Please remember if you, or someone you know, is aware of a family or individual in need, they can call CSS at 508-674-4681. Our agency offers help with basic needs, housing issues, legal assistance and much more.

For more information about donating items or volunteering at Catholic Social Services and its sites, call Rose Mary at 508-674-4681 Ext. 1111.

"Let all that you do be done in love."

- Corinthians 16:14

"GIVE BACK" - FRIDAY SCHEDULE

These five parishes will host "Give Back" - Fridays beginning in September.

Date	Location	Time
Sept. 10, 2021	St. Mary Parish, 14 Park St., North Attleboro	9—12 noon
Sept. 17, 2021	St. Anthony Parish, 126 School St., Taunton	9—12 noon
Sept. 24, 2021	St. Lawrence Martyr Parish, 565 County St., New Bedford	9-12 noon
Oct. 1, 2021	Good Shepherd Parish, 1598 S. Main St., Fall River	12:30-3:30 p.m.
Oct. 8, 2021	St. Francis Xavier Parish, 347 South St., Hyannis	9-11:30 a.m.

CONTEST

Name **YOUR Newsletter

Please submit your suggestions for a new name for our newsletter.

Deadline for submissions are November 1, 2021.

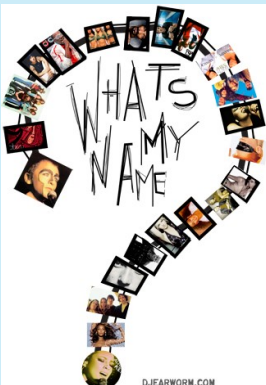
I will publish submitted names and will ask for your vote on which you prefer and like.

The **winner will receive a \$100 gift card.** Winners will be announced in our December newsletter.

Send submissions to rsaraiva@cssdioc.org

WE MAKE A
LIVING BY
WHAT WE GET,
BUT WE MAKE A
LIFE BY
WHAT WE GIVE.

—WINSTON CHURCHILL



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