



## A message from Thistle & Spoon...

### THISTLE & SPOON St. John's of Lattingtown's New Outreach Ministry



Thistle & Spoon Outreach Ministry, formerly known as Agape, is a newly expanded outreach program serving our neighbors and friends in this community and beyond. We are excited to announce that volunteers of all ages are needed to serve in this vital ministry.

John and Diana Fredericks along with Stephanie and Fred Clark have agreed to co-chair this ministry, with direction from Courtney Callahan, the Director of Children's Ministry.

Both couples played active roles in the past few years serving the men at the North Shore Sheltering Program (Glen Cove Men's shelter) and the North Shore INN (Soup kitchen). Here is a quick look at their ministry experience:

**John Fredericks**, the secretary of our Vestry, has recruited the Sunday School fathers and other parishioners to serve the meals we prepare for the shelter. The reaction of the guests at the shelter wasn't subtle! The presence of our parish sharing and sitting with the men was immediately impactful. The guests expressed gratitude to St. John's for the respect and kindness of our ministry. John has also been committed to the

Children's Sunday School Apple Ministry and helped to partner with Habitat for Humanity volunteer builders last June.

**Diana Fredericks** and her girls have been a huge reason our Children's Apple Ministry has flourished. Diana, who has been the Chairperson for the "Strawberry Patch", responsible for selling children's clothes at the Fall Fair, will be heading up a new group in the future, under the umbrella of Thistle & Spoon, titled "Little Thistles". This group will work with Estelle Moore, who runs the soup kitchen, to make sure that mothers and children at the soup kitchen have small, pressing needs met such as formula, baby food and diapers. We know this ministry will grow over the years and have a wide impact on small children in need in our community. Diana and Virginia Apple will continue their joint effort making sure that four or five children of the guests of the soup kitchen can attend summer day camp next year in Glen Cove.

**Stephanie Borynack Clark** and her husband Fred are Sunday School parents who have devoted countless hours to outreach at St. John's. They will focus on increasing awareness of the hungry in our area. Stephanie and Fred will curate a kid's art exhibition inspired by the working theme "Sharing my Dinner" set for Spring 2018. Children from Bayville, Locust Valley and the Glen Cove area will be invited to submit their works. Children from the soup kitchen will be encouraged to enter. We hope to engage the people of Glen Cove and Lattingtown, in this important ministry.

**Fred Clark** has helped to formulate our new ministry name, Thistle & Spoon, which was inspired by his great-great-grandfather, Mr. J.P. Morgan, a founder of our church! The exquisite carved interior of our church and parish hall is all part of the vision of Mr. Morgan. Inspired by the Chapel of the Thistle in Scotland he sought to bring that beauty and deep symbolism of the thistle. We are graced with the rich meaning of the thistle--the purple crown of this flower representing Jesus Christ the King and the roots growing wide and deep represent the strength of the church to uplift and serve all who are needy. Fred does anything and everything to help our outreach efforts, including working at the Fall Fair, teaching the Sunday School as part of the Chapel Fathers, and serving

meals to the shelter guests and our partners at Habitat for Humanity whether it be the fair or the feeding ministries or teaching.

Our Outreach, formerly called AGAPE was founded with compassion and love by Vicki Fox and the best bunch of women on the planet! This group tirelessly fed the hungry and nurtured the vulnerable of Glen Cove for so many years. In addition, we would like to give thanks and recognize the wonderful ministry of **Jen and Caroline Eipel** who chaired AGAPE last year and continue to feed the souls in our community. We owe them many thanks.

We hope you will join us and become part of this important ministry!

Blessings,  
Courtney Callahan,  
Director of Children's Ministry, Thistle & Spoon Staff Liaison  
courtneycallahan@yahoo.com

## **NOW... WE NEED YOU!**

We would like to invite you to lovingly donate and cook at St. John's, or serve food at the Glen Cove Men's Shelter for our first meal of the season.

### **Tuesday December 20th**

4 pm to 6 pm - Cooking in the St. John's Kitchen  
6pm to 7:15 pm - serving the meal at the shelter

#### THE MENU

##### DINNER

Salad - Fresh Bread (donated by Vicki Fox)  
Pork Roast (donated and cooked by Rising Tide)  
Roasted Brussel Sprouts and Green Beans  
Sweet Potato Fries, Applesauce

##### DESSERT

Apple Pies Youngs Farm (donated by Vicki Fox)  
Fruit Bowl, Milk, Ice Tea

\*

Breakfast/Snack: Tangerines (28) & Bananas (28)

Please email [courtneycallahan@yahoo.com](mailto:courtneycallahan@yahoo.com) to RSVP for cooking, serving or ingredient contributions.

### Healthy Eating Plan

We are committed to preparing nutritious meals for the shelter guests. The meats will be organic, the animals humanely treated and fed with non-toxic feed. (Rising Tide has agreed to provide us with the roast pork for this meal) For the next three shelter meals, we will prepare the meat. We will seek to use healthy oils and source organic fruits, vegetables, breads and other products and ingredients. We will seek to limit sugar as many of the men are diabetics and limit salt as some have hypertension.

\*\*\*Please feel free to turn in food receipts to be reimbursed.

### Next Shelter Cooking Dates

Sunday, January 15th \* Sunday, February 19th \* Thursday, March 9th

Please sign up ahead of time if you can!

Look for Restaurant Night at the shelter- coming soon!

**THISTLE & SPOON MINISTRY**  
**All are welcome!**

St. John's of Lattingtown Episcopal Church  
325 Lattingtown Road  
Lattingtown, NY 11560  
516.671.3226  
Fax 516. 671.6097  
[Admin@stjlat.org](mailto:Admin@stjlat.org)  
emergency 516.491.3936

[www.stjlat.org](http://www.stjlat.org)