



# THE HELPING CENTER

CLIENT NEWSLETTER

MAY 2022

## NOTICES & COMING EVENTS

### OUR MISSION:

The Helping Center of Marble Falls provides nourishment and limited financial support to our neighbors in need in a dignified and hope-filled setting. As a unified community of Christians, we also offer opportunities for education, fellowship, and referrals providing a path to self-sufficiency.

### NEED HELP? WANT TO HELP?

#### Hours of Operation

M-F 9:30 am - 1:30 pm (food/assistance)  
Tues 5:00 pm - 7:00 pm (food)  
Thurs 5:00 pm - 7:00 pm (food)

#### Physical Address

1016 Broadway, Marble Falls TX 78654

#### Mailing Address

P. O. Box 402, Marble Falls TX 78654

Phone | 830-693-5689


Website | [helpingcenter.org](http://helpingcenter.org)

Facebook | [Marble Falls Helping Center](#)

Instagram | [thehelpingcenter](#)

### MAY HOURS

The Helping Center will be closed on Monday, May 30, in observance of Memorial Day.

 **Follow The Helping Center on Facebook, Instagram, or our website for information on cooking demos, events, operating hours, and closures.**

### REMINDER:

**We are now open on Thursday evenings from 5:00-7:00 pm!**

**COMING SOON | READ4LIFE Free Kids' Book Fair** | Mark your calendars for Saturday, June 11 from 9:00-11:00 am! Every child will receive free books (English/Spanish) to enjoy during the summer. Experience "Story Time from Space", kids' crafts, reading theatre, and a tasty DIY lemonade stand. Door prizes and unveiling of a community reading corner will happen at 11:00 am.

**LEARN for LIFE Scholarship** | Reminder: Scholarship applications are due by 5:00 pm on May 6. For after-hours delivery, please drop off at the CRC front desk (next door to The Helping Center).

**COOKING DEMO / GIVE-AWAY** | Tuesday, May 24 | 9:30 am – 1:30 pm. Join us for this month's cooking demo featuring Crunchy Cabbage Salad. Enjoy a sample, learn how to make this tasty recipe, and take home a free salad spinner!

**"GET THE FACTS" Nutrition Class** | Thursdays 10:00 -10:30 am | May 26, June 30, July 21 | The Helping Center continues to partner with Texas A&M AgriLife to bring you this practical nutrition series. Learn how fats, sodium and sugar influence health. Information booklets (English/Spanish) and giveaways will be provided. A translator will be on hand for Spanish speakers. Those who attend 4 classes will receive a Certificate of Completion that can be redeemed for a \$25 HEB gift card.

**THANK YOU! | HEALTHY4LIFE Health Fair** | We wish to thank the community and our healthcare and food providers for making our 1<sup>st</sup> Annual HEALTHY4LIFE Health Fair a huge success! More than 55 healthcare professionals representing 20 agencies met with 120 attendees to dispense information, advice, and giveaways. See you next year at the fair!

**PROTECTING children is everyone's job.** If you suspect abuse, call the Child Abuse Hotline: 800-252-5400.

**PRAYERS** | If you offered a prayer intention card during our Blessings of Easter event, we want you to know that your intentions were given to pastors of three of our sponsoring churches. You were prayed for by the community during Easter services.

### A RELIABLE RESCUER

The life of the woman caught in adultery would never be the same because of the words of forgiveness spoken to her by Jesus, the reliable rescuer.

We've all experienced criticism about our clothing, our words, or our thinking. Critics can make us feel shame, guilt, and incompetence – if we let them.

**STOP LISTENING TO THEM.** Listen to reliable rescuers who encourage us to change, learn, grow, and discover new and better ways. Reliable rescuers remind us of our self-worth and cherish us as holy, unique persons fashioned in the image and likeness of God. They remind us we are blessed with abundant possibilities. They encourage us to believe that who we are today is not who we'll be tomorrow. If we've messed up, they don't judge us – they give us chances to put our mistakes and failures behind us to start over.

Kick critics out of your life. Find reliable rescuers who remind you of God's gentle whisper, "Become who you are: special, beautiful, unique, lovable, and capable."

*Adapted from "Your Guild to a Happy Life", Joe F. Sica*