

Home Cooked Meals for the Homeless

*A PROJECT OF
THE ESSENE CHURCH OF Peace*

*“Brothers, be ye all of one mind,
having endless love and
compassion for one another...
Thou shalt love thy neighbor as thy self .. “
Jesus Christ, the Essene Gospel of Peace*

We have experienced that when **food is prepared with love and intended as a sacred offering**, people feel nourished not only in their physical but in their subtle bodies. Sharing of food has in all times and cultures been a way to promote peace and friendship; and modern science confirms ancient revelations that diet has a strong impact on mental, emotional, and spiritual health.

Unfortunately all too often the only food that people without homes have access to is white bread sandwiches, canned meat, and other such foods laden with salt, sugar, and empty calories. Since many homeless obviously suffer from malnutrition, plus diabetes, etc., **they especially need good hot food that truly nourishes.**

ECOP volunteers spend 2-3 hours preparing 3 to 4 **balanced, nutritious, vegetarian dishes** from scratch, using **Biodynamic and Organic ingredients** whenever possible. The food is prepared in an atmosphere of prayer and service.

How Great is the Need?

In the nation's capital, an estimated 14,000 people are homeless on any given day.

Who Is Homeless?

Families with children account for over 50 percent--one of the fastest growing segments of the homeless population. Poverty and the lack of affordable housing are the principal causes of family homelessness.

Veterans: Conservatively, one out of every four homeless males who is sleeping in a doorway, alley, or box in our cities and rural communities has put on a uniform and served our country. Most are single, most come from poor, disadvantaged communities, 45% suffer from mental illness, and half have substance abuse problems.

Single men make up an estimated **44 percent** of the homeless population. Many we have met are capable of working and were recently employed, but simply cannot find jobs in this economy. Others were laid off from once-promising careers. And others are working at low-paying jobs, but simply cannot earn enough to rent an apartment.

Women: Domestic violence is a primary cause of homelessness amongst women.

More people are experiencing that they are only one or two paychecks away from possibly losing everything they call "home".

We need more Volunteers so that we can serve every weekend, rather than twice a month.

Will you join us?



Please contact victor@theessenechurchofpeace.org