



**“If we all do a little, we can accomplish a great deal.”**

**FINDING THE HEROES**

By: John Anding

We are all drawn to heroes. Most often we focus on those whose actions make them bigger than life, both in the real world and in fiction. We can quickly rattle off the names of war heroes, police and fireman, even religious heroes. And then there are the superheroes of comic book and movie fame. We celebrate our heroes. We support them financially through worthy causes that recognize their heroic actions or by just going to the movies. What draws us to these people, real and fictional, is their willingness to sacrifice all for someone else—to love another. We probably know people in our everyday life that do just that, but we don't think of them as heroes. So, it never occurs to us to help them when they need it. This is especially true of parents who in unconditional love gave their adult lives for their children. They are now older and grayer. Their bodies are no longer lean and muscular. Getting up from the couch is now for them like leaping a tall building in a single bound. And putting food on the table is beyond the powers they once possessed. They don't fit our eye as “heroes”—but heroes they are. In our work at Deus Caritas Est we see the pictures of children and grandchildren neatly positioned around a quaint living room of one of our seniors. They are the fruits of sacrificial love, freely given, and the source of great pleasure even in the face of financial challenges that make food a choice and not a given. So it is that we encounter face to face real life heroes who, sadly, are in want of life's necessities. But fortunately, their lives of sacrificial love show all of us what we should do—put someone else before ourselves. And when we do, we are all heroes. Please support our mission of feeding seniors in need.

A 501(C)3 FOUNDATION

**-Inflation and Seniors-**

***“[I]n 2021, 7.1% of the senior population \*\*\* or 5.5 million, experienced food insecurity.”***

*- Feeding America, 4/26/2023*

**Our Mission...**

***Since our founding in 2007, our mission has been to find, befriend and feed the elderly. For the elderly, employment opportunities are limited, full time employment rare, and pay rates low. This makes them poor, vulnerable and generally invisible.***

**Your Support...**

***Please support our mission! Your tax-deductible contribution may processed:***

**Online at  
[SeniorsInNeed.org](http://SeniorsInNeed.org)  
or mailed to  
Deus Caritas Est  
P.O. Box 2871  
Grand Rapids, MI 49501**

**Welcome New Volunteers!**

Welcome to Mari Stone and Tom Hanson. It is the selfless giving of all our volunteers that allows us to use 98 cents of every dollar donated to feed seniors in need. Thank You!

**“I’m So Blessed”**

These are Patricia Zech's words, one of our grantees. And though they come easy to those showered with worldly possessions, that's not Patricia's life. Just the opposite, there have been “internal debates” about whether it would be “food or medicine” this month. Nonetheless, Pat says “I'm blessed.” She is not alone. Mary McNeil, who “never thought I'd end up like this,” living on a very small income, is still “grateful” for what she has. And though grace in the face of adversity is admirable, it does not put food on the table. That's where Deus Caritas Est comes in. We shine a light on the plight of seniors, once productive as nurses, housekeepers and factory workers, who didn't choose to be poor. We affirm their dignity by befriending them and provide monthly \$250 SpartanNash food cards they describe as “freeing me of worry,” allowing for “better nutrition” and “helping me get through.” And they are quick to add “God Bless them that help me.” St. Augustine said, “love is a sweet word, but a sweeter deed.” Please help us love our seniors in need.

**“In Honor Of”**

Charity is thinking about someone else. And so, we honor:

- Ed and Betty Faranski by Susan Burke
- The Vander Hyde Family by Kevin Vander Hyde
- Robert and Margaret Murphy by John and Eileen Anding
- Ray and Clara Host and Edmund and Marian Karasiewicz by Mari Stone
- Barbara Fickes by Bill Fickes

***“What does love look like? It is hands to help others. It has feet to hasten to the poor and needy. That is what love looks like.”***  
-St. Augustine