



**DIGNITY** ❄️ **RESPECT** ❄️ **AFFECTION** ❄️ **ATTENTION** ❄️ **HOSPITALITY**



**Celebrating Over 47 Years of Serving Those in Need!**

**Winter 2021**

**Alan Pickett**  
Catholic Charities,  
Executive Director

**Feed My Sheep**  
*by Karen Kuhlman*

**Parish Kitchen Staff**

**Amy Bauer**  
Assistant Manager

**Mindy Garcia**  
Parish Kitchen Associate

**Weekend Staff**  
Gayle Gillen  
Chris Meyer  
Erica Sellman  
Clare Vetter  
Jim Young

**Catholic Charities**  
**Advisory Board**

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Are you a morning person in search of a way to be of service to the poor? If so, you are precisely the volunteer Amy Bauer, Parish Kitchen's acting manager, hopes to add to her rotation of morning cook volunteers - for just 90 minutes one morning each month! You don't need the culinary skills of Jean-Robert to be qualified for the position; all that is required is a servant's heart and a willingness to learn a few simple kitchen skills. You may also discover some new recipes to add to your collection!

The Parish Kitchen, a ministry of Catholic Charities, Diocese of Covington, serves lunchtime meals to the hungry who come to its 16<sup>th</sup> & Madison location 365 days of the year. Even at the height of the Covid pandemic, while the dining room was closed, the guests could count on a nourishing grab-and-go lunch every day. Now that things have improved, the Kitchen invites individuals and families to gather once again to enjoy a delicious meal in a warm, comfortable setting. Approximately 120-140 guests accept that invitation daily, which means many hands are required to make this ministry successful.

The Parish Kitchen's full-time staff begins its day at 7 a.m., while volunteers report at 7:30 a.m. That appeals to long-time cooking volunteers like Mike and Pat Zilliox, who enjoy getting things going early and then moving on with their day. Their daughter discovered Parish Kitchen because of a volunteer experience through her employer, Fifth-Third Bank, and encouraged her parents to give it a try. The Zillioxs say they have been very blessed by God during their lives; volunteering by cooking provides them with an opportunity to pass that blessing on to others. *(Continued on page 2)*



Parish Kitchen  
P.O. Box 1234,  
Covington, KY 41012  
(859) 581-7745



[www.parishkitchen.org](http://www.parishkitchen.org)  
<http://www.facebook.com/ParishKitchen>  
[www.covingtoncharities.org](http://www.covingtoncharities.org)

Dignity

# Feed My Sheep

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Upon morning arrival, cooking volunteers pull into their very own guaranteed free parking space in the Parish Kitchen's parking lot. Once volunteers log in for their shift, they find that preparations for the daily meals are already well underway. Parish Kitchen's professional staff have the day's recipes, cooking instructions, and necessary food items set out and ready to go. Volunteers might find themselves reading those recipes, cutting up vegetables or meats, browning ground beef, combining the ingredients, or otherwise prepping them for cooking. The staff will show you the ropes, explain the process and help you acquire any skills you might not have in the beginning. Before you know it, you will be a pro – just like all who have been doing as Christ would have us do, by helping Catholic Charities feed the hungry at the Parish Kitchen since 1974.

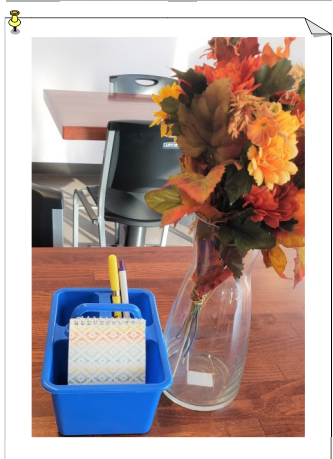
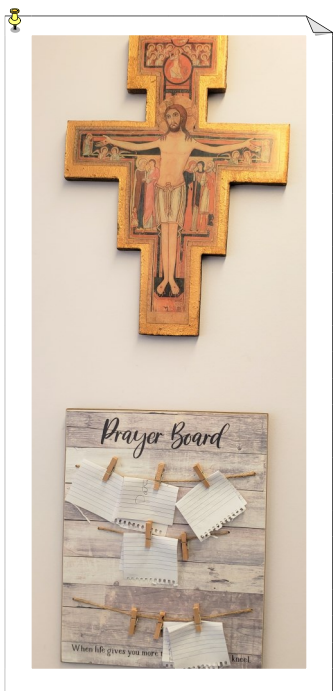
Helping to feed the hungry every day is a very easy yet very important way of lending a hand and changing a life. If you would like to become a Parish Kitchen Cooking volunteer, contact Jill Walch, Volunteer Coordinator, at 859 581-8974 or [JWalch@covingtoncharities.org](mailto:JWalch@covingtoncharities.org). You will be a blessing in the lives of those you serve. And, as you will quickly discover, they will be a blessing in your own life in return.

Affection

Attention

## Prayer Wall - A Gift for All

Volunteering at Parish Kitchen is more than just a regular volunteering opportunity, it is a spiritual exercise, where volunteers put their faith into action each day. Parish Kitchen tries to provide guests with more than food, it is why we pray. Each day, before the first guests arrive, Parish Kitchen volunteers and staff pray for their guests. They wanted the guests to know that they were in their prayers and wanted to give the guests a chance to include their own intentions. So, a prayer wall was created by Mindy Garcia. They included little notebooks and pens for the guests to write their prayer intentions. However, something beautiful started to happen. Guests would write their prayer intentions, but they would also give a gift back to the volunteers.....their Thanks! Guests started to write thank you notes to the volunteers and staff. The wall turned into a prayer wall and a gratitude wall, where both volunteers and guests can give a gift to each other.



Hospitality

Respect



## Volunteer Spotlight



We are all called to use our gifts, talents, and experiences to serve one another. Jack Shultz exemplifies this. After attending a Mass at the Cathedral Basilica of the Assumption, Jack heard Alan Pickett, Catholic Charities Executive Director, speak about Parish Kitchen and volunteer opportunities. This led Jack to use his restaurant experience to help others as a volunteer server at Parish Kitchen.

Jack owned two Angilo's Pizzerias, one in Mt. Healthy, Ohio (1979-2004) and one in California, Kentucky (2004-2008). He retired from the pizza business in 2008. He currently lives close to Parish Kitchen in Covington, Kentucky.

Jack volunteers as a server on the weekends, every Tuesday, and pretty much whenever he is needed. One can certainly tell he has management experience in the restaurant industry! This is shown through his dedication, strong work ethic, ability to multi task, and knowledge of maintaining a kitchen. He goes the extra mile by his willingness to do whatever job that needs to be done, doing dishes, cleaning kitchen equipment, and staying late to help staff mop the dining room and kitchen floor.

When asked what volunteer work at Parish Kitchen has meant to Jack, he said, "I've enjoyed helping people...this work is right up my alley with my experience in the kitchen." If you feel called to use your gifts, talents, and experiences, and are not yet one of our many great volunteers, please reach out by calling Parish Kitchen or complete a volunteer application online. Like Jack, take a slice at it!

## Giving Thanks!



November 18<sup>th</sup> was our last grill out day until spring. A big thanks to Gary and Carol Enzweiler (pictured) and John Hehman for grilling out each week! What a special treat for our guests.

Suzanne volunteers to pick up a weekly donation from Chick Fil-A. What a blessing!



Thomas More University celebrated their 100<sup>th</sup> year by having the students and teachers participate in a give back day. The volunteers painted the benches outside on the patio for the guests to relax before or after lunch. Thanks Thomas More for including Parish Kitchen.



Just in time for the cold, Parish Kitchen was able to hand out hats, gloves and sleeping bags to the guests.



Thank you to Adam for delivering sourdough bread and pastries once a week to Parish Kitchen from The Baker's Table Bakery in Newport!



Respect

Hospitality

Attention

Affection

Dignity

## *Parish Kitchen Wish List*

- Hats
- Gloves
- Deodorant
- Travel Size or small Shampoo
- Hand Sanitizer (small)
- Toothpaste (small)
- Tooth Brush (single pack)

If you can donate any of these items, please drop off items to:

Parish Kitchen  
1561 Madison Avenue (Corner of 16th & Madison) Between 8 a.m. and 1 p.m.

*A lot of Thanksgiving Love,  
laughter and delicious food!*

