



The Lamp newsletter

November 2018

A LIGHT UNTO YOUR PATH

IN THIS ISSUE

More Than A Café

by Jessica Jemmott

The Lamp is holistic in nature, created to serve the community in various ways. We are elated about the strides that are being made towards our pay-what-you-can community café. However, we are more than a café! We are mental health providers, a hub for health & wellness, supporters of the arts, and with our recent partnership with DC's Family Life Community Center- we are coming alongside them to expand our combined efforts for the overall food program including a one-stop shop community food bank with fresh produce, cooking demos, recipes, and more.

Experiencing a 17-year-old vision come to life is awe-inspiring! Every move that has been made has been strategic, divine, and purpose filled. It has always been impressed upon me that The Lamp is not for one location, rather NATIONS. In addition to growing in our

nation's capital, we have begun to expand our mission in Accra, Ghana [West Africa] igniting others to #BEALAMP.

"One can make an impact, but together we can change the world!" – Founder, Jessica Jemmott

Be A Lamp!

Our Mission: *"To be a light unto the path of every individual while building the community through holistic wellness, one step at a time."*

Our Purpose: *To provide unity and a holistic approach to overall wellness, including mind, body, and spirit while impacting the local/global community with food security, mental health awareness, cultural & expressive arts, and diverse therapies.*

Our Slogan: *A Lamp unto Your Path*



Better Together: New Partnerships

We are excited to partner with the Family Life Community Center as our DC home.

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Holistic Health & Culture

Founded on our model of holistic health & culture, The Lamp is pleased to introduce various artists, advocates and field experts in this issue. (pictured above, featured artist Shanina Dionna on Page 7)

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"To give LIGHT to those who sit in darkness and in the shadow of death, to guide our feet into the path of peace." Luke 1:79

Closer to Home

The Lamp is steps closer to having a place to call home in Washington DC [proper], and it is exceedingly, abundantly beyond our expectations.

In June we received a call from a young lady by the name of Carrie Clark requesting to meet. She was intrigued to know more about The Lamp and our current community efforts through "Lamp Lunch." I was aware at that time that Carrie is experienced in providing education to individuals within the business of nonprofits, so naturally I was eager to share with another listening ear who may have entrepreneurial advice through the nonprofit sector. I was not aware that this meeting would become an outstretched hand towards a partnership that would assist us both in making a major impact in the DC community "for such a time as this."

After greeting each other inside the Family Life Community Center (FLCC), we shared our visions and passions and sat in awe in how they paralleled. We took a tour of the approximately 20-year-old community staple which was in the process of remodeling (due to a previous flood) as Carrie shared all the amazing additions in the works for this space. Additions including a brand-new community fitness center, Wi-Fi lounge, and remodeled bowling alley. We arrived onto the amazing outdoor rooftop, both sharing our desires to have a community garden as a resource for our individual projects...it was then, in that moment that our growing connection brought all the dots together when she said, "We would like to partner with

The Lamp as our resident café..." I could not believe my ears! I represented our mission well, ensuring that she was aware that we are *more than a café* and I was comforted by her acceptance of our holistic model.

It is no coincidence that we are being called and chosen to not only serve this community, but call DC our home, a city with some of the highest income per capita where 1 in 8 people are suffering from hunger and 1 in 5 children are suffering from the same. In Washington, DC, the terms "food insecurity", "food hardship" and "food accessibility" provide hunger definitions for over 641,000 of our residents. **Second only to Mississippi, DC has the highest rate of food hardship in the country.**

The Lamp's desire is to improve food security by providing accessibility and increased dining choices. Despite many societal norms, we believe that 'everyone deserves good food'. It is unfortunate that sustainable and handcrafted meals are not accessible to all, leaving options such as overly processed foods as the daily nutrition for individuals and families. As a pay-what-you-can cafe we are the solution to that disconnect. As a cafe under the *One World Everybody Eats* network, the other 60+ cafes are proof that the model works. What makes us unique is the other facets to The Lamp including mental health assistance and advocacy for the arts. Now with our partnership with FLCC we will have greater opportunities to expand our reach and #bealamp to many through our collaborative efforts.



Join Our Community of Supporters!



We want to thank our amazing contributors for helping The Lamp accomplish all that we have been capable of thus far. As we move forward in taking the next strides towards reaching our BIG HAIRY AUDACIOUS GOALS we are busy seeking grants, financial partners, corporate sponsorships, and contributors towards our current campaigns alongside the Family Life Community Center, including: [Project Feed 5000](#) during November/Thanksgiving 2018 as well as reaching our financial goal of \$250k towards funding The Lamp Café within our collaborative food program. The \$250k will cover: Commercial Kitchen, Furniture,

Overhead, Food Costs, community accessible mobile food cart, and projected salaries for up to 2 years. We would like to invite YOU to join our community of supporters!

For more information on how to contribute financially contact:

Jessica Jemmott – jessica@bealamp.org



SUICIDE AWARENESS



"Depression is not a poor man's condition. Nor a single person's condition. Nor an oppressed person's condition. Nor a women's condition. Nor a nonbeliever's condition. Nor a young person's burden. Possessions, your profession, or your status will not protect you. Not even your religious affiliation alone is enough. It can touch each of us." Brittney S. George
Suicide Prevention Hotline

1-800-273-8255



FAST FACTS

82.6 mil

82.6 million American struggles with hunger and are living at or below poverty.

841,000 +

More than 641,000 residents/200,000 children are at risk for experiencing hunger in the District of Columbia.



...A Light to Nations

Food security and available mental health resources for all in need, are an international scarcity. With reports such as: \$4.6 billion per year, Ghana and other West African countries are faced with reoccurring food security and nutritional crises due to hunger. In addition, due to a shortage in resources for individuals with mental health illnesses, there is an estimated treatment gap of 98% in Ghana, meaning 98% of the population with mental health illnesses are left untreated. The Lamp collaborated with Dedo Azu, the entrepreneurial founder and owner of Ghana's first tea bar and restaurant, Tea Baa, to #bealamp in the community of Ghana. Along with being one of Accra's top cafés, Tea Baa's food is sourced from a local ecofriendly farm. When Dedo heard of our model and concept, she found herself immediately compelled to partner with The Lamp as an opportunity to extend our concept to the community of Accra.

During our trip to Ghana, we had the opportunity to build relationships with amazing individuals who are making an impact within their community. As we believe at The Lamp, we are better together, so we took our collaboration with Tea Baa to become a gathering place to shed light on various needs. Imparting our knowledge and passion led us towards a hub that was created – a hub of creatives, mental health



advocates and professionals, agriculturalists, educators, business owners, and social influencers. As Ghana aims to increase community-based treatments, including talk therapy and behavior modification – we are aiming to collaboratively bring The Lamp to a community that will benefit from our holistic model which provides mental health resources, partnerships with the arts, and decreasing the hunger gap.



Holistic Health & Culture

By Yvette Tetteh

Anxiety can be a faint, persistent buzzing. Or an absorbing, consuming feeling that emerges from your chest and wraps around you. Being an adult is anxiety inducing. Living as a person of color in 2018 is anxiety inducing. Global politics is anxiety inducing – no matter whom you are. How do we survive in this world? How do we thrive? Is the work we're doing enough?

I listen to the BBC Global News Broadcast in the morning as I brush my teeth. I often smile as they use humor and human-interest stories to mitigate the worrying news about damaging policies from the Trump Administration or conflict in Eastern Europe or dictatorial actions from African or Middle-Eastern political figures. As I prepare myself for the day anxieties about the state of humanity blend with anxieties about making payroll this month blend with anxieties about whether I'm getting enough exercise.

I sit on the bed and drink a glass of water, slowly and deliberately. I placed that glass next to my bed the night before; it's something I do now to help myself in the mornings. It will not help to be washed away with the torrent of anxiety. I do not have all the solutions, I cannot be sure of myself, but I can do *something*.



I can find my footing. I can ground into myself, find stability, and from there be a part of creating nourishment, calm, and goodwill. Said another way, I can look after myself in mind and body so that I am equipped to nurture the mind and body of the people around me. If society is made up of connected individuals then there is an



inextricable link between my experience, and my actions as an individual, and global society – or, at least, the society of my local community.

Holistic health and culture is, to me, the actions we take to recognize, honor, and uplift the emotional and physical wellbeing of ourselves as connected individuals in a shared community. It is both the process and the outcome. Holistic health and culture is what happens when you endeavor to be a positive and contributing member of society – and create opportunities for other people to be the same.

In Accra, Ghana I experience holistic health and culture in my personal yoga practice, in the art of local creatives, in conversations with friends on hikes or at the beach or in cafes. All of which enrich me physically, psychologically, and spiritually. In Accra, I contribute to holistic health and culture by sharing my personal yoga practice through teaching – and also through my agribusiness. Teaching yoga allows me to earn a living from work that literally helps people become stronger, more balanced, and more in touch with themselves. To be able to spend two evenings a week moving with people and guiding them through the flow of the yoga postures is an important, enjoyable, and meaningful part of my life here. To #bealamp I've taken a leaf from The Lamp's model and have made the last Thursday of each month a 'Pay What You Can' class so I'm able

“...it's a way
of expressing
hope”

to make this enlivening practice more accessible to more people.

Although it can be incredibly stressful, I find my work in agribusiness equally rewarding. It is a privilege to be able to work with a business partner, advisors, and a team to create something that literally nourishes people. Our dried fruit is farmed using organic processes and processed with zero additives, so that we're able to share the unadulterated, healthy, delicious taste of our tropical country. Importantly, this nourishing work has helped us generate income for farmers and our production officers so that we're not just producing healthy food – we are also supporting economic livelihoods.

I often find the world a pretty daunting place, but I love the way holistic health and culture can be a way for me to respond to both personal and global anxieties. It's a way of expressing hope.



PURE AND JUST CO.

The Pure and Just Company was created by young Ghanaian entrepreneurs believing in the potential of agribusiness to power a sustainability conscious economy and to take Ghana's abundant natural resources to a new level.

Yvaya Farm is the flagship dried fruit brand of a Pure and Just commitment to purpose driven business that works to have a net positive effect on people and the environment. Our dried fruit pouches are completely natural (additive and preservative free,) utterly delicious, and grown out of organic practices on the farm.

@YvayaFarm

Twitter + Facebook + Instagram

<https://yvayafarm.com> |

info@pureandjustfood.com

Give Him Something to Talk About

By Shiva Quashie – Founder of Macho Republic



Macho Republic is an exciting new non-profit that seeks to promote a positive and healthy dialogue about male mental health in Ghana and beyond.

It was founded by Shiva Quashie and inspired by his own personal experiences with mental health. The topic is particularly important in Africa because of the lack of resources and paucity of training in mental health. Shiva explained that men often struggle to “open up” about their emotions because of an outdated view of masculinity, which he shares can be overwhelming and lead to depression.

This accounts for the high-risk factor for suicide amongst men and advocates for a change in how we discuss male mental health.

According to Shiva, statistically approx 75% of suicides worldwide are men, and a major part of the systemic problem stems from maladaptive view of masculinity. “Men have no problem discussing sports, music and even politics. The issue is that we don’t really like to talk about our emotions and our individual struggles. This can lead to depression and even suicidal thoughts.” Macho Republic desires to create an environment where men feel comfortable talking about “what it takes to be a man and just how hard it can be sometimes.”

Along with their groundbreaking event this past June in Ghana, shedding light on mental illness amongst men, Macho Republic is also



active on Social Media and looks forward to hosting ongoing events to promote positive masculinity and mental health.

“We are really excited about the future and we are inspired by other organizations like The Lamp that continue to be a light in dark times.” Here’s to a positive future for all those that seek to make a difference.

#bealamp - Shiva Quashie, Macho Republic (Accra, Ghana)



Nicholas Steven George is a published author and poet. While he works in the mental health field as a Treatment clinician, he has been writing since his youth in Newark, NJ. First born to his Trinidadian parents, Nicholas began performing at local open mics and slam competitions crafting his skill and delivering his story. In 2013, Nicholas started a platform called “The Listening”, an organization that exists to challenge the perception of the performing arts being strictly for entertainment purposes, and connect it to mentoring and social impact.

ARTIST SPOTLIGHT EXCERPT FROM ‘OUT OF THE DARKNESS’ By Nicholas Steven George

Imagine

*A gateway drug to a high like no other.
I didn't leave the darkness like magic
I just found a magical light
I didn't slap a smile on or fake happiness
But there is a joy to be found
In each glorious breath*

Imagine

*releasing the grip from your own throat
To breathe
On purpose
For a purpose.*

*This is me
Now*

*Racing towards the light like my life depends on it
Looking back at the darkness like a faint memory
A reminder
Of my own shadowy hallways
And creatures that do say so much more than “boo”
A reminder of where I used to be
The road I used to travel
With a reason to inspire and encourage others to
Imagine
Coming out
Of the darkness.*

Better Together

One World everybody eats

This summer we joined two of our partnering cafés in North Carolina, within the One World Everybody Eats network: F.A.R.M Café (Boone, NC) and A Place at the Table (Raleigh, NC).



Everyone Deserves Good Food

We enjoyed hosting a 3-day pop-up of The Lamp Café with our partners at FLCC. The menu included several of our homemade dishes: Shrimp & Grits, Homemade Biscuits & Sausage Gravy, Veggie Omelets, Jerk Chicken Wraps, Maple Bourbon Pecan Pie, Carrot Cake, (dairy free) Banana Puddin', Vegan Options including Chicken Fried Oyster Mushroom & Biscuit Sandwich and more! We enjoy being creative in the kitchen and serving options for ALL to enjoy.

NAMI 5k

We joined NAMI for their annual Go Green for Mental Health 5k to honor individuals suffering and/or who have suffered with mental illness, to raise awareness, and to raise funds.



Servant hearts

"Passion led us here" – we are a community of servants, willing to volunteer to assist others as well as supported by our own volunteers.



Art Heals

Introducing Shanina Dionna

As the Founder of The Lamp, a mental health professional and resident, an advocate for the arts, and a Coatesville, Pennsylvania native it is my absolute honor to present to many and introduce to some this very beautiful, talented, exquisite young lady who possesses so much more than what the eye beholds and what the following words inform you – Ms. Shanina Dionna. Please enjoy the following and be sure to support her vision! – Jessica J.



Shanina Dionna is a Visual & Performing Arts Exhibitionist, Non-Profit Youth Arts Teacher and Mental Health Awareness Advocate based in Pennsylvania.

Since 2011, she's prepared for the annual "Embryo" art exhibition series conceptually communicating suicide, major depression, trichotillomania, insecurities, hospitalization and having been diagnosed with borderline personality disorder.

Recognition for her work includes FOX 29's "Good Day Philadelphia" show, The Dean Collection 20 St(art)ups presented by Swizz Beatz and Alicia Keys, the Department of Behavioral Health & Intellectual disAbility Services, the Women of Style and Substance Awards presented by Joan Shepp, AFROPunk and the Philadelphia Tribune.



Public collections of her work have been on exhibit in the Jefferson University Hospital, Ruckus Gallery and the Raevis & Associates Law Firm (all of Philadelphia, PA).

Seed: My works are introspective and heavily inspired by personal testimony. This was born out of a need and motivation to pay it forward the encouragement to keep living, learning and growing. It starts first with me making it a point to create a safe space to release, create and educate myself. Then, as it's been now for the last 7 years, I share my experience through this annual art presentation in March (my birth month) always with the intent to yield the same experience for my guests as it were for myself alone. I share only from a place that I know. Suicide, the guilt and heartache from an induced miscarriage, being diagnosed with and hospitalized for borderline personality disorder, obtaining a habit for trichotillomania since adolescence, chronic insecurities, toxic relationships, major depression, learning self-love, journeying through 21st century America - all of this must have a safe place to be heard, shared and experienced without judgement or dismay. I make it a point to create an environment where this can be so. I need to be able to twerk it out, paint it out, sing it out, dance it out, etc. - as long as it's effective and gets the message across.

Vision: My vision for several years now has been owning a live/work space where I can facilitate expressive arts therapy sessions, continue to teach my non-profit youth arts program, ARTbuds (@artbudsphilly on IG); host my annual exhibits, offer portrait photography services, host paint parties, book clubs, intimate events, workshops,

seminars and establish a safe space to share with the community as an invitation to simply be.

Though growing up as a military child, I've only ever lived and traveled within the states. So, I see lots of traveling; sharing and experiencing art with different cultures. Greece is at the top of my list. Africa, Barcelona and Mexico are just a few others. I want to explore the world.



How it grew? Embryo wasn't supposed to see past its first installation. The first solo exhibit was just an opportunity for me to share all that I knew at that point in my creative journey. It was heavily influenced by academic projects as I was still in school at the time. I'd presented my first photography series, "Flaws & All," at the Illinois Institute of Art - Chicago and received an overwhelming response from my classmates. I remember my hands shaking, eyes filling with tears, a giant swelling in my throat and in the pit of my stomach. There was no going back. And [Continue Reading]

upon release, I felt courageous and even a little less fearful. I'd even made my first art sale - a large photo print for like \$250 to a young woman in Indiana. I couldn't believe someone wanted to support what I considered flaws. Super motivated, I moved back to Pennsylvania that winter to prepare for and present the very first Embryo art exhibition. Since then, I've had this abiding desire to share an annual testimony (if you will) as not only encouragement for myself but also for my supporters to KEEP GOING.

Where are you now? I currently live in Coatesville, Pa commuting regularly back and forth to Philadelphia where I teach, host most of my events and support my peers.

I am also in deep preparation for the eighth annual installment of my solo exhibition series, Embryo VIII, due to commence March 2, 2019 in Philadelphia, Pa (details soon come). I'm excited to share that I recently received a new product sponsorship from BLICK Art Materials of Philadelphia, Pa and support from a returning sponsor, the Home Depot of Downingtown, Pa. Embryo is also now an official LLC as of summer 2018; acting as a hub for all non-profit works and special events.

In addition, The Dean Collection 20 St(art)ups grant presented by Swizz Beatz and Alicia Keys has contributed to the production of the Embryo VIII mental health art exhibition in a major way. I'm really



looking forward to sharing this with everyone.

What is your impact? I'm yet learning what that is to be honest. I've had some pretty cool opportunities to connect with my community by way of art, education and advocacy for mental health. I've mentored young women and lead an art therapy session for graduating high school girls with the Uniquely You Summit at the University of Pennsylvania; participated as a guest panelist for the Bombay Sapphire Artisan Series: "Art as Activism" panel discussion at The Painted Bride; presented as a keynote speaker for my first time for the nonprofit, Kuwrah Cares; I've started building connections with NAMI, Person Centered Expressive Arts, psychiatrists and other medical professionals nationwide. It's important to me that my impact is one of substance. I read, research and ask questions often. I see, feel and listen. I'm personable in that way. And when the community responds positively to my efforts, it's rewarding. Feels like I'm doing something right. I am so thankful for that.

How has it brought about personal healing? I've always credited art to be my "brave side," expressing visually what I wouldn't otherwise have the courage to express verbally. When I dance, I feel free. When I paint, I create new realities. When I perform an improv number, I simply feel alive. It's a unique opportunity to explore what more I'm capable of, conquer fears and discover new strengths. This creative journey has helped save my life. And honestly, being present and mindful of that thought alone helps stimulate much healing in my psyche. It starts with the mind first.

Upcoming shows? My eighth annual solo exhibition is due to commence March 2, 2019 in Philadelphia, Pa. Extended details soon come.

Website/contact? Currently, I may be reached via email at thouart.dionna@gmail.com. My new website is underway and due to launch early 2019 prior to the Embryo VIII exhibit.

Shanina Dionna Shares Message of Hope with her Art:

<https://www.youtube.com/watch?v=aoyerQh6hTo>

Swizz Beatz & Alicia Keys Launch New Art Grant, Giving 20 Artists \$5000 Each:

<https://hyperallergic.com/447480/swizz-beatz-art-grants-winners/>



The Stigma on Mental Illness and the Positive Effects of Healing Through Mental Health Professionals

By Dr. Carol Mathias-O'chez



Imagine that Kojo is 15 years old, lives in Accra, Ghana and suffers from depression. Across the Sahara Desert in Cairo, Egypt, Gamal who at 35 is at the prime of his career as a pharmacist battles with general anxiety disorder. On the other side of the Indian Ocean, Matilda in Melbourne, Australia was diagnosed with bipolar disorder at 26 and is figuring out a way to manage it. Arjun is 40, lives in Calcutta, India and struggles with PTSD and Denise living in Charlotte, USA has just had her third child at 42 and is battling with postpartum depression.

Despite the different mental illnesses that each of these individuals live with, the variation in age and their individual geographical and cultural locations, it is almost certain that there is a common thread that runs through their experiences: stigmatization.

Mental health stigma takes two common forms. Social stigma is discriminatory

attitudes and behavior directed at people with mental health challenges. Perceived stigma, also known as self-stigma is when individuals internalize perceptions of discrimination. Both forms are widespread and equally damaging. Besides their effect on quality of life, they have harmful effects on treatment outcomes because they keep people from seeking help.

Commonly held beliefs fuel discriminatory attitudes and behaviors towards people with mental illnesses. These include the belief that they are dangerous and lack intelligence, that it is an indication of weakness or is self-inflicted, that they can never get better and cannot work. In some cultures, the stigma is heavily driven by the belief that mental illness is caused by witchcraft or some other demonic force. Irrespective of what the belief is, the root cause can almost always be universal: a lack of education about mental illness. In response to this, many mental health campaigns, programs, policies and advocacy work is often geared towards raising awareness and educating people to dispel these beliefs.

Ideally, Kojo, Gamal, Matilda, Arjun and Denise should be in treatment with a mental health professional. Mental health professional is an umbrella term used to describe a range of professions that provide services focused on helping people overcome or manage mental health challenges and illnesses. The most common are psychiatrists, psychologists, psychiatric nurses, clinical social workers, marriage/family therapists and licensed professional counselors. Most of these also have several different variations that fall under them.

Across the globe mental health professionals are positively impacting the lives through healing using various avenues of treatment. These include forms of psychotherapy, medication, support groups, peer support, case management, alternative medicine, and self-help plans. Each of these approaches to treatment has pluses and drawbacks and often treatment plans will involve a combination of various approaches to best suit the need of the individual. The goal of most mental health professionals is healing and in some cases this goal is achieved. However, the reality is healing is not being achieved for everyone.

At the core of what they do, mental health professionals are healers. When an individual is living with a mental illness and they start to experience healing, it has immense positive impact. The biggest part of this is the reduction of symptoms, symptoms that have often reduced the quality of their life. This is often followed by a restoration of a social life and in some cases a professional life. We see healing impacting specific areas of the individual.

Physical: in most common mental illnesses we see the restoration and maintenance of the chemical balance of the brain, which brings great relief, we see an improvement in eating and sleeping habits that has positive effects on their physical health.

Cognitive: there is a re-conditioning of destructive thought patterns and beliefs, which determines behavior. Healing allows the individual to recognize and change unhelpful behavior and remove themselves from situations and environments that are toxic and unhealthy.

Soul: a restoration and reconstruction of the essence of the individual in their most authentic form.

Mental health professionals, who really should be called healers, assist in facilitating the healing process for individuals. Encourage the next mental health professional you encounter by giving them a hug, with their permission of course.

His Voice

While preparing my own breakfast, I heard His voice say "serve this as Lamp Lunch today" so I added extra ingredients to stretch what was going to be a quick meal... oyster mushrooms, shallots, sweet peppers, scallions, eggs, tortilla wraps, dairy free sour cream, pineapple salsa... all prepared for a great veggie breakfast burrito.

I packed up one of the donated insulated lunch totes including fresh orange juice & granola bars and as I headed to the door I prayed, "Lord please guide me directly to the individual who this meal is for today"

I grabbed my keys and headed out the door.

As I walked to my car, I noticed a young man directly across the street sweeping the construction site, he had a look of frustration all over him. I reached for my door and in that moment, I heard His voice, "Go to him!" "Good Morning! Have you had breakfast yet?..."

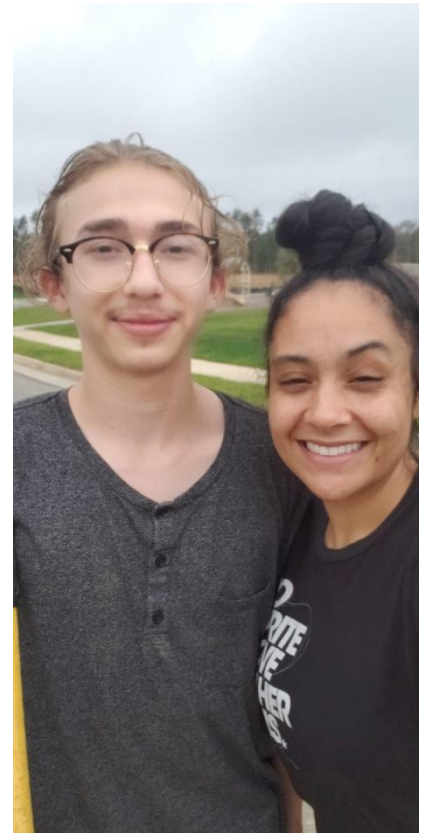
The 18yo young man accepted my offer and sent me off with a "God bless you."

When I entered my home, I praised the Lord immediately for His divine instruction, and His voice responded "Do not be ashamed, go back to him" I knew where that came from, when I approached the young man I did not share that I prayed and asked the Lord to guide me to the individual who that meal was for.

Out of obedience, I returned and shared with him my direct prayer and discerning response, as well as what The Lamp is and our plans moving forward. He replies that he too was thankful for me and to God and knew immediately that it had to be God who provided what was so needed and desired after the stressful morning he was having.

We continued to engage with one another about the concerns of food insecurity, provisions, and just reveling in the greatness of the Lord.

Yesterday was another example of His grace, His intentional care for our needs, His love, His provision, and hearing His voice. I looked back at the surveillance and noticed that he was dropped off at the site only 5 minutes before I went outside! 5 = Grace



A Day of Global Giving #GivingTuesday

#GivingTuesday is a global day of giving fueled by the power of social media and collaboration.

Celebrated on the Tuesday following Thanksgiving (in the U.S.) and the widely recognized shopping events Black Friday and Cyber Monday, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

#GivingTuesday harnesses the potential of social media and the generosity of people around the world to bring about real change in their communities; it provides a platform for them to encourage the donation of time, resources and talents to address local challenges. It also brings together the collective power of a unique blend of partners—nonprofits, civic organizations, businesses and corporations, as well as families and individuals—to encourage and amplify small acts of kindness.



As a global movement, #GivingTuesday unites countries around the world by sharing our capacity to care for and empower one another.

Nov 27th is #GivingTuesday, this year The Lamp is fundraising to reach our goals of \$250k to open our doors in Washington, DC! Facebook and PayPal are matching donations on Facebook for a total of up to \$7 million dollars. In

addition, your donations to The Lamp could be matched!

Mark your calendar and help us reach our \$250k goal to decrease DC's hunger gap and increase mental health awareness.

<https://www.facebook.com/TheLampOrg/>

<https://www.givingtuesday.org/>

Project Feed 5000

In Washington, DC, the terms "food insecurity", "food hardship" and "food accessibility" provide hunger definitions for over 641,000 of our residents. Second only to Mississippi, DC has the highest rate of food hardship in the country. What does this mean? It means that on a monthly basis, families are unable to provide sufficient food for their household because of a lack of funds. According to surveys performed by Gallup-Healthways Well-Being Index, over 30% of households with children are forced to skip meals because they cannot afford to buy food.

While it is our mission at Family Life Community Center and Susie E. Crowder Owens Empowerment Center to enhance the overall health and wellness of our community, I realize that to simply provide programs is not enough. Our goals and our aspirations to be relevant cannot succeed if we are not passionately committed to ensuring that our families, first of all, are well-fed. This Thanksgiving, PROJECT FEED 5000 represents our heart and mission year-round - to provide food that

will not only be sufficient but will BLESS every guest that we are honored to serve. It is our goal to create an environment that provides hope, encouragement, dignity and tangible support for families who are experiencing financial hardship.

PROJECT FEED 5000 is a collaborative commitment by Greater Mt Calvary Holy Church, Family Life Community Center and Crowder Owens Food Bank to address the increasing issue of hunger in our nation's capital, with additional support from Capital Area Food Bank and The Lamp. In a city with some of the highest income per capita, 1 in 8 people are suffering from hunger and 1 in 5 children are suffering from the same. In metropolitan DC, this accounts for 641,000 adults and over 200,000 children who go to bed not having eaten enough food for the day. By providing Thanksgiving boxes for 2,000 families and serving nearly 1,000 individuals on Thanksgiving Day, PROJECT FEED 5000 is partnering with organizations

and individuals who are committed to being the change they wish to see.

Will you serve with us this year as we give from our hearts to those in need? There is no area too small or donation insignificant- if you are able to give, we are able and ready to receive and pass it on!

Martin Luther King Jr. said, "Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

I look forward to being part of absolute greatness WITH YOU this Thanksgiving!

- Carrie Clark

Go to <https://www.projectfeed5000.org/> for more info on how you can Volunteer/ Partner & Sponsor / Donate

Project FEED 5000
Needs You!

NOV 22
11AM-2PM

Your donation of
\$25
helps us feed 5 people

DONATE TODAY
AT
ProjectFeed5000.org
or gmchc.org

SPONSORED BY: Greater Mount Calvary Holy Church, Family Life Community Center, Crowder Owens Empowerment Center, Capital Area Food Bank, The Lamp.

For more information: [projectfeed5000.org](https://www.projectfeed5000.org) or gmchc.org or call (202) 529-4547

Project FEED 5000
Needs You!

NOV 20
10AM-4PM

Help us fill family meal boxes with the following needs:

Turkey	Gravy	Crunchy Onions	Brownie Mix
Bag of Potatoes	Cranberry Sauce	White Sugar	Cornbread Mix
Macaroni Cheese	Bread/Rolls	Rice	Corn
Yams Greens	Broth	Cake Mix	
Stuffing	Brown Sugar	Cereal	
Green Beans	Cream of Mushroom	Beans/Peas	

Gift Cards | Insulated Bags | Boxes

DONATE TODAY
AT
ProjectFeed5000.org
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SPONSORED BY: Greater Mount Calvary Holy Church, Family Life Community Center, Crowder Owens Empowerment Center, Capital Area Food Bank, The Lamp.

For more information: [projectfeed5000.org](https://www.projectfeed5000.org) or gmchc.org or call (202) 529-4547



SHINE 🎵

We are beyond honored, ecstatic, and simply put – in awe, of the fact that The Lamp has received the gift of a recorded theme song!! YES, you read that correctly ... WE HAVE OUR OWN SONG, and it's titled 'SHINE'!! And we owe all the thanks to the beautifully gifted and talented writer, composer, songstress Miss Tiffany Scriber.

Tiffany was one of our featured artists during our collaborative 'Fight for Freedom DMV' Human Trafficking awareness event with Mona's House (Buffalo, NY) in January. It was then, that Tiffany received the divine instruction to write and produce a song for The Lamp. Out of direct obedience, Tiffany has shared with us a gift that we cannot wait to share with YOU!



New Friends of The Lamp

We are continuing to build our community by making friends with compassion-filled and purpose-led individuals such as Chef Jumoke Jackson (DC) and Chef "Tee" Terrell Danley.

Special Thanks...

The Lamp newsletter

Woodbridge, VA 22193
bealamp.org

- Family Life Community Center, DC
- NAMI Prince William County
- Hilda Barg Homeless Shelter
- Tea Baa, Ghana
- F.A.R.M Café, Boone NC
- A Place at the Table, Raleigh NC
- Chef Jumoke Jackson
- Chef "Tee" Terrell Danley, DC Capital Kitchen
- Loudoun Bible Church
- The Lamp Community Advisory Board