

Food for Thought



Nutrition · Education · Connection

1075 General Newsletter

March 2023

Vol. 3 No. 2

Message from Mary Ann

My words for 2023: BEING, PARTNER, MULTIPLY

Being before Doing. Partner Intentionally Multiply Supernaturally.

With a brilliant Board of Directors, gifted consultants, compassionate volunteers and powerful partners, we continue to assist with filling unmet needs with more enthusiasm than the year before.

Our big project for January was to create and deliver a comprehensive Annual Report for 2022. We were able to publish a first class publication with the help of Judy Hills, Editor and Anita Cook, Copy and Print Warehouse and the tracking detail from Geraldine Eubanks, Volunteer Coordinator and Marcy Hoffman, Administrative Coordinator. We continue to be blessed with incredible talent.

The Big Announcement from Chick-fil-A came on January 10, 2023 letting us know we received \$75,000 to kick off the Leadership Academy. We are grateful to many news outlets and especially NC Press Release from Raleigh, NC for writing a press release that made it around the world. Classes will kick off April 19th.

Our current programs - The Food Pantry continues to assist in meeting needs here in Jones County. Each week we are serving residents from Pollocksville, Trenton, Maysville, Comfort, Long Point and a few from surrounding counties. During these cold, winter mornings, The Food Pantry volunteers are extra

grateful for the new outside heaters. The word is out to Jones County Schools that we can assist in bridging the gap for items such as hygiene items and snacks.

In January and February, we offered Volunteer Orientation and Training. Our volunteers are our greatest asset and it is our goal to provide orientation and training to everyone associated with The Filling Station. Want to volunteer? Visit fillingstation1075.com and complete an application

We are part of an Advisory Council with N.C. Cooperative Extension to develop our nutrition education plan for the teaching kitchen coming this summer. Our Garden Venue continues to unfold with growing grape vines, blueberries, honeysuckles and more. The Art, Dance and Music Camp for children is coming again this summer along with a Garden Camp.

"Bridging Communities" makes us stronger. We are ONLY 6 weeks away from the Neuse River Bridge Run which helps The Filling Station keep "running". We are excited that Jones County Parks and Recreation is encouraging the students to get involved for their health and give back to local nonprofits. Thank you David Mallard.

Continued on p. 2

Nutrition, Education and Connection
for the residents of Jones County ...
all made possible as we stand on our
Core Values: Christ Focused, Equip,
Empower and Educate

To book a tour or speaking engagement,
please email: fsdirector@fillingstation1075.com

We look forward to partnering
with you in the NEW YEAR!

Mary Ann LeRay
Executive Director

YOUR DIET IS NOT ONLY WHAT YOU EAT.

It's what you watch, what you
listen to, what you read, the
people you hang around.

Be mindful of the things you
put into your body emotionally,
spiritually, and physically.



NCpressrelease.org Coverage

Thank you ncpressrelease.org for the amazing
coverage over the last two months. Hundreds of
news outlets

throughout the world have shared the press re-
lease written by this Raleigh, NC company, owned
by Robert Butler.

North Carolina Press Release - Website (source)

<https://ncpressrelease.org/small-north-carolina-nonprofit-receives-big-award/>

The email version of press release

<https://conta.cc/3YvhLsT>

North Carolina Press Release - Media Gallery

<https://www.behance.net/RobertButler>

<https://www.behance.net/gallery/162186831/Small-NC-nonprofit-receives-big-award>

Facebook - North Carolina Press Release

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



[posts/5845653498804011](https://ncpressrelease.org/posts/5845653498804011)

Facebook - Robert B Butler

<https://www.facebook.com/robertbutlernc/posts/6116505175047949>

Twitter - Robert Butler/NC Press Release

<https://twitter.com/NCPressRelease/status/1618569406308831238>

LinkedIn - Robert B Butler

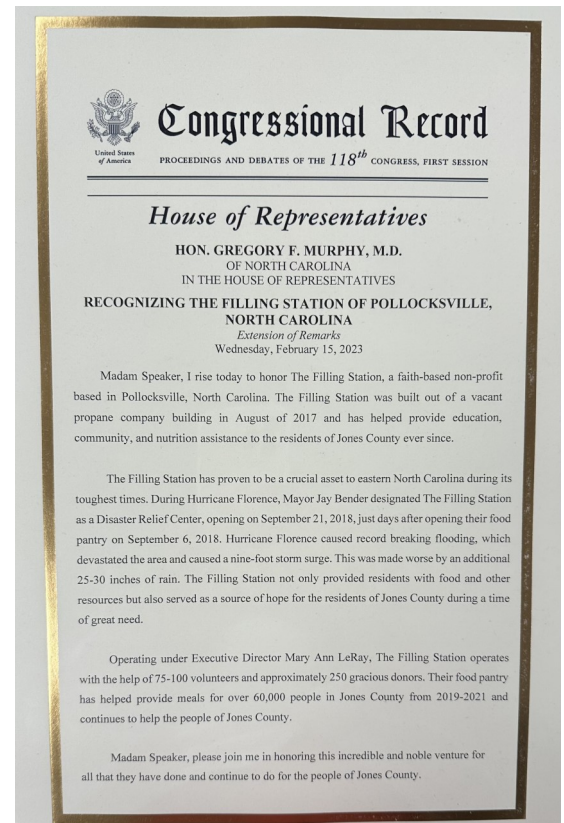
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Congressman Greg Murphy Visits The Filling Station



Congressman Greg Murphy scheduled a meeting with Mayor Jay Bender to visit The Filling Station on Feb. 15, 2023. Upon arrival, Congressman Murphy met Mary Ann LeRay, Executive Director, Dr. Norma Sermon-Boyd, John Bender and Willie Smith, all active board members for The Filling Station. In addition, Sherry Henderson and Vic Bryan, Town Board members were present. Carol Mattocks, Board Advisor, was also present for the meeting. In addition, Tharesa Lee, who will be leading the Leadership Grassroots Academy was present. The purpose of the meeting was to present "Congressional Record" which was read on the Senate floor and will be filed in the country's historical records. Congressman Greg Murphy highlighted and showed great appreciation to The Filling Station for all that has been done and continue to do for the people of Jones County.

After the presentation, Congressman Murphy toured the facility and was delighted to see the new Teaching Kitchen, Food Pantry and our partnership with New Bern Amateur Radio Club highlighting our commitment to disaster preparation.





Thanks to the Facilities Committee, we have a NEW concrete pad for the trash dumpster.



Souper Bowl Sunday - Pollocksville Presbyterian Church Raised \$458 on 2/12/23 for The Filling Station



Souper Bowl of

Caring This Sunday



PPC will have the annual "Souper Bowl" immediately following the Worship Service.

Soup with the trimmings will be served. Please stay, eat and fellowship.

Make a donation (*whatever you would normally spend for Sunday lunch out*).

The money collected will go to the *Filling Station*.



Neuse River Bridge Run - Have you registered to run this event with your community?

Bridgerun.org



**Your mind is a
garden. Your
thoughts are the
seeds. You can grow
flowers or you can
grow weeds.**



Always great to have NEW volunteers join us
for service

Leadership Academy funded by Chick-Fil-A and
supporters partners - kicks off mid April 2023

NEW HOURS

Jones County Public Libraries

Neuse Regional Libraries

Visit
www.neuselibrary.org
for locations and contact information.

Comfort Public Library
1:00 - 7:00 p.m.
Tuesday and Thursday

Maysville Public Library
1:00 - 6:00 p.m. Tuesday-Friday
10:00 a.m. - 2:00 p.m. Saturday

Pollocksville Public Library
1:00 - 7:00 p.m.
Tuesday-Friday

Trenton Public Library
1:00 - 7:00 p.m.
Tuesday-Friday

**New Hours beginning
February 7, 2023**

LEADERSHIP JONES

...A GRASSROOTS LEADERSHIP ACADEMY

Take Your Seat at the Table

APPLY TODAY:
Fillingstation1075.com

An opportunity for Jones County residents, local government,
non profits and faith-based leaders to develop
key leadership skills

TOPICS INCLUDE:
Effective Communication, Personal Branding,
Servant Leadership, Bridging Communities

FIRST SESSION STARTS WEDNESDAY, APRIL 19, 2023
The Filling Station
221 Main Street, Pollocksville, North Carolina 28573

*"Through our grant program, Chick-Fil-A helps empower local nonprofits that are leading positive change
and creating tangible impact throughout the communities they serve," said Brent Fielder,
Senior Director of Corporate Social Responsibility.*

*A leader is one who knows the way, goes the way, and shows the way.
-John Maxwell*

FOR MORE INFORMATION, CONTACT THARESA LEE
at 252-349-6212 | tharesalee@gmail.com

A COUNTY WIDE MISSION

SCAN QR
FOR MORE
INFORMATION

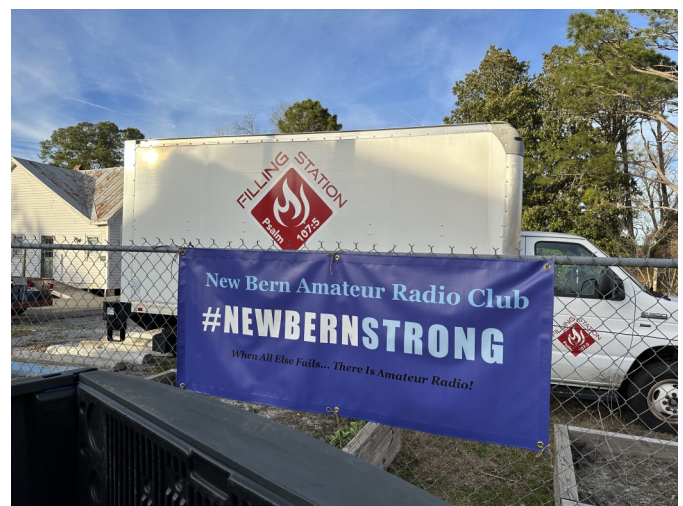
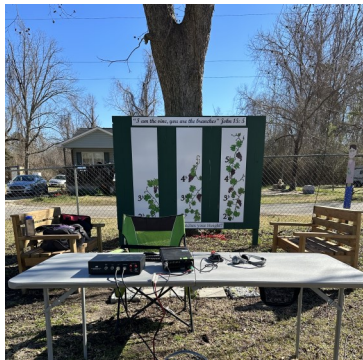
**PRAY FERVENTLY
IN RIGHTEOUSNESS
AND AVAIL MUCH**
JAMES 5:16B

Thursday, May 4, 2023

NATIONAL
DAY OF
PRAYER



Food boxes being distributed at the Food Pantry



New Bern Amateur Radio Club

<https://fillingstation1075.com/filling-station-nbarc-2023-winter-field-day-recap/>



Top L: Food Pantry distributions; Top R: Thank you Bender Signs for your generous donation of 4 volunteers to help with the garden.; Middle R: Food Pantry Volunteers; Below L: Volunteer Orientation - held on Jan 26, 2023 - 20 volunteers attended our orientation ; Bottom R: Thank you Nelda Coats, Movement Mortgage and Neuse River Association of Realtors for the food donation in January.

I am the Bread of Life picture - N.C. Commission of Community Service and Volunteerism shared this Facebook Post:

Food Pantry is open Tuesday/ Thursday at 9 am. Our Volunteer team arrives to make 125 boxes for Tuesday and 75 for Thursday. These numbers are based on tracking numbers of households each week. We offer hygiene bags upon request and have many partners throughout the county who call ☎ on behalf of clients in need. We make arrangements for getting those items to the client. Our mission is to assist in filling unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

For emergencies: dial 211 from any phone to make key connections for rental assistance, utilities and housing.

Did you know food pantries are located for pickup in Maysville on Monday, Trenton on Wednesday and Saturday?

Remember to shop local Piggly Wiggly Trenton and Maysville supporting these important businesses.

Working together...seeking new ways of partnering...loving our neighbors as ourselves.





Valentines Day - Excited to welcome Erin Fox, American Heart Association, on campus to distribute the Heart Anytime Kits for Adults and Children Kits funded by Harold Bate Foundation



Volunteer Orientation and Training was held on Feb 23rd. 13 volunteers attended the training. Thank you Bender Signs/Apparel for the generous donation of 4 volunteers to serve once a month on our campus.



Bathroom renovations funded by the Harold H. Bate Foundation due to be completed by April 1st.

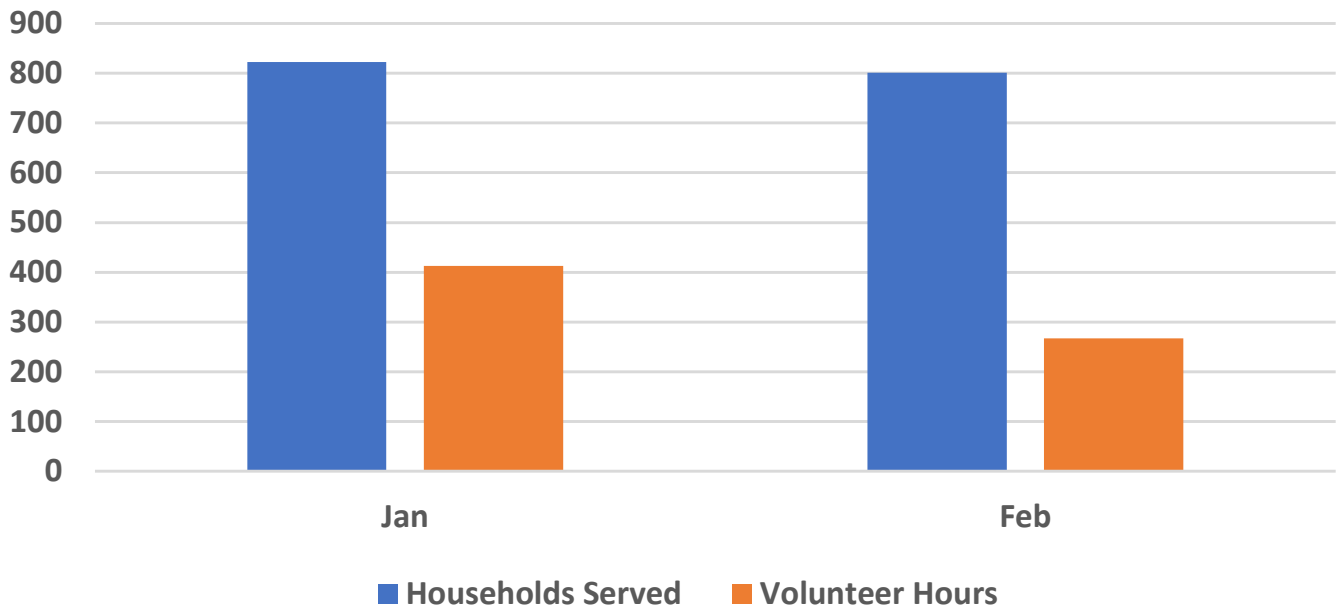


May your pockets be heavy
and your heart be light,
May good luck pursue you
each morning and night.

- Irish Blessing



We Do Make A Difference Filling Station Statistics 2023



HEROES NEEDED

DO YOU WONDER IF YOU HAVE
WHAT IT TAKES TO BE A FOSTER OR
ADOPTIVE PARENT IN JONES
COUNTY?



FOSTER CARE PROGRAM MISSION:


Ensure safety, permanence, and nurturing families for children.

There are times when children cannot be safely maintained in their home and need an environment where there is stability, security, and well-being. Consider helping a child by opening your heart and home to become a foster parent.

We work under the belief that all families have strengths. It is our charge to assist families in building on them to achieve success.

Help us keep the children of Jones County in their communities by becoming a foster or adoptive parent.

CONTACT US FOR MORE INFO

 **252-448-2581**



Zalyce Morgan, Permanency Planning Social
Worker: zmorgan@jonescountync.gov
Darrian Pelkey, Social Work Supervisor:
darrian.pelkey@jonescountync.gov

"Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time".



- Jon Kabat-Zinn



Nutrition · Education · Connection

Our mission is to assist with filling the unmet needs in the areas of nutrition, education and connection serving the residents of Jones County.

PO Box 222

221 Main Street
Pollocksville, NC 28573

252.224.1127

info@fillingstation1075.com
<https://fillingstation1075.com/>
Facebook.com/FS1075

Board Members

Chair: Maria Robles

Vice-Chair: Charlie Dunn, Jr.

Treas: Dr. Norma Sermon-Boyd

Secretary: Sheri Smith

Ellis Banks

John Bender

Beverly Collins

Bobby Darden

Willie Jones

Sylvia Miller

Clyde Murphy, Jr.

Karen Plaster

Willie Smith

John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor



HOW TO OBSERVE WORLD DAY OF PRAYER

Join the prayer

Book prayer slots for anytime between 15 minutes to two hours. Virtual prayers are also a great way to celebrate World Day of Prayer if you are unable to attend in person.

Donate to the missions

Churches of various denominations accept donations on World Day of Prayer. Donate money, food, medicine, and clothes.

Observe the day with your church

Many churches organize special celebrations on World Day of Prayer. Participate in your own church's activities for the day.

The Filling Station, a dream born out of a long vacant, propane company building, opened its doors on August 28, 2017. Why the Filling Station name? During a walk-through of the building, someone noticed a red hazardous material warning sign with a flame and the number 1075, the DOT classification for propane. The group discovered that Psalm 107:5 read: "They were hungry and thirsty; their lives were slipping away." A new mission was launched and it was called "The Filling Station" to refer to the building's prior use as well as to its new purpose. Our mission is to assist with filling unmet needs in the areas of Nutrition, Education, and Connection serving the residents of Jones County.