

FOOD FROM THE HEART newsletter



volume 1.15

www.foodfromtheheart.us • 805-898-3981

FOOD FROM THE HEART is a volunteer-driven program that meets every Wednesday to prepare delicious and nutritious meals for members of our community in crisis. The food is important but what is equally important is the message it brings that others really care and have true empathy for the challenging situations which our clients are facing.

We continue our series of honoring a volunteer each week - this week let's meet David Nelson...

David Nelson

David, who has the Sanskrit name Devadatta Kali has lived in Santa Barbara 26 years. He has been volunteering at FFFH for the last 3 1/2 years and brings his gentle nature and inquisitive mind to every moment that he is with us.

David lived as a monk at the Vedanta Society in Hollywood from 1969-71, established his own import business in 1975 dealing in classical music and later co-produced a series of symphonic and chamber music recordings. Since retiring in 1997, David has become a writer. His first book, "In Praise of the Goddess" was published in 2003. David is also a lecturer at the Vedanta Society and the Kashi Ashram, both Hindu temples.

David's favorite hobbies are listening to classical music, studying languages, going to the movies, traveling and playing the djembe, a West African drum, in a multicultural drumming group.

David writes articles, papers and books on Hindu spirituality and takes part in temple activities. He keeps himself constantly busy. Other volunteer commitments that he makes are the Necessities of Life Project, a food pantry for people with HIV/AIDS, and singing in the Vedanta Society's choir.

David's favorite parts of FFFH are the friendship and camaraderie of the other volunteers, and the fact that FFFH is all about giving and asking nothing in return.



As a non-profit group, FOOD FROM THE HEART relies on pledges, donations and grants to fund our program - in other words we rely a lot on people like you. Here's how you can help:

1) **SEND MONEY!**

Because we are a 501.c.3 non-profit public benefit corporation, your donation may be tax-deductible. Please make your check payable to:

FOOD FROM THE HEART
PO Box 3908 Santa
Barbara, CA 93130.

You can also visit our web site at www.foodfromtheheart.us and make a donation or an ongoing pledge using your credit card.

2) **REMEMBER US IN YOUR WILL...**

You do not have to be wealthy to leave a legacy – every little gift really does help. Please call for information on how to include us in your bequests, or see our web site for more ideas.

3) **INVITE A FRIEND TO VOLUNTEER**

- we meet every Wednesday morning from 8 A.M. to approximately 1 P.M. Anyone can come for any part of it; our kitchen is in the First Presbyterian Church, 21 East Constance, behind the children's preschool. We also always need drivers to deliver the food every week. Drivers pick the food up at 12:30 pm and make a few deliveries to happy clients.