

Issue 31. July-Sep 2024

FROM THE FOUNDER

PAULA NICOLAS

A lot has happened this past quarter at SMC, and I would like to start by expressing my sincere thanks to all the volunteers who have made it all possible. Your hard work and dedication are truly appreciated.

In collaboration with the NSW Government, our Women in Trades courses aimed at empowering women to connect with trades were in full swing. It's been incredible to watch these amazing women not only learn new skills but also build lasting friendships along the way. Here's to more opportunities for growth and community building!

On 12 September 2024, we came together to ask the important question: "R U OK?" A huge thank you to Pawan Kumar, General Manager at Rydge's Bankstown, for hosting a beautiful breakfast and inviting our staff to join. This day serves as a powerful reminder to pause, reach out, and ensure those around us are doing okay. Let's continue these meaningful conversations, not just today but every day.

SMC's annual fundraiser event, Day at the Bay, was held on Saturday, 21 September 2024. The sun was shining as the community gathered for a day filled with fun activities, delicious food, and heartfelt connections. The event brought smiles to faces of all ages, creating a joyful and vibrant atmosphere.

A big thank you to all our sponsors for your generous support. The funds raised will continue our mission of helping those in need. We truly appreciate everyone who joined us and made this event a memorable success!





Parramatta Outreach Service - Every Monday Evening

PRINCE ALFRED SQUARE

Every Monday evening, our incredible volunteers head to Prince Alfred Square in Parramatta to serve hot meals and hand out care packs to those doing it tough. More than just food, they offer companionship, a listening ear and a kind word to remind our community members that they are not alone



Fairfield Service - Every Monday Lunch Time

FAIRFIELD COMMUNITY CENTRE

Every Monday at lunchtime, SMC warmly welcomes local refugees doing it tough, offering a hot meal, tea and coffee, fun activities, and thoughtful gifts. These gatherings provide not only nourishment but also a sense of community and support.

We're also proud to host educational workshops from time to time, most recently, thanks to the support of Gambling Australia, we ran a financial literacy workshop to help build knowledge and confidence around managing money



Woolloomooloo Outreach & Fellowship Service - every Friday evening

164 CATHEDRAL ST. WOOLLOOMOOLOO (NEXT TO POLICE STATION)

Every Friday, our Woolloomooloo outreach service team shares the bread, embodying the spirit of community and connection.

This simple act goes beyond providing nourishment; it fosters a sense of belonging among those we serve.

Each meal becomes an opportunity to build relationships and offer support, reminding individuals that they are valued and cared for. In sharing this bread, we create an environment where everyone feels included and uplifted.

Our outreach is not just about filling plates, but about nurturing hope and resilience within our community.

Together, we reinforce the message that, in times of need, we are stronger when we come together.



CERTIFICATE OF RECOGNITION

We are thrilled to announce that St. Merkorious Charity has received a Certificate of Recognition from Stephanie DiPasqua MP, Member of Drummoyne.



ST MERKORIOUS CHARITY

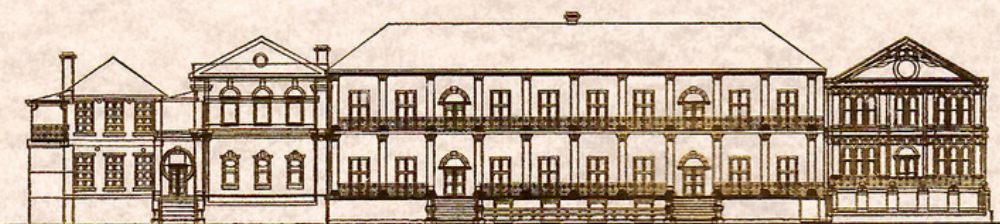
Documented in the NSW Parliament Legislative Assembly Hansard on 09 August 2024

I rise to recognise the work of St Merkorious Charity, supporting the welfare of disadvantaged people, children and families across metropolitan Sydney. It's mission is to relieve hunger and poverty by providing access to healthy food, clothing and services.

The Charity is inspired by the compassion, kindness, and generosity embodied by Saint Merkorious. It provides assistance to those in need, regardless of their background or faith. With a focus on food insecurity, wellbeing and social welfare initiatives, aiming to empower individuals and communities to break the cycle of poverty and reach their full potential. Through various programs and partnerships, St Merkorious Charity has made a positive impact on the lives of many. With a strong commitment to social justice and community service, the St Merkorious Charity continues to inspire and make a difference, upholding the values of love, care, and compassion. I wish to recognise President and founder Paula Nicolas, and her husband Daniel Nicolas, Vice President Dorian Sarkissian, Treasurer Patrick Chow, Secretary Wally Mehanna, Office Manager Amira Fanous, members of the Operations Committee, Advisory Members, and staff for their dedication to the community. I wish them all the very best.

A handwritten signature in black ink, appearing to read 'Stephanie Di Pasqua'.

Stephanie Di Pasqua MP
Member for Drummoyne



VOLUNTEERS

At St. Merkorious Charity, our volunteers are the heart and soul of our mission. Their unwavering dedication and compassion bring hope to those in need, making a tangible difference in our community. Each volunteer contributes unique skills and perspectives, enriching our programs and outreach efforts. Whether they're serving meals, organizing events, or providing support to families, their commitment inspires others to get involved. Together, they embody the spirit of kindness and solidarity that drives our work. We are incredibly grateful for their selfless efforts and the positive impact they create every day.



HM & Associates

A heartfelt thank you goes out to Harry Mavroleftorou from HM & Associates in Brighton Le Sands for his generous donation of hoodies, puffer jackets, beanies, and scarves to those in need.

Acts of kindness like this remind us of the power of compassion and community support. Together, we can make the world a warmer place, one act of kindness at a time.



Barista Course

In collaboration with the NSW Government Holy Spirit Catholic College and Rivendell School recently participated in an engaging one-day barista course hosted by St. Merkorious Charity.

This hands-on experience allowed students to learn the art of coffee-making, from espresso techniques to creating beautiful latte art. The collaboration not only enhanced their practical skills but also fostered a sense of community and teamwork. Participants enjoyed a fun-filled day, discovering the intricacies of coffee preparation while supporting a worthy cause. The event highlighted the importance of skill development and social responsibility, leaving everyone inspired and eager for more culinary adventures.

We look forward to more opportunities that combine learning with community engagement!



RUOK

Have you taken a moment to check in on someone lately? A simple question asking, "R U OK?" can open the door to meaningful conversations and show someone that you genuinely care about their well-being.

A big thank you to Pawan Kumar, General Manager of Rydges Bankstown, for hosting our R U OK Day breakfast event at St. Merkorious Charity.

This important day reminded us of the significance of mental health and the impact of reaching out to one another. By fostering open conversations, we can create a supportive community where everyone feels valued and connected, not just today, but every day!



Day at the Bay 2024

We had an amazing Day at the Bay here at St. Merkorious Charity!

The sun was shining as community members came together for a day filled with fun activities, delicious food, and heartfelt connections.

Our annual event brought smiles to faces of all ages, creating a joyful atmosphere. Thank you to all our sponsors for your generous support. We raised significant funds to continue our mission of helping those in need. We appreciate everyone who joined us and made this event a memorable success!

Sponsors: Skylife Foundation, Dasco, Sadek, Payce Foundation, Whome Group, Ghossan Group, Toga, Oxford Electrical Group, Arc Energy Group,



FOOD DONATION - CORRILEE FOUNDATION

We were honored to donate food for the CorriLee Foundation's event at the Cremorne Orpheum, which featured the poignant French documentary, "Un Silence Si Bruyant" (Such a Resounding Silence).

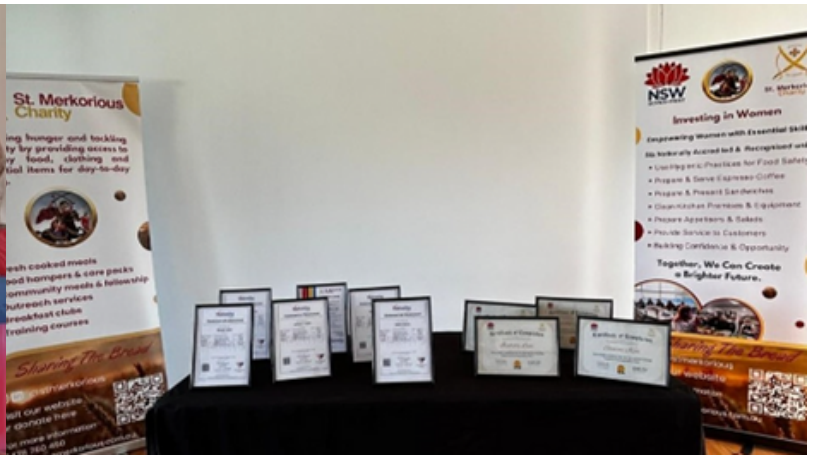
This powerful film highlighted the stories of five incest survivors, showcasing their experiences in a bold and beautiful manner. We extend our heartfelt appreciation to Tanya Lee and guest speakers Tame Punk, Jean Kittson, and Jennifer Byrne for courageously addressing the difficult topic of intra-familial sexual abuse and naming it for what it truly is: incest.

Together, we can continue to advocate for change and compassion in our communities.



INVESTING IN WOMEN

On Tuesday, September 24, 2024, we proudly hosted a certificate ceremony to honor the outstanding women and students who completed their Hospitality and Barista courses. This initiative, developed in collaboration with the NSW government, is designed to equip participants with valuable skills for the workforce. We are thrilled to support a program that empowers women of all ages and helps shape their future opportunities. A sincere thank you to everyone who played a role in bringing this event to life! Together, we are making a positive impact in our community.





St. Merkorious Charity

CHRISTMAS APPEAL 2024

Essential items for donation

Packaged food:

Noodles, tuna, chicken, spam, beans, lentils, soups, canned fruit, sweet and savory biscuits, honey, jam, sugar, tea, coffee, hot chocolate, pasta, rice, long life milk, cornflakes and cereal.

Hygiene products:

Body wash, shaving cream, soap, toothpaste, toothbrushes, tissues, shampoo/ conditioner, deodorant, hand wash, sanitizer and wipes.

Miscellaneous:

Can openers, first-aid items such as band-aids, clean underwear, bandages and torches.