



## Newsletter - Volume 1 - Issue XIII Winter 2023

### *Sandwich In The Park*



Each Monday from 5 - 6 the Freedom Centre provides sandwiches and coffee to anyone in need. We hear stories of pain and grief with people of all ages. It has been a great opportunity to make friends and serve our community.

Our cost is approximately \$40.00 per week. Our donations are down to under \$120.00. We are in need of sugar cubes, cold meats, large coffee carafes, peanut butter and jam, brown paper bags. If you would like to be part of this ministry reach out to [info@freedomcentre.ca](mailto:info@freedomcentre.ca) or call 226 - 988-9034

*[Click here to donate](#)*

*Community  
Neighbourhood Table  
First and Third Tuesday  
of the Month*

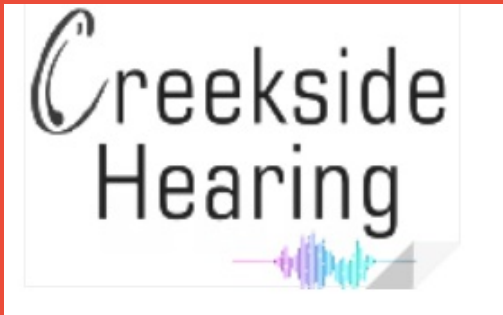


Providing a meal each week in Cambridge is the goal of



Community Neighbourhood Table. We have partnered with Kinbridge Community Association to provide a meal in Preston the first and third Tuesday of the month. We look forward to seeing our community outreach grow as we share together in a meal along with children's activities and quilting/sewing. All INVITED and please share the news.

We welcomed several new volunteers and look for many more! Please contact us at 226-9034 or [info@freedomcentre.ca](mailto:info@freedomcentre.ca) We are in need of paper plates, food donations, coffee cups, a flat grill and potato peelers. If you are interested in cooking, food prep, greeting, socializing, set up and take down, we are also in need of volunteers in these areas.



A special shout out to Creekside Hearing in Waterloo. Becca Faber and Michelle McDonald have joined the Freedom Centre in providing free hearing assessments to veterans and have reached out to Waterloo Walk-In Clinic for physician needs. Thank you for your support!



**Plato's Closet owner Mark and Lindsey Trypuc have once again given us a load of clothing. Our next sale will be Friday November 24th from 2-6 p.m. Please come out and support the Freedom Centre and enjoy amazing clothing for \$10.00 a bag. As Always All Children's clothing is free!**



It was an honour once again to represent the Freedom Centre at the Remembrance Day Service in Preston. A special thank you to Jim Tolmie MWO for laying our wreath.



## *Our Present - His Presence*



As we think of the season of giving, we want to remember first and foremost the blessings of God on the ministries and His direction for the Freedom Centre. We also remember those who support our ministry. Plato's closet and Encore Threads and Treasures. Our dedicated volunteers and our donors.

### **A Thought to Ponder: Reflecting on a Veteran**

It was an awesome experience to see his joy and excitement at having a fresh start. One that provides hope and a future. We made connections with the Food Bank to access their veterans program. We shopped at no Frills with gift cards that had been provided by P.M. We accessed a bed

PLATO'S  
CLOSET

ENCORE  
Threads & Treasures

and kitchen table from T.S. and a few items from Preston Legion. We had a truck load of housewares that were provided and B. was up until 2:30 going through each box. Excited, like someone opening Christmas presents one after the other, after the other.



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