



Our Neighbors Need Our Help

The Covid-19 pandemic has exacerbated inequality in New York and globally. More of our neighbors are unemployed, lack a living wage or are homeless. So many are hungry.

For over 30 years, Heart & Soul has been the bridge for generous donors to support our neighbors through the effort of dedicated and hardworking volunteers, providing food to the hungry and support to young people. We need your help more than ever.

During the pandemic, our programs stepped up to fulfill their mission in new ways. Volunteers at Friday Soup Kitchen and Monday Night Hospitality are meeting the challenge with adaptability, innovation and, yes, bravery, showing up, week after week, to welcome and serve guests seeking a meal. Weekly, volunteers prepare and bag hundreds of hot and filling lunches and dinners. Social workers provide assistance - even more needed in this time of dislocation. A new food pantry provides guests with produce and groceries, while volunteers deliver meals to homebound residents of a neighborhood assisted living facility.

Youth programs supported by your generosity have persevered and are building community in new ways. The Navigators, which provides a nonsectarian and coed scouting experience for young people, presses on with safe in person and online programs across the country and the globe. Musica Viva Outreach is providing music education to young people virtually. The New Amsterdam Boys and Girls Choir and the Girl Scouts need our help going forward.

In these perilous and uncertain times, let us be grateful for our blessings and do what we can to aid those in need. Now more than ever, your continued generosity is essential.

With gratitude,

A handwritten signature in black ink that reads "Jeff Friedlander".

Jeff Friedlander, President

A handwritten signature in black ink that reads "Tom Blum".

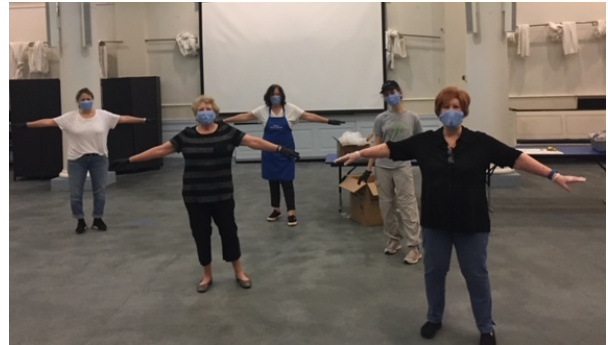
Tom Blum, Treasurer

Please send a check in the enclosed envelope, or go to www.heartandsoulfund.org to make an online contribution.



YOUR CONTRIBUTION MATTERS

FRIDAY SOUP KITCHEN...serves hot, nourishing meals and friendship to our neighbors in need for over 40 years.



MONDAY NIGHT HOSPITALITY...serves dinners (now take-away) with dignity and assists guests in accessing social services.

GIRL SCOUTS...teaches leadership skills to our youth, recruits leaders and operates Girl Scout troops in Harlem.



THE NAVIGATORS USA...encourages children and families to participate in meetings and activities centered in nature, with over 240 chapters nationally and abroad, including one in East Harlem.



MUSICA VIVA NY OUTREACH...partners with city schools and offers musician visits and workshops throughout the school year.

NEW AMSTERDAM BOYS & GIRLS CHOIR...teaches children from East Harlem to be dynamic performers through a comprehensive choral program.



The Heart & Soul Charitable Fund, Inc. | www.heartandsoulfund.org
1157 Lexington Avenue, New York, NY 10075 heartandsoulfund@yahoo.com

Heart and Soul Charitable Fund, Inc. is a 501(c)(3), and your donations are tax-deductible.