

For immediate release  
Roman Catholic Diocese of Burlington  
55 Joy Drive  
So. Burlington, VT 05477  
Contact: Ellen Kane at (802) 846-5837 or ekane@vermontcatholic.org

Montpelier meal press release

St. Augustine Parish serves – literally – meals to people in need

MONTPELIER--“Karen” (not her real name) appreciates not only the nutritious meal served each week at St Augustine Church but also the camaraderie.

It’s a social opportunity for the Montpelier woman who lives alone, and not having to pay for the meal is a godsend “since my money for food is gone on the seventh of the month, and then I am broke for the rest of the month,” she said.

What’s different about the meal at St. Augustine’s is that guests sit at tables in the parish hall, and their meal is served to them, no standing in line.

“It gives people dignity,” said volunteer Sue Walbridge, a parishioner of St. Augustine’s. “It gives them worth.”

When asked what she likes about the meal at the Catholic church, “Karen” was quick to say, “They wait on you.”

She doesn’t get to eat in restaurants often, so once a week, “it’s nice to sit down and have somebody bring [the meal] to you.”

Cindy Ross of St. Augustine’s is one of the parishioners who waits tables. “I like to communicate with the people who come here,” she said. “It’s one of my favorite days. We help so many people.”

More than 80 people recently attended one of the Friday meals; 75 is about average attendance.

Parishioners, businesses, non-profits and others support the ministry with both food and monetary donations.

Volunteers focus at the meal is the people they serve. “This is one thing we can do that makes life a little bit better for people,” said Deb McCormick of St. Augustine’s.

For more information, contact Ellen Kane, executive director of development and communications for the Diocese of Burlington at 846-5837.