

If You Feel-Good, Do-Good!



If you feel good, you do good. And if you do good, you feel good. This is known as the **do-good, feel-good phenomenon**. For example, if you feel good, you donate blood. And if you donate blood, you feel good. Helping people out of the goodness of our hearts makes us feel good. So why not help out at the local warming shelter?

Springfield Warming Shelter Seeks Your Help

The Springfield warming shelter, located at the North Springfield Baptist Church (NSBC), provides a warm, safe place for people to sleep during the winter months. We are in need of volunteers to staff the overnight shifts. This is an opportunity for you to help others at no financial cost. All you need to do is spend 6 hours once or twice a month (it's completely up to you how often you volunteer) watching over our guests along with another volunteer. There is nothing difficult about the responsibility. We will train you on what to do. Please consider this opportunity to help others in need and attend one of the training sessions listed below:

Training Sessions –all are held at the NSBC Shelter:

Tue	Oct 6	at 6pm
Thurs	Oct 15	at 6pm
Sun	Oct 25	at 4pm

Last season we had 31 different guests stay at the shelter. We averaged 3 guests a night and the average length of stay was 14 days.

The most important statistic though is the number of guests (11 or 35%) that found stable housing largely as a result of working with our partners from Springfield Medical Care Systems, Springfield Supported Housing, VT Agency of Human Services, VT Dept. of Economic Services, HCRS, Springfield Family Center, SEVCA and others. When given the right opportunity, people can succeed and flourish. Please consider being an integral part of this worthwhile ministry.

Additional information can be obtained by contacting Paul Cioffi at 802-245-4640 or pfcioffi3@gmail.com.