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## DATES TO REMEMBER

### Craw Fish Festival

IMFK will partner with Operation Northern Comfort again for the Syracuse Craw Fish Festival in Clinton Square on **Sat., May 4th.**



We invite you to come enjoy the great food at the **IMFK Cajun Café.** The proceeds from our sales will go back to **IMFK** to help us in reaching the broken.

**IMFK's Cajun Chef, Steve Joule** will be returning to create all the delicious Cajun specialties we will serve. Something new this year is the **IMFK Cajun Café** will be able to take debit and credit cards for purchases.

Mark your calendars with this family event! **This is a great family outing with a bit of something for all ages** and food tastes. The event is from **11am to 7pm.**



Happy Birthday John!

March 17th

Happy St. Patrick's Day!



### 5k Walk/Run

The 6th annual "You're Not Invisible" 5k is just around the corner. **IMFK** will once again be partnering with **DIEMlife** and the **Midgley** family for this annual event. Come join the fun as we walk and run to help **IMFK.** The 5k will be at **Onondaga Lake Park** on **Sat., June 15, 2019.**

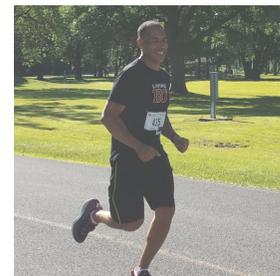


See you at the starting line on June 15th!

Registration for the event is open now at :

<https://diem.life/imfk/imfk-6th-annual-5k-walk-run-06-15-2019/471/100>

The cost is \$30. **All proceeds from this 5k will go to help In My Father's Kitchen (IMFK)** continue helping those who feel invisible.



Whether you are a competitive runner, a virtual runner, just beginning or a walker this is the 5k for you. Make it a family event or build a team of friends to participate together to make a difference in the lives of those who feel invisible.

## George & Emily moving forward

We met our friends over a year ago, living on the streets of Syracuse. **Our friends were broken and homeless.** “I remember our first encounter with lunch and clothing”, said John. “George was doing most of the talking and **shared a story with Kat and I regarding their homeless situation.** We let them know they were not invisible and that we would see them next week.”

George and Emily disappeared for two weeks after that conversation. **The next time IMFK saw them,** George came running up to the outreach van stating that he was so sorry about what he said before. He said that **when he met IMFK two weeks ago he fabricated the story** he shared with us.

IMFK told him we understood and asked him why he felt he needed to let us know he had done this? George stated that **he was talking to other homeless folks outside and they told him that IMFK was “the Real Deal” and to be honest with us,** we could help them. George and Emily shared with us their real story behind the sign.

In late February George and Emily told IMFK **they needed to get off the streets,** that they couldn't do it anymore.

Their surrender and willingness to receive help was the moment **IMFK** needed to step in and get things moving.

First **IMFK** got them off the streets into a hotel safe and warm. We then put

out a **plea on Facebook for an apartment** and in the meantime **collaborated with Rescue Mission and the Dept. of Social Services** to line up all services available to them. **4 days later, on Feb. 28th our friends were safe and in their own place.** George and Emily are the 113th and 114th friend **IMFK** has had the privilege to assist off the streets since March of 2011.

**This is not possible without YOU,** our faithful **IMFK Sous Chefs** and your monthly support. Leigh-Ann and I wanted to say, **“thank you”**

We are your hands extended to those who feel invisible. **Together we are Building Hope and Changing Lives!**



**PRAY:** Nothing that IMFK does could possibly be successful without the continued prayer support of our Sous Chefs on a daily basis.

**DONATE:** IMFK receives donations of clothes, housewares, bedding and shoes. Donations can be dropped off at IMFK (501 Hawley Ave) any Friday 12-4pm.

**GIVE financially.** We need Sous Chefs who will commit to In My Father' Kitchen on a consistent, monthly basis. With your financial support we can continue making a positive impact in the lives of those who feel invisible. Online giving is available at: <https://diem.life/imfk>

**SERVE:** A Sous Chef can volunteer to help with our give-aways, fund-raisers and special events.