



"Spice Up Your Summer" Now!



"Spice Up Your Summer" by using spices from the Mater Dolorosa kitchen! Whether you are a well-seasoned chef (no pun intended!) or someone who wants to "spice up" their culinary skills, you can't go wrong with this offer.

Beginning today, for every **\$100** donated to our Food Ministry Program, Mater Dolorosa will send you a spice kit containing a bulk-sized bag of spice or herb and a couple of recipes featuring the included spice that are easy to make and tasty to the palate! If cooking is not your thing, then simply pass the spice kit on to someone you love.

With the generous donations from our retreatants, friends, and corporate sponsors, our special **Food Ministry Program** has been helping to meet the needs of homebound seniors, families, and homeless communities who don't have the capacity right now to cook or obtain their own meals. With your help, roughly **12,000 meals** have been prepared, packaged, and delivered. For that, we are so grateful!

However, the need has not diminished and to keep serving the most vulnerable during the uncertainty of the coming months, we still need your support!

A huge thank you to Tom Tharayil and his company Pax Spices for this wonderful donation of spices. Tom and his crew have not only given spices for us to use in our Food Ministry here at Mater Dolorosa, but have donated a huge amount and variety of spices for this **"Spice Up Your Summer"** program. This fundraiser for the **Food Ministry** would not be possible without his support. God Bless him and his team in Covina, CA. www.paxspices.com

"Spice Up Your Summer" & Donate Today!

Know that you are in our daily prayers, and we are making plans to begin the retreat season as soon and as safely as possible in this environment. In the meantime, let's "Spice it Up" this summer.

God Bless you all on behalf of the team at Mater Dolorosa. *Pax Bonum (Peace & All Good)*,

Dr. Michael Cunningham, O.F.S.
Retreat Center Director

Did you make one of the recipes in your kit?



Tag @mdcpretreatcenter or [send](#) us your photos to be featured in our "Spice Up Your Summer" campaign on social media!