



# Orphan Grain Train

## Good Tidings

News -for and about -

OGT Maryland

March, 2025



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## Volunteer Spotlight

Orphan Grain Train is powered by volunteers and Wendy Preslan is one reason for our success! Wendy is the new director of our Feminine Hygiene Project.



Wendy has worked for over 20 years in her husband's medical practice, but her absolute favorite job is being President of Stiches of Kindness. Wendy has been

sewing for over 50 years, mostly making clothes for her three daughters when they were young. She also operated a commercial sewing business. Wendy took a break for many years and it wasn't until the pandemic that she got serious again about sewing. During the pandemic, Wendy sewed and donated over 6,000 masks. It was during this time that she realized how much she missed sewing and started doing some research on all the ways that she could continue to sew and give back to the community. In the last 5 years she has supported over 9 other charities by providing hand sewn items. To date, Stitches of Kindness has donated over 15,000 items to include things such as mastectomy pillows, breast wraps, chemo caps, pillowcases, hats, scarves, and blankets just to name a few items.

Last year Stitches of Kindness partnered with Good Neighbors Group and became a program within that organization. Their goal was to reach more volunteers, as well as to encourage community members to donate supplies that may have been collecting dust in their homes. Since becoming partners, Stitches of Kindness has received over 200 yards of donated fabric, as well as other sewing supplies.

It was through Good Neighbors Group that Wendy was introduced to Orphan Grain Train. Originally, she was contacted about making carry bags for the feminine hygiene products. However, there was a bigger need for the actual hygiene kit products and after thoughtful prayer, she decided that she was being led to take on this project.

We are so grateful that Wendy has joined our team of OGT volunteers. With her skill and leadership, our much-needed Feminine Hygiene Project will undoubtedly be a success and a huge blessing to thousands of young women in the African countries which we serve.

**You Can Help Make This Project a Success!**



With the help of many hands and hearts, Wendy and her team have donated 80 complete hygiene kits within the last 3 months. Each girl will receive in her kit; 1 carrier, 3 liners, a waterproof pouch to help with washing the liners, a mini pad, crocheted washcloth, soap and a stylish crossbody bag to discreetly carry her supplies.

**They have set a very lofty goal of sending 4,000 kits to Liberia and South Sudan, but THEY NEED YOUR HELP!**

**If you would like to help with sewing, cutting, crocheting or knitting or if you have materials to donate, please reach out to Wendy at [Wendy@goodneighborsgroup.org](mailto:Wendy@goodneighborsgroup.org). Fabric and sewing supplies can also be dropped off at the warehouse. Please label these donations with Wendy's name.**

**You can also shop directly on their Amazon Wishlist by clicking the button below. Please keep checking back because their needs change often.**

[Amazon Wish List](#)

## **Words of Gratitude**

**You may recall that last month OGT was awarded a certificate and medallion from the head of the Ukrainian Orthodox Church for being a critical partner to the Ukrainian Church's humanitarian efforts. Shortly after Bruce accepted this award, we received a letter from the Metropolitan Epiphanius of Kyiv in which he expressed his gratitude on behalf of the Ukrainian people. It reads as follows ....**

**Dear Friends,**

**In these times of great trials for our people, when war robs us of peace and security, every act of mercy and support is invaluable. On behalf of the Orthodox Church of Ukraine and myself personally, I extend my heartfelt gratitude to everyone who has contributed to spreading the Word of God and providing help to those who need it most**

Thanks to your generosity:

- Hundreds of Bibles and prayer books have been distributed with your assistance. In these challenging times, the Word of God becomes a source of spiritual support, helping people find strength.
- Thousands of "Lucy Light" lanterns have been distributed to Ukrainians who have lost light not only in their homes but also in their hearts. These are not just items—they symbolize hope, reminding us that even in the darkest times, the Lord illuminates our path and leads us to victory.

These good deeds are a vivid testament that God works through the hearts of people willing to do good. During these difficult times for Ukraine, your service of mercy reflects God's love and hope. May the Lord reward you a hundredfold for your work and bless you with peace, health, and spiritual joy.

With respect,

METROPOLITAN OF KYIV AND ALL UKRAINE,  
PRIMATE OF THE ORTHODOX CHURCH OF UKRAINE

## Helping the Orphans of Ukraine

We are in the process of collecting items to fill a container to be sent to the Bible Orphan Ministry in Ukraine where Alla Vasylieva and her team support children in six orphanages. The children's possessions are few and their needs are many. We thank those of you who have already contributed and ask the rest of you to consider supporting our efforts. Please label all donations "Ukraine-Alla".



In addition to the school supplies and recreational items listed below, we are also collecting the following:

- baby diapers, size 0-6
- baby wipes
- sanitary pads
- toothbrushes for children and adults
- toilet paper
- bars of soap
- dry shampoos

#### SCHOOL SUPPLIES

backpacks

pens and pencils

rulers

scissors

glue

paints

notebooks

folders

coloring books

stickers

#### RECREATIONAL ITEMS

bicycles

scooters (Not powered)

rollerblades

skateboards

balls (all types)

Games (NO READING required)

Perhaps a group within your church would be interested in collecting some of these items. It would be a great outreach project for your youth group. All items may be dropped off at the warehouse (Monday or Tuesday mornings, 9:00 - noon, Tuesday, 5:00 - 7:00 pm, and the second Saturday of each month, 9:00 - noon). Please mark all donations for Ukraine. Thank you, in advance, for supporting this worthy cause!

**Distribution of Donated Items in Cameroon**



On February 16th, we received a heartfelt thank you note and pictures from Rev. Prof. Samuel Frouisou of Cameroon for the container OGT had sent in January. The donated items benefitted disabled persons, women in the university, and orphans. See pictures with comments below from Rev. Frouisou. He is always so grateful for any help that we can give.



**Distribution of items at the Centre for Personnes Handicapees de Yaounde, a government owned institution for disabled people in Yaounde, Cameroon**



**Distribution of items at the Foyer des Femmes of the Protestant University of Central Africa of Yaounde**





**Orphans of the Lutheran Centre for Orphans and Vulnerable Children of Yaounde sending greetings and thanking OGT for its manifold support on this February 11, 2025, which was the 59th anniversary of the National Youth Day in Cameroon.**

## **Restaurant Fundraisers**

**Thanks to all of our supporters who helped make our recent fundraiser at Carrabba's Italian Grill a success. The fundraiser brought in \$600, which included a donation from the restaurant, as well as a \$100. donation from a patron who was moved by the OGT story and what we do!**



### ***Mark Your Calendars ...***

**On April 8th we will be having an all-day fundraiser at Ellie's in Millersville. (Lunch or dinner / dine in or carry out)**

**On May 28th we will be having a special fundraiser at Cafe Mezzanotte in Severna Park from 5:00 - 9:00 PM with outdoor seating and a band.**

Please join us! You are sure to have a wonderful time while supporting our OGT mission.

## Looking Ahead .....

### Pastors' Brunch

Our Third Annual Pastors' Brunch will be held at the warehouse on Thursday, May 1st. In addition to enjoying delicious homemade breakfast foods and baked goods, we are offering pastors the opportunity to meet other clergy and share what's going on in their respective churches and communities. A short talk about our OGT Mission and a tour of the facility will be given. Please tell your Pastor to look for the invite in his in-box!

## ATTENTION .... Thrivent Members

### Thrivent Choice Dollars Expire Soon

**thrivent**<sup>®</sup>

Your Choice Dollars expire on Monday, March 31st. Please consider directing your Choice Dollars to OGT Maryland before they expire. You can designate your Choice Dollars by going online at [www.thriventchoice.com](http://www.thriventchoice.com) or by calling 800-847-4836 and saying "choice dollars" when prompted. You must renew the distribution of your Choice Dollars every year. Your choice from a prior year does not carry over. Thank you for considering OGT Maryland as the recipient of your Choice Dollars this year!

## REFLECTION FOR TODAY





## ***Using Springtime for Personal Growth and Resilience***

**Spring's symbolism of renewal offers a powerful framework for personal growth and building resilience. Just as nature begins anew, we too can use this season to refresh our perspectives and reset our goals.**

**It's a time to reflect on the challenges of the past, learn from them, and embrace the opportunities ahead. Think of spring as an invitation to cultivate habits that foster resilience—whether it's starting a daily gratitude practice, setting achievable goals, or reconnecting with activities that bring joy.**

**Just as seeds need care and patience to grow, so do our aspirations. By nurturing ourselves with positivity and purpose, we can bloom even in the face of adversity.**

**Take a moment to step outside, breathe in the fresh air, and let the energy of spring inspire you to grow. Remember that resilience is about thriving despite**

challenges, much like flowers that bloom after winter's frost. Let this season be your reminder that growth is always possible.

-Lia Munson

## JOIN US IN PRAYER

Please remember our OGT community in your prayers!

- Our Volunteers
- Our Donors and Supporters
- Recipients of our humanitarian aid

Continue to pray for our brothers and sisters in Ukraine, Israel and Palestine and for an end to these wars.



## USED PRINTER CARTRIDGE PROGRAM



Orphan Grain Train accepts your used printer cartridges as part of a recycling program that provides funding for OGT. Please continue to bring your depleted cartridges to the warehouse when you come to volunteer, donate, or visit.

## VOLUNTEERS ARE ALWAYS WELCOME!

Orphan Grain Train is always looking for new volunteers. Many opportunities, both large and small, are available. For more information, please call 410-417-9674 or stop by the warehouse any Monday or Tuesday morning (9:00 - noon), Tuesday evening (5:00 - 7:00 p.m.), or the second Saturday of each month (9:00 - noon).



**Warehouse Location:**  
621 East-West Blvd.,  
Millersville MD 21108

**Mailing Address:**  
P.O. Box 1741  
Millersville MD 21108

**Branch Manager: Bruce Coonrad**  
Email: [bkcoonradt515@aol.com](mailto:bkcoonradt515@aol.com)  
Call us at: 410-417-9674

[Visit our website](#)

[Donate to Orphan Grain Train](#)



**Contact us for details on our  
Medical Walk Out Program  
including donations and availability.  
410-417-9674**



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