

# Cara Markunas' Special Place In Her Heart For Other Women Leads To New Storehouse Provisions Of Grace

by Dan Brannan, Content Director  
October 4 2022 1:25 PM



**GLEN CARBON** - Cara Markunas, the director of Storehouse Provisions of Grace, has a love of being positive in others' lives. She is the founder of a moms' Facebook page that is extremely popular and now she has helped open the Storehouse Provisions of

Grace, a ministry of Gateway Family Church in Glen Carbon. Dena Jonessmith also helps run the new charity.

Provisions of Grace is located at 97 Oak Lawn Road in the Gateway Family Church facilities.

Storehouse, which opened in August, serves anyone in need in the St. Louis Metropolitan area with a focus on single-parent households.

“I have always been one to help people,” Cara said. “I know a lot of people are going through hard times right now. I reached out to my church and they asked me to make a storehouse or a group to help other women. Our mission is to show the love of God by providing household and personal items with respect and dignity.

"We have cleaning supplies, hygiene items for women and baby items, and clothing of all kinds. We have mattress covers, thermometers, and items that normally would not be distributed at the area pantries. We always need underwear and socks because those seem to go out fast."

The Storehouse is open from 9 a.m. to 1 p.m. Monday and Wednesday. Cara said so far, the response has been very positive to what she and Dena are doing with the charity.

“We always try to pray with each person who comes in and develop relationships and help with our personal groups,” she said. “I really love mentoring, and I especially have women on my heart. Veterans, college students, or anyone in need should come by.”

Contact Cara at (618) 803-5151 or [cara.provisionsofgrace@gmail.com](mailto:cara.provisionsofgrace@gmail.com). Dena’s phone number is (618) 974-1621 and her email is [dena.provisionsofgrace@gmail.com](mailto:dena.provisionsofgrace@gmail.com).

[See the Storehouse Facebook page by clicking here.](#)

# DONATION LIST



## CLEANING SUPPLIES

Laundry detergent  
Fabric softener  
Scent booster  
Sponges  
Scrub brushes  
Multi-purpose cleaner  
Toilet cleaner  
Windex  
Comet  
Carpet cleaner  
Floor cleaner  
Disinfecting wipes  
Air fresheners  
Dish soap  
Palmolive  
Paper towels  
Trash bags  
Sandwich bags  
Raid  
Mouse traps

## HYGIENE AND TOILETRIES

Feminine pads  
Tampons  
Hand soap  
Hand sanitizer  
Q-tips  
Cleansing wipes  
Tissues  
Shampoo  
Conditioner  
Body wash  
Body lotion  
Toothpaste  
Toothbrushes  
Mouthwash  
Floss  
Deodorant  
Shaving cream  
Body spray  
Razors  
Toilet paper  
Hand lotion  
Wash cloths/loofah  
Towels  
Tylenol/Ibuprofen  
Pain relief compress

## PERSONAL ITEMS

Shower curtains  
Mattress protectors  
Womens socks  
Mens socks  
Hairbrushes  
Combs  
Underwear  
First aid  
Chapstick  
Tweezers  
Nail Clippers  
Pet Supplies  
Pregnancy tests  
Clothing  
Shoes

## BABY AND KIDS

Baby wash  
Baby lotion  
Diapers  
Diaper wipes  
Diaper cream  
Pull-Ups  
Kids shampoo  
Thermometers  
Detangling spray  
Kids socks

Mops and buckets/brooms and dustpans