

St. Andrew's United Church

July 11, 2016

BRUNCH AT THE NORTH SHORE

FOOD BANK

How long does it take to chop up enough bell peppers, onions, tomatoes, and cucumbers for a Mediterranean pasta salad for 150 people? Or to cook enough pasta for said salad? About 5 hours for 2 people; 2 hours for 5 people! If you are free Tuesday afternoons between 2-4pm, please consider giving Courtney a hand in preparing a light brunch for the folks at the Vancouver Food Bank North Shore Hub! And if you are feeling extra helpful, St. Andrew's also needs 2 or 3 people to cheerfully greet and chat and serve clients from 8:30-11:30 on Wednesdays.



FREE COMMUNITY DINNER

In partnership with the Northern Lights Civil Society, St. Andrew's United Church is once again hosting a free community dinner on July 22 from 6-7pm in the Friendship Room. Come enjoy some delicious food and a hot cup of tea or coffee courtesy of our wonderful kitchen volunteers, and catch up with members of your community. Everyone is welcome!





BREAD FROM COBS

Can you spot our volunteers amongst all the bread? A few weeks ago, the new Cobs at Park and Tilford invited St. Andrew's United Church to be the recipient of unsold bread and baked goods every Wednesday at the end of their business day. Since we began collecting the donations, there have been 8 to 10 bins loaded with goodies to bag before the Thursday morning drop-in program begins at 10am.

FREE DROP-IN MEDITATION

Have you ever wondered if there was a way you could speed up your spiritual development? Come experience the full power of meditation and make it a part of your routine! It's free - every Monday & Wednesday evening at 7pm in the Sanctuary.

REMEMBER!

*St. Andrew's is calling all volunteers forward! If you want to give back to your community and lend a hand, call the church for more info on our volunteer opportunities!

*Find St. Andrew's on Facebook 