

SUNDAY LUNCHES/WEDNESDAY DINNERS AT HOLY COMFORTER EPISCOPAL CHURCH

You've volunteered to bring or serve on a Sunday or Wednesday at Holy Comforter, thank you!! Meals are very important at Holy Comforter because many of our parishioners do not have access to consistent and healthy food at home. It's also wonderful to sit around a table together sharing stories in community, and wow there are some incredible stories here! The meals can be as elaborate or (almost) as simple as you'd like.

Quick Facts:

- Food for approximately 40-50 people
- Vegetarian option enough for 3 people
- Lunch is served at approximately 11:30 each Sunday and 6:30 on Wednesday
- We can provide plates, cutlery, napkins, etc. OR you can bring them as a donation

If you decide to make a hot meal:

- Anything goes! BBQ with beans and slaw, lasagna with salad and corn, tacos— whatever! Just keep in mind that very crunchy foods are difficult on some of our folks with dental complications.
- You're welcome to cook at the Holy Comforter kitchen, just let Ashley know what time you'd like to be there.

If you decide to make sack lunches:

- Ideally sack lunches contain something like a sandwich, chips, fruit, and cookie, but don't feel bound to that. The goal is for each sack lunch to be a bit heartier than just a sandwich.
- Condiments on the side (for the soggy factor and varied preferences)
- Fruit that's soft enough to chew (many have dental complications)

Join us, or not:

- We would love for you to join us for worship at 10:30 on Sunday or 6:30 on Wednesday! It's very casual (seriously, wear jeans and a t-shirt), all you need to know is that ALL are welcome at our church. Yep, ALL. Even if you're sad, happy, conservative, liberal, gay, straight, trans, non-binary, black, white, rich, poor, doubtful, or previously burned by church. No matter who you are, or how you come to us, we're just glad you're here.
- You're also welcome to not join us for worship if that's not your thing.

Fun tips:

- You don't need to provide a drink, we can always serve water, but tea and/or La Croix are fan favorites around here, so if you're looking to make friends, that's the ticket (also kindness, but you knew that)
- Keeping an eye on salt and sugar contents is helpful, but not mandatory
- Masks are strongly encouraged indoors for all volunteers

Contact: The Rev. Ashley Carr – (931) 224-2744