**Volunteer Opportunities** Contact Vince Cannava, Cell 571-442-4673

**Monthly Food Collection for the Poor Sisters of St. Joseph Food pantry**

In front of Holy Spirit Church, Last Sunday of Every Month, 12:10 PM plus Thanksgiving morning 9:10 AM

Pick up food, load it in cars, transport it to food pantry, 7 miles West on Braddock Rd. Done in one hour.

Will certify service hours.

If arranged in advance, service hours can be extended to help put food on shelves in pantry.

Parent must accompany children.

Donations can be made anytime during the year to the Poor Sisters. Send check to Poor Sisters of St. Joseph, ATTN: Mother Maria, 4319 Sano St., Alexandria, VA 22312. Write Holy Spirit in Memo portion of the check.

**Christ House on Wheels (CHOW) is a Catholic Charities program. Special collections go to the Christ House in Alexandria and are announced in addition to the monthly food collection**

Packer: Pack food in 40 pound boxes every 2nd or 4th Saturday at Christ House, Alexandria, 9 AM to 11 AM. Call Vince to volunteer.

Driver: Drive approximately 10-20 forty pound food boxes to food pantry at a time convenient for you.

Pantry: put food on shelves, inspect expiration dates.

Cash Donations to CHOW accepted anytime of the year. Make Checks Payable to Catholic Charities and mark in memo of Check: “FOOD Program, Holy Spirit Church”. Please send to Catholic Charities, ATTN: Sherri Longhill, 200 N. Glebe Rd., Suite 506, Arlington, VA 22203. Money goes directly to food and can be bought for as little as 20 cents a pound under the correct conditions.