

Thanksgiving – and the Fall – is a time of bounty,
But it's also a time when many go without.

Fall, for many is a time when their
resources are stretched, and the shelves are bare;
they, and their children are going hungry.

All within a few blocks of our Church.

This is our community – the community God placed us in –
so that we can witness to His grace, love and compassion.

“Then Jesus called his disciples to him and said, “I have compassion for the crowd, because they have nothing to eat....” The disciples said to him, “Where are we to get enough bread in the desert to feed so great a crowd?” Jesus asked them, “How many loaves have you?” They said, “Seven, and a few small fish.” Then ordering the crowd to sit down on the ground, he took the seven loaves and the fish; and after giving thanks he broke them and gave them to the disciples, and the disciples gave them to the crowds. And all of them ate and were filled; and they took up the broken pieces left over, seven baskets full. Those who had eaten were four thousand men, besides women and children.” (Matthew 15:32-38)

We are called by Christ to put our faith into action

To love God by loving our neighbours:

One way to do this is to meet their needs.

This October let us give thanks by giving back.

**Discover the joy of giving – fill a bag.
Make a difference! Help a neighbour.**



“Helping Our Neighbours”

Fall is the busiest time of the year at our Food Bank – and our cupboard is low. Please help us to show our love for God by helping our neighbours through St. Andrew's Food Bank. Please help out by buying the items below.

Important: please try to buy the items as requested.

Quantity:	Food Items:	Size:
<input type="checkbox"/> 2	KD Macaroni & Cheese	225g
<input type="checkbox"/> 1	Dry Pasta - elbow noodles or spaghetti	650g
<input type="checkbox"/> 1	Pasta Sauce	680ml
<input type="checkbox"/> 1	Puritan Beef Stew	124g
<input type="checkbox"/> 1	Canned Tuna or Ham	170g
<input type="checkbox"/> 1 each/of	Cream of Mushroom, Vegetable, and Chicken Noodle Soup	284ml
<input type="checkbox"/> 1 each/of	Canned Mixed Veg, Peas, & Corn	398ml
<input type="checkbox"/> 1	Peanut Butter	500g
<input type="checkbox"/> 1	Jam – Strawberry or Raspberry	500g
<input type="checkbox"/> 1 box –	No Name Zip-lock Bags	100ea

Bring your “Helping Our Neighbours” bags to Church throughout the month of October – on Sunday mornings – or drop them off at the Church Office during the week.

**Love God... love others...
over the season of Thanksgiving!**

