

3rd Annual

1 DAY
for
HIM

go • share • love

SEPTEMBER 9, 2017

9AM to NOON

***Directory of Service Opportunities
Our Lady of Lourdes Church & School***

STARTING AUG. 19th, SIGN UP AT CHURCH AND ONLINE AT <http://tinyurl.com/1daysignup>

ON- CAMPUS PROJECTS

A Doorway to Hope
Adoration Chapel Prayer Warriors
Fallon Center Kitchen
Field Fanatics
Lourdes Bounty Community Garden
Nursery Clean up

Parish Library
Parish News Reporter (also off-site)
Pew Crew
POPS
Rosary Making
Salvation Army (also off-site)

OFF-SITE PROJECTS

Adopt-A-Trail
Alliance Medical Ministry Community Garden
Brown Bag Ministry
CASA Beautification Project
Catholic Parish Outreach
Dress for Success
Food Bank of Central & Eastern NC
Habitat for Humanity Catholic Coalition Build
Habitat for Humanity Lunch Crew
Habitat ReStore
Hilltop Home
Hope Reins
Inter-faith Food Shuttle-Mobile Market

Inter-faith Food Shuttle- Warehouse
Marbles Playdate- Burmese Refugees
Miracle League of the Triangle
Neighbors Helping Neighbors
North Raleigh Ministries
Oak City Outreach Center
Parish Newsletter Reporter (also at OLL)
Prayer Blanket Ministry
Raleigh Rescue Mission- Children's Dev. Ctr.
Rise Against Hunger
Ronald McDonald House
Salvation Army (also at OLL)

PROJECTS BY AGE

ALL AGES

Adoration Chapel Prayer Warriors
Brown Bag Ministry
Hope Reins
Ronald McDonald House

MIDDLE SCHOOL & UP

Dress for Success
OLL Field Fanatics
OLL Neighbors Helping Neighbors
OLL Parish Library
OLL Parish Newsletter Reporter

5 YEARS & UP

POPS
Rise Against Hunger
Habitat Lunch Crew
Burmese Refugee Play Date
Alliance Medical Ministry Community Garden
OLL Rosary Making

7 YEARS & UP

OLL Bounty Community Garden

8 YEARS & UP

Inter-faith Mobile Market Warehouse
Raleigh Rescue Mission Children's Development Center

9 YEARS & UP

A Doorway to Hope
Catholic Parish Outreach
Oak City Outreach

10 YEARS & UP

OLL Nursery Clean up
Fallon Center Kitchen & Grounds Crew

11 YEARS & UP

Inter-faith Food Shuttle Mobile Market

12 YEARS & UP

Adopt-A-Trail
Food Bank of Central & Eastern NC
Hilltop Home
Miracle League of the Triangle

13 YEARS & UP

OLL Pew Crew

16 YEARS & UP

CASA
Habitat for Humanity Build
Habitat ReStore

Adults (18+)

Prayer Blanket Ministry
Salvation Army

STARTING AUG. 19th, SIGN UP AT CHURCH AND ONLINE AT <http://tinyurl.com/1daysignup>

NEW!! 1DayforHim BABYSITTING SIGN UP

Location: OLL School Cafeteria (middle school building)

Time: 8:30 AM – 12:30 PM

Group size: up to 15 children

Ages: Ages 3-5 years old; potty trained

Team Leader: Laurie Thornburg lauriethornburg@yahoo.com

Description: If your little one is not quite ready to volunteer this year, but you are, we are thrilled to offer on-site babysitting for up to 15 pre-school aged children, ages 3-5. ***Must be potty trained.*** Drop off your little ones after the pancake breakfast beginning at 8:30am and pick them up when your project is through or by 12:30pm.

The play room (school cafeteria) will be staffed with certified teachers, teenage babysitters and a snack. While you share 1DayforHim, we'll make sure your child has fun!

15 spots available! Sign your child up today!

A Doorway to Hope

Location: OLL campus, Atrium of St. Bernadette Center

Time: 9 AM – noon

Group size: 10 – 12 volunteers

Ages: 9 years old and up. Children must be accompanied by an adult.

Team Leader: Rhonda Sutton dr.rhondasutton@gmail.com

Description: Volunteers will collect, donate, organize, and assemble household items for 40 Essentials Baskets which will be delivered to the working poor this Christmas.

A Doorway to Hope assists working, low-income families and individuals who are experiencing financial and/or life crises. At Christmas, each family receives an Essentials Basket filled with basic household necessities. Donation lists and collection bins available at church and school.

Adopt-A-Trail

Location: Little Rock Trail, from Walnut Creek Wetlands Center to Chavis Park, Raleigh, 27601

Time: 9 AM – noon

Group size: 10 - 15 volunteers

Ages: 12 -17 years old, with an adult for every 3 children.

Team Leader: Jill Putze jspitze@gmail.com

Description: Participate in a trail cleanup of "Little Rock Trail" (Walnut Creek Wetlands Center to Chavis Park) by clearing it of debris and weeds. A City of Raleigh guide will be on-site to provide direction.

The Adopt-a-Trail Program enhances the beauty of our greenway system and is intended to be a fun and meaningful way to promote civic responsibility and community pride.

What to bring/wear: Bring water/sunscreen. Wear casual, comfortable shoes and clothes.

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Adoration Chapel Prayer Warriors

Location: Adoration Chapel- OLL campus

Time: 9 AM – noon

Group size: 20 volunteers

Ages: All ages

Team Leader: Beverly Thomson bthomson@nc.rr.com 919-280-1759

Description: During 1DayforHim, spend some time in prayer. No age restrictions or experience needed! Requires only a desire to spend some time in the Lord's presence sharing whatever is on your heart. If you have never visited the chapel, consider this a personal invitation. If you have questions about how it works and what to do, please contact Beverly Thomson.

Alliance Medical Ministry Community Garden

Location: 101 Donald Ross Dr., Raleigh, 27610

Time: 9 AM – noon

Group size: 15 – 20 volunteers

Ages: 5 years old and up. Children must be accompanied by an adult.

Team Leader: Laura Wasco laura.wasco@gmail.com 336-601-8844

Description: Volunteers will be harvesting, planting, preparing rows, and weeding.

Alliance Medical Ministry is a faith-led medical ministry serving working uninsured adults of Wake County in need of affordable, quality healthcare. All fresh produce grown in the Alliance community garden is given directly to patients by their providers.

What's provided: Tools are provided, but you are welcome to bring anything of your own. They have gloves but not in children's sizes.

What to bring/wear: Bring water and sunscreen. Wear closed-toe shoes and clothing that you don't mind getting dirty.

Brown Bag Ministry

Location: St. Catherine of Siena, Wake Forest

(Brick building behind 520 W. Holding Avenue, Wake Forest, 27587)

Time: 10 AM – 11:30 AM

Group size: 30 – 50 volunteers

Ages: All ages, as long as your child can follow simple directions. Children must be accompanied by an adult.

Team Leader: Jeana Thompson jeanathompson@me.com 919-606-7875

Description: The group will prepare approximately 300 sandwiches and pack fruit, crackers, and sweets. Volunteers will then deliver the lunches to the community that they serve.

Brown Bag Ministries serves the homeless and hungry in the Triangle. Groups gather on Saturdays to pack and deliver food throughout the county. This is a family-oriented event that teaches great lessons in charity.

What's provided: Everything is provided, but volunteers can bring fruit cups if they choose to be given out with the lunches. In addition, you may also donate to the Ministry directly at www.brownbagministry.org

What to bring/wear: A willingness to help feed the poor. Volunteers are encouraged to wear comfortable shoes.

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CASA Fall Beautification for Affordable Housing

Location: TBA in Raleigh

Time: 9 AM – noon

Group size: 6 – 10 volunteers

Ages: 16 years old and up. Under 18 years old must be accompanied by an adult.

Team Leader: Kathleen DeRubio katmcd8@gmail.com 919-656-1512

Description: General landscape work including weeding, mulching, planting and trimming at a CASA facility to get ready for fall.

CASA builds and manages affordable housing throughout the Triangle, serving individuals of low wealth who may have been homeless, have disabilities, or are veterans. Tools and supplies are provided.

What to bring/wear: Water/sunscreen, comfortable clothes, and closed-toe shoes

Catholic Parish Outreach

Location: 2013 North Raleigh Boulevard, Raleigh, 27604

Park in back of building and use volunteer entrance on left side of building.

Time: 9:30 AM – 1:15 PM (Note this project extends past noon.)

Group size: 10–12 volunteers

Ages: 9 and up. Children must be accompanied by an adult.

Team Leader: Danielle Haley daniellehaley27@gmail.com 919-624-0101

Description: Volunteers will sort food, organize clothes, and help customers as needed.

Catholic Parish Outreach serves the needy families and individuals of our community by providing supplemental food and young children's clothing.

What to bring/wear: Bring water, and a small snack if desired. Wear closed-toe shoes; no sandals.

Dress for Success

Location: Dress for Success Triangle, 1812 Tillery Place, Raleigh, 27604

Time: 9:00 AM–Noon

Group size: up to 8 volunteers

Ages: Middle schoolers, High schoolers, adults. Children under 18 must be accompanied by an adult.

Team Leader: Kim Duffley kwduffley@gmail.com

Description: Help prepare for the Dress for Success September sale. Tasks may include organizing, tagging, sorting, and arranging items for the sale.

Dress for Success Triangle provides under-employed and unemployed women with a network of support, professional attire, and development tools to help them thrive in work and in life. These sales are vital to the non-profit's fundraising efforts, generating about a quarter of their operating revenue.

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Fallon Center Kitchen & Grounds Crew

Location: Fallon Center

Time: 9 AM – 1PM *Note this activity will likely run past noon.

Group size: 12 volunteers (6 for closets/kitchen, 6 for painting)

Ages: 10 years old and up

Team Leader: Mary Dudas olldudas@yahoo.com and John Schultz k2jschultz@gmail.com

Description: The Fallon Center hosts hundreds of events each year. Show a little love by helping Mary reorganize the closets and deep clean the kitchen. Also, looking for some handy folks to install new shelving in the table closet (may require special tools) and re-paint the hand rail between church and the Fallon Center.

What's provided: Cleaning supplies. Bring kitchen gloves, if you would like.

The Food Bank of Central & Eastern North Carolina

Location: 1924 Capital Blvd., Raleigh, NC 27604

Time: 9 AM - noon

Group size: 10 volunteers (maximum)

Ages: 12 years old and up. 1 adult for every 4-5 youth under 18yrs.

Team Leader: Hunter Lemansky hlemansky@nc.rr.com

Description: Warehouse volunteers will sort and repackage food. Volunteers will also help assist partner agencies in picking up food.

The Food Bank is a nonprofit organization that has provided food for people at risk of hunger in 34 NC counties for over 35 years.

What to bring/wear: Wear closed-toe shoes and fill out volunteer consent form. Find form online: http://www.foodbankcenc.org/site/PageServer?pagename=getinvolved_volunteer

Habitat for Humanity Catholic Coalition Build

Location: 3041 Camden Creek Drive; Please park at 845 Grove Creek Lane, Raleigh, 27610.

Time: 8:15 AM – 4 PM NOTE: This is a day-long project.

Group size: 15 volunteers

Ages: 16 years old and up. All minors must be accompanied by an adult.

Team Leader: Chris Quinby cquinby@gmail.com

Description: Join the Catholic Coalition in building a Habitat for Humanity home for a local family. Come be a part of this fulfilling and life- changing experience! First-timers welcome, all tools and instruction provided.

Habitat for Humanity of Wake County was founded in 1985 and has partnered with more than 500 families to build safe, decent, affordable homes in our community. Homeowners work alongside sponsors and community volunteers to build their house, and they purchase the completed home with an affordable mortgage. Join with parishes in the Catholic Diocese of Raleigh to build new homes.

What's provided: All tools and lunch

What to do beforehand: You MUST register online to reserve your spot: <http://vhub.at/catholiccoalition> Be sure to choose "Catholic Coalition."

What to bring/wear: Bring water and sunscreen. Wear work clothes and closed-toe shoes.

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Habitat for Humanity Lunch Crew

Location: 3041 Camden Creek Drive; Please park at 845 Grove Creek Lane, Raleigh, 27610.

Time: 10 AM – 1PM

Group size: 10 volunteers

Ages: 5 years and up. All minors must be accompanied by an adult.

Team Leader: Rick Bourbina rjbourbina@gmail.com 919-414-7707

Description/Tasks: Prepare at home and deliver lunch to a crew of 30 Habitat for Humanity workers either on site or drop off on OLL campus. Set up at 11:00am and serve at 11:30am. Volunteers will be contacted to coordinate meal items.

Habitat Wake ReStore

Location: 8009 Glenwood Avenue, Raleigh, 27612

Time: 10 AM – 1 PM NOTE: job goes past noon

Group size: up to 5 volunteers

Ages: 16 years old and up. (16 or 17 years old must be accompanied by an adult.)

Team Leader: Maura Zarnik zarnikm@aol.com

Description/Tasks: Volunteers will collect donations and help customers on the sales floor.

Wake ReStore are thrift stores that benefit Habitat for Humanity of Wake County. The Habitat Wake ReStore sells new and used building materials, furniture, and household items at discounted prices. All proceeds support Habitat's mission to build affordable homes in Wake County.

What to do beforehand: Register online: <http://vhub.at/ourladyoflourdes>

What to bring/wear: Wear comfortable clothing. Bring your own water and/or snack.

Hilltop Home

Location: Hilltop Home, 2820 Kidd Rd., Raleigh, 27610

Time: 9 AM – 11AM

Group size: 10-15 volunteers

Ages: 12 years old and up. Children must be accompanied by an adult.

Team Leader: Megan Lumley mlumley27@yahoo.com 919-608-2649

Description: General cleanup of the grounds, remove cobwebs, etc. Child volunteers can entertain the children with music and crafts. The residents LOVE this. If you have a child younger than 12 that would like to participate, please speak with Megan Lumley.

Hilltop Home is a private, nonprofit residential center that serves children up to 6 years old with severe developmental and medical disabilities

What's provided: Hilltop will provide donuts, coffee, juice.

What to bring/wear: Bring rakes, brooms, etc. Wear comfortable clothes.

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Hope Reins

Location: 8420 Wake Forest Highway, Raleigh, 27613

Time: 9:00AM – 11:00 AM

Group size: up to 15 volunteers

Ages: No age minimum. Children under 15 years old must be accompanied by an adult. Parent waiver required if children 15–18 are unaccompanied by a parent.

Team Leader: Amy Light amy.buehrle@yahoo.com 919-219-8592

Description: Volunteers will perform farm chores such as repairing fences, garden work, pulling weeds, watering plants, and picking up sticks for the fire pit.

Hope Reins provides comfort to hurting children and their families by providing one-on-one sessions between caring leaders and extraordinary 'equine counselors,' many of whom are rescued horses. All volunteers must sign a liability waiver.

What's provided: Water, coffee, and snacks (granola bars); all tools

What to bring/wear: Bring work gloves if possible (some will be available). Wear closed-toe shoes and comfortable clothes that you don't mind getting dirty.

Inter-faith Food Shuttle Mobile Market

Location: Martin Street Baptist Church, 1001 E. Martin Street, Raleigh, 27601

Time: 8:30 AM – noon

Group size: up to 10 volunteers

Ages: 11 years old and up. All minors must be accompanied by an adult and complete a *youth* volunteer waiver. 18 years and up must complete an *adult* volunteer waiver.

Team Leader: Kate Duncan katevduncan@att.net

Description: Volunteers help set up a mobile food market, manage food tables, carry food to clients' vehicles, and clean up at the end of the shift. Each volunteer will be assigned a role when they arrive. Please sign in with a Food Shuttle rep. or Rhonda Currie, Mobile Market Coordinator.

Mobile markets are direct distributions of groceries and fresh produce, designed to meet people at their point of need. In 2016, almost 7,000 people shopped for free at their neighborhood mobile market.

What's provided: All tools and resources are provided. Pack your own snack, if desired.

What's required: We require a servant's heart and an open mind. Volunteers will be working along-side volunteers from other organizations and interacting with low-income clients. It is important to be conscience of your environment and mindful of what you say. We want to uplift and empower them.

What to bring/wear: Please dress appropriately and wear closed-toe shoes.

Inter-faith Food Shuttle Raleigh Warehouse

Location: 1001 Blair Drive, Raleigh, 27603

Time: 8 AM – 2 PM

Group size: up to 8 volunteers

Ages: 8 years old and up. All minors must be accompanied by an adult and complete a *youth* volunteer waiver. 18 years and up must complete an *adult* volunteer waiver.

Team Leader: Maura Zarnik zarnikm@aol.com

Description: Volunteers can help with a variety of tasks including: sorting food donations, washing shuttle trucks, cleaning coolers, gleaning produce, washing shelving units and floors, and assisting with Mobile Market preparation.

What's provided: All tools and resources are provided. Pack your own snack, if desired.

What's required: Willingness to serve. There will be some medium-heavy lifting required.

What to bring/wear: Please dress appropriately and wear closed-toe shoes.

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Marbles Play Date with Burmese Refugee Children!

Location: Marbles Children's Museum, 201 E. Hargett St., Raleigh, 27606

Time: 9AM - noon

Group size: 3 families (at least one adult and one child per family)

Ages: Ideally, 3 families with children of similar age to the refugee children (see ages below).

Team Leader: Gail Kelley gkelley3@nc.rr.org 940-312-8748

Description: Host a play date at Marbles Kids Museum with local refugee children from Burma! The OLL Refugee Resettlement Ministry has been working with 3 Burmese families to get them settled and navigate in a new country. This day will give the children a rare opportunity to make new friends and enjoy the fun of Marbles. It will give your family the opportunity to make new friends, too! Admission tickets provided. Lunch following the museum visit is optional.

- One family has boys ages 10 & 13.
- One family has a 6year old boy & a 5year old girl.
- One family has a 12year old boy, 10year old girl and 6year old girl.
*Teenage sister/cousin will accompany as a translator, as needed.

What to do beforehand: Gail Kelley will help coordinate pickup/drop off and other details.

No experience necessary, just a willingness to extend kindness and meet new people, and the ability to be responsible for your children plus a few more.

Miracle League of the Triangle

Location: Adams Elementary School, 805 Cary Towne Blvd., Cary, 27511

Time: 8:30 AM - noon

Group size: 20 volunteers

Ages: 12 years and up. Children must be accompanied by an adult.

Team Leader: Maura Zarnik zarnikm@aol.com

Description: Assist Miracle League players in a baseball game according to their needs, protect player at all times, allow players as much freedom as possible to play, and have fun!

Miracle League of the Triangle creates positive life experiences for children and adults with special needs and their families through baseball.

What to bring/wear: Casual clothes to run and play baseball. Sneakers only (no cleats). No glove needed. Please bring volunteer consent form: <http://miracleleagueofthetriangle.com>

North Raleigh Ministries

Location: Thrift Shoppe, 9650 Strickland Rd, Raleigh, 27615

Time: 9:00 AM – noon

Group size: 10–15 volunteers

Ages: Middle School and up. One adult is required for every three people under 16 years old.

Team Leader: Allison ReVile areville@cisco.com

Description: Volunteers will work in the Thrift Shoppe receiving, sorting, and pricing household donations and clothes and putting them on the sales floor. Light dusting and sweeping may also be involved.

North Raleigh Ministries provides compassionate assistance to neighbors in crisis in a Christian environment through their food pantry, Crisis Center, and Thrift Shoppe.

What to wear: Casual comfortable clothes and closed-toe shoes.

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Oak City Outreach Center

Location: 215 South Person Street, Raleigh, 27601

Time: 9:00 AM–noon

Group size: 15 volunteers

Ages: 9 years old and up. Children must be accompanied by an adult.

Team Leader: Deacon Byron Champagne deacon.byron2009@gmail.com 919-861-4607

Description: Help serve the city's homeless by setting up and distributing hygiene items collected at OLL. Act as volunteer hosts by serving and talking with guests during mealtime. Donation list and bins available at church and school.

What to bring/wear: Bring gallon-size zipper bags, and an open mind and heart to serve. Wear comfortable clothing and shoes.

OLL Field Fanatics

Location: Athletic Field on Oxford Road

Time: 9:00 AM–noon

Group size: 20 volunteers

Ages: Middle school and up. Minors must be accompanied by an adult.

Team Leader: Mike Doggett michaeldoggett@bellsouth.net

Description: Help get the OLL athletic field looking game ready by helping spread pine straw around the parking lot, remove all trash around field perimeter, take down and store the baseball net, clean out the sheds, trim growth around field perimeter.

What to bring/wear: Supplies provided. Volunteers should bring gloves and be prepared to get dirty.

OLL Lourdes Bounty Community Garden

Location: OLL Community Garden (Corner of Oxford and Overbrook Roads, garden area)

Time: 9AM – 11:30 AM

Group size: 6 volunteers

Ages: 7 years old and up. Children must be accompanied by an adult.

Team Leader: Dorothea Bitler dorothea.bitler@raldioc.org 919-861-4601

Description: Help tend our Lourdes Bounty Community Garden! Weather permitting, we may be digging an irrigation ditch to manage water seepage, constructing and installing a kiosk, building wooden benches, fall crop planting, tidying the garden grounds, watering and /or harvesting ripe crops for "Plant a Row for the Hungry." Come get your hands dirty!

What to bring/wear: Bring water and sunscreen. Wear comfortable garden shoes, light, loose clothing to stay cool, and a hat or visor.

OLL Neighbors Helping Neighbors

Location: OLL parishioners' homes, to be determined

Time: 9:00 AM – noon

Group size: 20 volunteers

Ages: Middle school and up. Children must be accompanied by an adult.

Team Leader: Chris Pennisi chris_pennisi@yahoo.com

Description: Small teams of volunteers (2–4) visit OLL parishioners who need help with small household jobs or yard work that they are not able to do themselves. Jobs could include mowing, raking, trimming, etc., and basic indoor household maintenance to maintain a safe environment at their home. This is a great activity for couples or families.

What to bring/wear: Bring water and sunscreen. Wear comfortable clothes and closed-toe shoes.

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POPS

Location: OLL Campus

Time: 9:00 AM–noon

Group size: 30 volunteers

Ages: Kindergarten and up. Children must be accompanied by an adult.

Team Leader: Chris Head christopher.head@ge.com 919-316-8516

Description: Help keep OLL's campus beautiful! We will be weeding, mulching, trimming trees and bushes, staining picnic tables, and painting playground games. Great family activity!

What to bring/wear: Bring wheelbarrows, shovels, and rakes. Wear comfortable clothes and closed-toe shoes.

OLL Pew Crew

Location: OLL Church

Time: 9:00 AM–noon

Group size: 12 people

Ages: 13 and up. Children must be accompanied by an adult.

Team Leader: Jimmie Brown Lectorministry@live.com

Description: Our pews are in desperate need of a little Murphy's Oil rub down to keep them clean and hygienic. The hand rests are a particularly high-traffic area that needs to be cleaned. Please consider this act of service to the parish community as a prayer in Christ's presence.

What's provided: Cleaner will be provided.

What to bring/wear: If you can bring a bucket and towel, it would be helpful.

OLL Nursery Clean up

Location: OLL Campus- Fallon Center

Time: 9 AM – noon

Group size: 8 volunteers

Ages: 10 years and up. Children must be accompanied by an adult.

Team Leader: Cathy Gephart cathy@gepharthill.com 919-291-7390

Description/Tasks: Help keep our nursery clean, fresh and safe for our little ones! Organize, clean and sanitize nursery, including toys and shampoo carpets. Feel free to bring a bucket and cleaner if you have one. ***Please let us know if you can help secure a carpet shampoo machine.**

** Extra hands and time will be spent organizing Fallon Center closets.

OLL Parish Library

Location: OLL Parish Library (upstairs in the church)

Time: 9AM –11AM

Group size: 8 volunteers

Ages: Middle school and up. Children must be accompanied by an adult.

Team Leader: Debbie Locke debbies7yankees@gmail.com 919-615-3484

Description: Clean and dust the shelves of the parish library.

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OLL Parish Newsletter Reporter

Location: At various 1DayforHim events

Time: 9AM – noon

Group size: 5 volunteers

Ages: Middle school and up. Children must be accompanied by an adult.

Team Leader: Bob Bowerman bob.bowerman@gmail.com 919-345-0963

Description: Conduct interviews and take photos of 1DayforHim service activities for the OLL parish newsletter. Briefly describe the service activity (3–4 sentences) including what, where, and how many volunteers were involved. Take some photos of the work being done. Videos are also welcome.

Important: Please provide high-resolution photos of at least 200KB file sizes. Photo files smaller than 150KB cannot be used. Also, if your camera allows, take the photos in 16x9 format. Email the article and photos/videos to Bob Bowerman at bob.bowerman@gmail.com. He will edit (for consistency) and publish them in the OLL News.

OLL Prayer Blanket Ministry

Location: 8705 Fort Macon Court, Raleigh, 27615

Time: 9:00 AM–noon

Group size: 6 volunteers

Ages: Adults

Team Leader: Judy Cabaniss judycabaniss8705@gmail.com 919-848-1898

Description: Sew blankets that are blessed and distributed to anyone who is in need of prayer. Volunteers will meet in the home of Judy Cabaniss, team leader, and see how the blankets are sewn. It is simple, even for beginners. Come with your questions, watch a demo, and be ready to sew a blanket on your own if you choose. Sewing machines and blanket materials will be provided.

OLL Rosary Making

Location: OLL campus, Room 202 in the Fallon Center

Time: 9:00 AM–noon

Group size: 15 volunteers

Ages: Kindergarten and up. Children must be accompanied by an adult.

Team Leader: Celia Flor thugkiancelia@gmail.com

Description: Come learn the art of rosary making. Adults will learn the barrel knots, and children will make simple rosaries. The rosaries will be donated to the hospital ministry, who will distribute them to hospital patients. Supplies will be provided.

Raleigh Rescue Mission Children's Development Center

Location: 314 E. Hargett Street, Raleigh, 27601

Time: 9:00 AM – noon

Group size: 10 volunteers

Ages: 8 years and up. Minors must be accompanied by an adult.

Team Leader: Tricia Patrick triciapattick2002@yahoo.com

Description: Help keep the preschool at the Raleigh Rescue Mission clean and safe for kids! Volunteers will clean and sanitize toys, as well as play areas, bathroom and floors. A tour of the facility will be provided at 11:30am.

The W.E. Mangum Children's Development Center is a safe, Christian preschool for up to 14 homeless and low-income children between the ages of 2 ½ to 5 years old.

What to bring: Please bring dishwashing gloves for yourself; cleaning supplies will be provided.

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Rise Against Hunger

Location: Rise Against Hunger warehouse, 3200 Wellington Ct., Raleigh, 27615

Time: 9:30 AM –11:30 AM

Group size: up to 50 volunteers

Ages: 5 years old and up. Children must be accompanied by an adult.

Team Leader: Meagan and O'Hara Macken megmacken@yahoo.com 646-526-8394

Description: Help feed the world's hungry by packaging meal bags that are shipped throughout the world to support school feeding programs, orphanages, and crisis relief. Volunteers will set up and take down packaging stations, assemble, weigh and seal meal bags, box and stack them on pallets, and load the pallets onto a truck.

Each meal costs \$.29. Our goal is to raise enough money to package 10,000+ meals~approx. \$3,000.00. A donation of \$10/person is encouraged but not required. Volunteers will also learn about global hunger and receive hands-on experience in leadership development, team-building, goal-setting, and achievement. Great for families and kids of all ages!

To make donations: <http://events.stophungernow.org/1dayforHim>

What to wear: Comfortable shoes (Volunteers will be standing the entire time.)

Ronald McDonald House Brunch

Location: Ronald McDonald House of Durham, 506 Alexander Avenue, Durham, 27705

Time: 8AM – noon NOTE: Early start time

Group size: 15 volunteers

Ages: All ages welcome. Under 18 must be accompanied by an adult.

Team Leader: Rose Verlinden rverlinden05@yahoo.com

Description: Volunteer at the Ronald McDonald House as a guest chef! Work as a team to provide a home cooked buffet meal for up to 75 guests. Menu suggestions provided. All food is prepared in the well-stocked kitchen. Please plan to stay and eat with the families and clean kitchen and package leftovers before you leave. Home cooked meals provide families with comfort and sustenance after a long day at the hospital.

What to do beforehand: Coordinate menu and purchase ingredients. While shopping, please consider picking up 2 gallons of milk or a dozen eggs to donate to the House. Volunteers supply paper plates, plastic silverware, plastic cups, drinks, and gallon size storage bags or containers.

Salvation Army

Location: OLL Fallon Center and/or Center of Hope, 1863 Capital Blvd., Raleigh, 27604

Time: 9:30 AM–1 PM (Fallon Center until about 11:00 AM, Center of Hope from 11:30 AM–1 PM)

Group size: 8 volunteers at Center of Hope; more can help prepare in the Fallon Center

Ages: 18 years old and up at Center of Hope, 5 years old and up at the Fallon Center

Team Leader: Linda and Kurt Wargin lwargin@nc.rr.com 919 618 2506

Description: Prepare lunch in the Fallon Center kitchen. Transport prepared lunch to the Center of Hope and serve it to approximately 60 residents of the Salvation Army's women's and children's shelter.

What to do beforehand: Coordinate items needed. Guidelines/suggestions will be provided.

What to wear: Comfortable clothes

STARTING AUG. 19th, SIGN UP AT CHURCH AND ONLINE AT <http://tinyurl.com/1daysignup>

*Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he
looks with
Compassion on this world.
Yours are the feet with which
He walks to do good,
Yours are the hands with which
He blesses all the world.
Yours are the hands, yours are the
feet, Yours are the eyes, **you are his
body.***

-St. Theresa of Avila