

Cook meals or bake cookies for people in need

How ?

Making some meals at your home for people in need and deliver them to the church where they freeze the meals

Meet with the people of your small group to make some meals (meals that are not too spicy) You can have dinner together and deliver the extra portions to the church where they will freeze them. Whenever there are people in need of food, the church has some meals to offer them

Who ?

The Prayer and Care Ministry knows several older people that are in need (you will get more detailed info after you sign up)

There is also an option that someone of your small group knows a person in need, that could use some meals (a person that just came out of the hospital, a family that got a new baby, an older person, a sick person, etc.)

Why ?

To show Jesus' love by showing compassion, encouragement, friendship, prayer, attention.

Where ?

You can deliver the meals to the church reception

When ?

Whatever frequency would work for your group (once a year or once per 3 months)

More information

For more information, please read the next page. If you have more questions please send an email to groupserve@willingdon.org

I'm delighted that you are interested in receiving information on how to prepare meals for our Benevolent Freezer!! It is such a wonderful ministry!! We have provided meals for new mothers welcoming a newborn home from hospital, lonely seniors, grieving widows and widowers and their families, folks recovering from surgery or illness and cancer patients undergoing treatment.

The meals are provided anonymously, once a month and simply prepared. Our volunteers do not need to go to a lot of work to prepare them or spend a lot of time and effort. What we ask is that as you prepare a meal for yourself or family, simply make extra, depending on how much you desire to cook. You determine the size of the meal you want to send. Some of the meals provided serve a single person; others will feed as many as six or eight. It is important to remember that some of the people enjoying your meal are not well, so we prefer "ordinary" meals, nothing too spicy or unusual. The meal does not need to be elaborate; favorites have been chicken/vegetable soup, stews, casseroles, and pasta or rice dishes. (I have assembled complete meals, such as meat, potatoes and vegetables in aluminum foil containers as I cooked for my family by setting aside the desired portion.) Some volunteers set aside a dozen cookies or muffins, cake or pie if they are baking and send it along as a "bonus".

I can provide you with any containers you require as we send disposable containers that do not need to be returned. The food items need to be labeled with ingredients (for allergy purposes), dated and required cooking instructions. The meals are brought to the church. This can be done when you attend services. If you wish to contact me prior to bringing a meal, I will meet you and immediately place your meal in the freezer.

Pastor Ray Dueck or Pastor Walter Patterson can also accept the meals. If one of us is not available, a freezer is located on the third floor and your meal can be temporarily placed there. The third floor kitchen is next to Room 309 and the door always unlocked. If you use this freezer to deliver your meal, please notify me that you have placed a meal there so I can see it is placed in the benevolent freezer.

If you have any further questions, please do not hesitate to contact me. I will be happy to help and provide anything necessary to assist you.

It is a pleasure to serve Christ together with you in this area and I thank you for your thoughtfulness and willingness to bless others in this way. I look forward to meeting you in person on Sunday to pass along those containers!!

Blessings,

Amy Burslem
Care & Prayer Ministry
Willingdon Church
604-435-5544 (Ext. 1003)
aburslem@willingdon.org