

Summer Wish List 2012



Donation Drop Off Location
Community Support Centre
10568-114 Street
Edmonton, Alberta
Ph: 780-426-5600



URGENT NEED FOR MEAL VOLUNTEERS

Have fun in the kitchen while helping a good cause! Gather a group of ten friends and family to serve a meal at The Mustard Seed. We have 30 empty meal spots available. For more information, visit www.theseed.ca or call 780-426-5600.

Lace up for a Cause

On August 18 & 19, participate in The Edmonton Marathon and raise money for The Mustard Seed. Walk or run 5k, 10k, 21.1k or the full 42.2 k marathon. For more info call Janice at 780-442-3551 or visit www.canadianderbymarathon.ca.

Group Volunteer Opportunities

- **Evening Meal Group:** Want to have fun this summer? Get together a group of ten friends or family members to sponsor and serve a meal.
- **Sorting Group:** Have a social night out by getting together 5-20 people to help sort and stock donations, and reorganize and clean the Personal Assistance Centre.

For more information, please visit www.theseed.ca, or call 780-426-5600.

Individual Volunteer Opportunities

- **Personal Assistance Centre:** Help community find clothing, shoes, hygiene and household items, hear their stories and sort donations.
- **Food Depot:** Find out what our community needs, hear their stories, and assemble and distribute food hampers.
- **Evening Program:** Create a welcoming environment by handing out plates, working at the coffee bar and assisting in general clean up during meals and community programs.
- **Kitchen Helper:** Help with meal preparation and help keep our kitchen clean.

Summer Wish List

- Spring jackets/coats
- Blankets
- Men's and women's underwear (small, medium, large)
- Men's and women's socks
- Toilet paper
- Backpacks

Storage space is a very real problem for us. Please limit your donation to two bags. Only clothing in season will be accepted and it must be new or gently used and laundered.

Please drop off these donations at our Community Support Centre
10568-114 St, Edmonton, Alberta
Mon-Fri: 9:00 a.m. - 5:00 p.m.

Monetary donations are also accepted at The address above,
Online at www.theseed.ca, or
By phone at 780-426-5600.

- **Community Garden:** Enjoy the sun and help plant and maintain the community garden; help community members develop gardening skills.
- **Correctional Chaplaincy:** Participate in one-on-one mentorship or group support of those coming out of prison. Drivers are needed to take people to Sunday services and to worship alongside them. Alpha leaders are also required.
- **Spiritual Development:** Support and encourage community members in their spiritual journey.

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