



**September 12-13, 2020 is Launch Sunday.**

**We begin our new year of ministry together**

**by helping others!**

* **Choose a service project** or projects from the list below.

All ages are encouraged to participate in at least one of the service projects below, but you are welcome to choose several if you wish!  Or come up with your own! Just let us know what you have chosen to do.

* **Sign up** through TEXT IN CHURCH.

Text the word associated with the service project to 858-780-4306.

* **Stay safe.**

All projects can be done safely as individuals or households.

Wear your masks and maintain social distancing where appropriate.

* **Let’s BE THE CHURCH, make a difference in our community and have fun doing God's work!**
* Watch for more details about Launch Sunday and service projects in the mail.

**Beach Clean-Up (Text BEACH)**

Saturday, Sept. 12, 9:00 a.m. Now more than ever our beaches need our help! Meet at Calvary’s bottom parking lot steps to pick up equipment. Then travel to the beach to pick up trash. Be sure to wear masks, gloves, and sunscreen. Project leader: John Frazier

**Blessing Stones (Text STONES)**

Anytime at home during the weekend. You may have seen them in your neighborhood. Now is your chance to leave a blessing stone (or two) for neighbor, a friend, or a stranger. Pick up a packet of supplies with directions, attend a Zoom tutorial huddle and get started painting. Project leaders: Amber McMahon and Jadyn McMahon

**Care Cards (Text CARDS)**

Anytime at home during the weekend. Send caring thoughts and cheerful greetings to those on our prayer list, seniors, or someone you know. Use store bought cards or make your own. Supplies are available if you need them. Turn the cards into the office on Monday, September 14, and we’ll make sure they get addressed and mailed! Project leaders: Teresa Kaldor and Quinn Weixel

**Calvary Cares Food Drive for Solana Vista Elementary (Text FOOD)**

Sunday, Sept. 13, 3:00 p.m.—5:00 p.m. At bottom parking lotdrop by food needed for families in need. Please wear a mask and maintain social distance when dropping items off. If you need a pick-up instead or need to drop off at another time, please contact the project leaders. Project leaders: Marybeth Norgren and Jeff Moeller

Suggested items and sizes:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| White Rice | 1, 2, 5 lb | Boxed cereal (Wheat, rice) | 12, 16, 20 oz | Canned tuna & chicken | 6-13 oz |
| Brown Rice | 1, 2, 5 lb | Plain oatmeal | 1, 2, 5 lb | Peanut butter | 16-48 oz |
| Pasta (spaghetti,penne,etc.) | 1, 2, 4 lb | Dry beans (no cans) | 1, 2, 5 lb | Jam or jelly | 16-40 oz |
| Wheat pasta or other  | 1, 2, 5 lb | Canned/Cups fruit (“in juice”/no corn syrup) | 16-32 oz or multi packs | Vegetable oil(canola, olive, corn) | 16 oz – 3 gal. |
| Pasta sauce(cans or jars) | 16-32 oz | Canned tomatoes(diced, whole) | 16-32 oz | Granola or cereal bars | 10-48 count |
| Quinoa | 1 or 2 lb | Canned vegetables | 15-16 oz | Laundry detergent | Up to 200 oz |

***Notes:***

1 – Please do not donate bread or tortillas at this time. Marybeth will purchase tortillas prior to distribution.

2 – We can safely divide 25 or 50 pound bags of rice or beans if you would like to contribute a bulk bag.

3 – Consider low sugar options for cereal (< 5 grams sugar/serving), peanut butter (e.g. Skippy), pasta sauce (e.g. Simply Ragu), and granola bars (< 7 grams sugar/bar)

**Move for Hunger (Text HUNGER)**

Anytime at home or Saturday, Sept. 12 at 9:30 a.m.—10:30 a.m (at Calvary upper parking lot)

Grab a pledge sheet and walk or run for hunger! Or count your steps while you play golf! All proceeds will go to *Feeding San Diego* which serves those facing hunger across the county. You may walk at any time for any length of time during the weekend in your own neighborhood as long as you let your pledge supporters know. (If we receive permission, a limited number of households may come to Calvary on Saturday morning to walk for an hour.) All participants must be masked and keep socially distanced by household. Temperatures will be taken. The walk on campus will be in the upper parking lot and be marked off to keep people spaced appropriately. Project leader: Aleida Wahn

**Prayer Chain (Text PRAYER)**

Sign up to pray during one 30-minute slot during a 24 hour window during the weekend. Pray individually or as a family. Pray using familiar prayers or pray creatively by singing, coloring, or moving (dance, walk, or do yoga for example). Susie Shattuck will call or email you to find out what works with your schedule. Sample prayers, readings, and other resources will be emailed to those who wish them. Project leaders: Susie Shattuck and Teresa Kaldor

Project leaders will contact participants before the weekend using email and Zoom. We’ll also have Zoom huddles afterwards to share our experiences and pray for the recipients. Any supplies needed will be provided or easily obtained.