



"For I was hungry and you gave me food, thirsty and you gave me drink, a stranger and you welcomed me."

Matthew 25:35

We will be collecting casseroles again this year for the Family Violence Center the first full weekend of each month. The goal is to provide 20 casseroles each month. We can do that!! Here is what you do...

1. Make any casserole you want in an 8X8 aluminum container. (For example: ham and cheese potatoes, chicken and rice, shepherd's pie, chili, hot dogs and beans.)
2. Bake it.
3. Cool it.
4. Wrap it in aluminum foil.
5. Put the casserole in a Ziplock bag.
6. Include a slip of visible paper that says: "To the Family Violence Center".
7. Slip a recipe in the bag and sign it: "Your friends at Sacred Heart Catholic Church".
8. **Freeze it.**
9. Drop the frozen casserole off in the parish center freezer before the Sunday 11:15 Mass the first full weekend of the month. **Note:** We ask, PLEASE do not drop off casseroles throughout the month, as the freezer is used for other church events.

Jennifer and David Smith and family will drop the casseroles off to the Family Violence Center. They have done this for many years! If you see them, stop and say "THANK YOU"!! They have done a great job!

If you could spread the word and forward this link on to friends, that might make a big difference AND remember, this would be a great project for group service hours!

If you have questions, contact Judy Schwartz at 515-556-7788
or email at itisjustmejms@gmail.com