



**Do you have a (insert shape of a heart) to serve?**

**If so, the Homeless Outreach program needs your time, skills, and talent to prepare and distribute bag lunches to the homeless in Alexandria and Washington, D.C., on the third Saturday of every month starting at 8:00a.m. in the Multipurpose Room.**

**If you do not have time, but still wish to participate, please consider making a donation. We are pleased to accept the following:**

toilet paper  
washcloths  
deodorant  
socks  
toothbrushes  
travel size toothpaste  
travel size mouthwash  
hand sanitizers  
travel size lotion  
travel size shampoo  
travel size conditioner  
soap

If you have any questions, please email [missions@alfredstreet.org](mailto:missions@alfredstreet.org) or call 703-683-2222 and ask for Rev. Marcia Norfleet.