

## **Mission**

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To provide short-term meal assistance to Assumption of the Blessed Virgin Mary Parish families and individuals...

- ...after surgery or hospitalization
- ...after birth of a new baby
- ...bereavement
- ...during times of crisis

## **How it Works**

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The need for help may come through a direct request or referral. Arrangements are then made for volunteers to reach out and provide assistance.

- Dietary restrictions and food preference are taken into account
- A meal schedule is set up
- A convenient delivery time is established
- A volunteer prepares and delivers a meal to the recipient's home

## **Meal Options**

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Meals can be homemade, store bought, frozen, or picked up from a local restaurant.

# **How You Can Help!**

## **Volunteer for our Call List**

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If you love to cook, share your gift of time, talent, and treasure. We welcome all in our parish community from teens to seniors.

Men of the parish who cook are encouraged to participate.

The time commitment is flexible. You can do as much or as little as your schedule permits.

Volunteers are called upon when a need arises. Meals may be prepared in advance and frozen in the Caring Cooks Freezer for later use.

Meals do not have to be fancy or gourmet. In times such as these, "it is the thought that counts."

Meal ideas and recipes are available.

## **Want to help but can't cook?**

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Volunteer to drive. Occasions occur when drivers are needed for meal delivery.

## **Contact Information**

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If you, or someone you know, are in need of meals or anticipating surgery, please contact:

**Cathy Converse**

*Pastoral Associate*

989-631-4447

[cathy@assumptionmidland.org](mailto:cathy@assumptionmidland.org)

or

**Kathryn Clary**

*Caring Cooks Coordinator*

989-839-9845

[kathrclary@aol.com](mailto:kathrclary@aol.com)

**Jan Hoppe**

*Caring Cooks Coordinator*

989-631-7785

[pbankr@aol.com](mailto:pbankr@aol.com)

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## **Support**

We all need support from time to time. It's a difficult task for many people to learn how to be a receiver. Accepting help is not a sign of weakness.

## **Serving God Through Serving Others**

We are all part of God's Family. The Caring Cooks Ministry is an excellent way to make a difference in someone's life, with a minimal time commitment.

## **Our Prayer**

May Jesus fill you with strength and courage.

May He pour His love into your heart, blessing you with a sure faith in His merciful presence at every moment of your life.

Through the intercession of the Blessed Virgin Mary, may all your fears, worries, and pain be removed and may peace that defies understanding fill you with hope in the coming days.

**AMEN**

*With love and compassion*  
**The Caring Cooks**



*Seasoned with LOVE*



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