



Dear Friends:

This year at the Convention, our usual workshop time (Friday afternoon from 3:45 – 5:00) will be spent doing a service project together as a Diocese.

We will be assembling Ziplock bags of shelf stable food to be distributed in each of our communities and across the diocese. These bags are called “Helpings.” Here is how it works:

- At 3:45, we will meet and take our seats at the assembly line tables.
- Please sit in any seat marked with the name of your congregation – one of the goals of this project is to give us a chance to meet people from other congregations around the diocese.
- A one-gallon Ziplock bag will make its way down the assembly line and you will place the item at your seat in the bag and pass it along.
- There is no reason to hurry, there is more than enough time allotted for the assembly process.
- At the end of the line, the bags will be zipped closed and sealed with a sticker indicating that this is a ministry of the Episcopal Church in Western Kansas.
- We will assemble 1,000 Helpings. Each congregation must take a minimum of 25 Helpings back to their region for distribution – you may take as many as you want. There will be a plastic tub with your churches name on it to transport your “Helpings.”
- Anyone can do this project! Everyone is invited!

(Here we will have to insert one of the following lines for each of the congregations)

*The Congregations at **Colby, Russell Springs, Goodland, and Scott City** will be asked to bring “Breakfast items.” These items must be shelf stable, individually wrapped, not require heating and be able to be opened without a can opener. Examples might be cereal bars or pop tarts. The four churches together will be asked to bring 1,000 items total.*

These items must be in your possession by September 25, 2023. If you are ordering them for delivery, you may have them delivered to Shay Craig, 140 S Fairchild, Assaria, KS 67401.

Please do NOT have them sent to the Cathedral.

If you have questions about the project or need assistance acquiring the supplies, please feel free to reach out to Toni for assistance. You may also ask members of your congregations for monetary or item assistance.

Thank you for making it possible for all of us to work together to feed the Lord’s sheep at the convention this year!

Other Instructions for Each Congregation:

St. Cornelius in Dodge City, please bring 333 individual peanut butter and crackers.

St. Thomas in Garden City, please bring 333 individual rice crispy treats.

St. Johns in Great Bend, please bring 333 individual chips (Cheetos, Doritos, etc.)

St. Michaels and St. Andrews in Hays, please bring 333 fruit cups (please be mindful that they do NOT require a can opener).

Grace Church in Hutchinson, please bring 500 Spaghetti O's or canned pasta meal (please be mindful that they do NOT require a can opener).

Christ Church in Kingman, please bring 333 individual cookie packs.

The Congregations in Larned and Kinsley, please bring single serving applesauce (please be mindful that they do NOT require a can opener). 333 units total.

The Upper Room in Lakin, please bring 333 individual bags of chips.

St. Andrew in Liberal, please bring 333 individual pudding cups (please be mindful that they do NOT require a can opener).

St. Mark's in Lyons, please bring 333 individual packets of fruit gummies.

St. Ann's in McPherson, please bring 333 pudding cups (please be mindful that they do NOT require a can opener).

The Congregations in Medicine Lodge and Pratt together, please bring 333 individual serving fruit cups (please be mindful that they do NOT require a can opener).

Trinity Church in Norton, please bring 333 single serving Goldfish.