

# Possible Service Projects for Covenant Groups Feb 2008

## **Pancake Breakfasts:**

**When:** Every 2<sup>nd</sup> Saturday of the month, Unity hosts pancake breakfast for its members, friends, and neighbors. The breakfast is from 8:30-10:00 a.m. Every month, a different church group hosts the breakfast. Its a simple and fun way to serve the Unity community, and have some fun yourselves! All the food and breakfast supplies are provided as well as directions for the griddle, making coffee, etc. You just have to show up!

**Time commitment:** 7:30 – 10:30 a.m. Saturday Morning.

**Expectations:** Help set up, cook and serve pancakes, bus tables, smile, help with clean up. Have Fun!

During June, July and August, the pancake breakfast will be on the 2<sup>nd</sup> Sunday of the month, before the service.

Contact Justin at [justin@unityunitarian.org](mailto:justin@unityunitarian.org) to sign up for a Sunday!

## **Sunday Soup Suppers:**

**When:** Every Sunday, after the 4:30 service, we have a simple soup and bread meal. The meal is donation only. Many guests, families, and Unity members stay for good food and conversation.

**Time commitment:** About three hours. Many groups will start cooking soup Sunday afternoon, around 2 p.m. Some groups will do some prep work on Saturday or earlier in the week. Plan to feed about 80 people. All your food costs will be reimbursed, and you'll have clean up and serving help from the 4:30 service Welcome Team!

**Expectations:** Make soup for 80 people and help serve and clean up kitchen. Have fun!

Do you have a great soup recipe you'd like to share? Something delicious?! Let me know! Contact Justin at [Justin@unityunitarian.org](mailto:Justin@unityunitarian.org).

**One Time Service Projects from Pat Haff and Unity's Community Outreach Teams (You can reach Pat Haff at [pat@unityunitarian.org](mailto:pat@unityunitarian.org) or 651 228-1456 x 126)**

**Affordable Housing**

- 1) Habitat for Humanity –usually a one-day commitment (happens twice a year)
- 2) Project Home –volunteer as an evening or overnight host for homeless families staying at Unity during May
- 3) Participate in legislative days at the state capitol

**Evergreen**

- 1) Collect/donate food for Sharing Korner's foodshelf –takes place each month
- 2) Cook at the Ramsey County Family Shelter for homeless families- once a month
- 3) Volunteer for Jeremiah Program—prepare meals, tell stories or read to children, provide music/art activities, offer cooking classes for women, provide hospitality, personal/career counseling and computer lab assistance.

**Restorative Justice**

- 1) Prepare “Coming Home Kits” for people coming out of prison
- 2) Volunteer as mentors for people in and coming out of prison via AMICUS (a longer commitment)

**Center for Victims of Torture**

- 1) Sew massage bags for CVT clients
- 2) Participate in painting, cleaning, and gardening days at the St. Paul Healing Center a few blocks from the church
- 2) Volunteer to provide transportation, teach people how to use the transit system, work in the CVT library, participate in CVT lobbying efforts (need to take CVT volunteer training for all of these)

**Sustainable Agriculture**

- 1) Volunteer to help purchase locally produced products for Unity Wellspring Wed. cooking crews
- 2) Participate in legislative work with Land Stewardship Project

**Mano a Mano**

- 1) Sort medical equipment and materials once a week for Mano a Mano Medical Resources
- 2) Help sale Bolivian crafts at fairs, events around the area

**Extra Projects**

- Blood Drive-several times a year
- Holiday Gift Giving (purchase, deliver gifts) once a year

## **Other Service Project Ideas:**

Seasonal: Model Cities - Family Christmas. Please contact Pat Haff at [pat@unityunitarian.org](mailto:pat@unityunitarian.org).

Monthly: Serving dinner at the Family Shelter in White Bear. Church members Karen Buggs and Mary Barrett are involved in this and they're always looking for additional help.