



**FREDERICKSBURG**  
UNITED METHODIST CHURCH

# FALL *pounding*

*This year will look  
different...*

we've discovered the needs of our community families vary. This year the community needs Family Hygiene supplies which are not covered by SNAP (Food Stamps).

This year we ask that you pray...then review the hygiene list on the back of the card, grab/buy a reusable bag(s) & buy what your heart calls your family to do!

## *Donations*

will assist us in purchasing \$15 Walmart food cards that will go in each bag. This will help families supplement for their family specifically.

**Online or Checks payable to FUMC  
with "Fall Pounding" noted on the memo**

## *On November 21*

**bring your full Fall Pounding bags to church services  
or drop off in Kobler Hall prior to Sunday**



# FALL pounding list

## Suggested Hygiene essentials to include in your bags

- Toilet Paper (any size)
- Paper Towels
- Clorox Wipes
- Shampoo
- Bath Soap or Wash
- Tooth Paste & Tooth Brush(es)
- Garbage Bags
- All Purpose Cleaner (Pine-Sol type)
- Dish Soap (for handwashing dishes)

## optional items to consider

- Female Hygiene Products
- Deodorant
- Adult Tylenol
- Diapers (Size 4, 5 or 6)

## What bag do I use?

Use or buy reusable bags for your items and then  
the family can use also!

If you would like to help with this special Thanksgiving service activity;  
counting, stuffing bags with information cards or delivering bags, please  
contact Mike Cotter – [mvcotter@comcast.net](mailto:mvcotter@comcast.net)

To be shared with MICAH friends in housing (x90) and residents of  
Heritage Park (x209). Thank you church for your ongoing love and  
support.

