**First Unitarian Society, Breakfast Run, Sunday, August 18, 7:00am**

Our next Breakfast Run is coming up soon! We expect a big crowd waiting for us and we need your help and participation, either with contributions of food and clothing, preparation on the morning of the Run, and distribution and interaction in NYC. There are not a lot of groups doing Runs this time of year, so what we can provide will really help the people we see. What better way to celebrate the summer than to join us for this Run!

The Run is an opportunity to make a tangible difference in the lives of many who need our help, never more so than in times like these. The daytime Breakfast Runs are a special way to introduce our youth and our kids to the idea of service to others, so we encourage families to pitch in however they can.

We meet at FUSW on Sunday morning to prepare a hot breakfast to bring into the city as well as to sort the clothing and toiletries that we distribute. We ask everyone to arrive by 7:00am. This should give us plenty of time so we can leave for the city by about 8:00am, and return to Hastings in time for services or anything else you have planned for the day.

Aside from food items, the most important things for this Run are new (not used) underwear and socks. Dark colors briefs and boxers are more in demand than tidy-whities. We can use all men's and women's sizes other than men's XL. Also, lots of short and long sleeve shirts, pants and shorts, lightweight jackets, hoodies, and other layers, but no coats. Leave donations in the white Midnight Run box on the FUSW porch 24/7 up to the day of the Run. Please look through your closets and ask your friends to do the same. We have enough toiletries for now, but keep collecting them; we will need them at some point this year.

Here are the food items we still need to prepare the hot meal that we will serve:

- turkey sausage - 220 links
- butter for cooking and for some of the bagels
- pastries for 80
- orange juice - six half gallons
- whole milk - one gallon
- cream cheese for 60 bagels
- ketchup for the eggs

If you can provide any of these food items, please let us know. If you can join us, whether to help prep or to go into the city or both, please let us know that, too. We look forward to hearing from you and to seeing you on the morning of the 18th. And thanks!

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