

## **FUSW Breakfast Run, Sunday June 30, 7:00am**

Our next Breakfast Run is this Sunday. The Run has been a cornerstone of FUSW's social action program for decades. It allows us to make a tangible difference in the lives of many who need our help. Breakfast Runs are a special opportunity way to introduce youth and kids to the idea of service to others. We encourage families to pitch in.

**Right now we have only one person who has responded that he can join us. If there ever was a Run where WE NEED YOU this is it!** Whether you've done one Run or a hundred, we need you for this Run to be a success.

We meet at FUSW at 7:00am to prepare a hot breakfast to bring into the city, and to sort the clothing and toiletries we distribute. We return to Hastings in time for services or whatever else you plan for the day.

Here is a list of food we need to prepare the hot meal that we will serve:

- fresh eggs - NOT HARD BOILED - 15 doz
- butter for cooking and for some of the bagels
- pastries for 80
- fruit for 70 - preferably something soft, like bananas
- orange juice - six half gallons
- whole milk - one gallon
- cream cheese for 60 bagels
- ketchup for the eggs

The eggs have been done in advance for the last few Runs by Irene and Michael at home, but they can't make it this time. If you can step into the breach and do the eggs that would be a huge lift. If you have any questions let us know.

The important clothing items for this Run are new socks and underwear: dark colored briefs and boxers, in all sizes other than men's XL. Also wanted are short and long sleeve shirts, pants, and shorts, lightweight jackets, and hoodies. There are few other Runs this time of year, so what we provide will really help. Leave items 24/7 in the white Run box on the FUSW porch.

This Run should be a fun, festive, and rewarding experience. It will make you feel good for the whole week knowing you made a difference in the lives of our neighbors who are homeless. We expect a big crowd to be waiting for us, so please join us if you can, and please contribute what you can. If you have any questions, just let us know. Thanks!

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