



# ◆ NOURISHING ◆ **BETHESDA** CARING AND COMMUNITY

## \*\*VOLUNTEER NOW TO HELP NOURISH OUR COMMUNITY\*\*

Nourishing Bethesda, a public/private coalition founded by St. John's Episcopal Church, Norwood Parish, is dedicated to building community by focusing local resources on mitigating food insecurity. Nourishing Bethesda's first initiative operates a weekly food distribution at the B-CC Rescue Squad on Fridays distributing food to over 1,300 people each week on average, amounting to 10 healthy and complete meals per person. Nearly 500 of our recipients are children. Nourishing Bethesda is entirely run by volunteers. Donations are tax deductible and 100% of donations go toward the purchase of food for people in need.

Here are some ways that you can help!

**If your faith community, company or organization would like to volunteer as a team one time or regularly, we would love to hear from you!**

**Please contact us at**

**[nourishingbethesda@stjohnsnorwood.org](mailto:nourishingbethesda@stjohnsnorwood.org)**

- **Donate online [here](#) and scroll down to Nourishing Bethesda.**
- **Write a check to St. John's and note Nourishing Bethesda in the message line and send to St. John's at the address below.**

**For More Information, contact:**

- **John Ross, Director**  
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- **The Rev. Anne Derse, Deacon**  
[aderse@stjohnsnorwood.org](mailto:aderse@stjohnsnorwood.org)

**Sign up for volunteer opportunities**  
[here](#)

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Visit us at [www.nourishingbethesda.org](http://www.nourishingbethesda.org) and on [Facebook](#)