**Bulletin October 15-16**

**Delete**

-ALPHA – already halfway through program

-Holy Hour/Happy Hour

**Modify**

Cooking Class and Dinner

Sunday, October 16

Cooking Class at 5pm, Dinner at 7pm

All students are welcome to come to our monthly cooking class to learn simple, easy to prepare meals. This month we will be making beef stew and cornbread in the Newman kitchen. All community members are invited to come to dinner at 7pm. Contact Outreach Fellow Justin at [Justin-lenczycki@uiowa.edu](mailto:Justin-lenczycki@uiowa.edu) or Jackie at [Jacqueline-timmons@uiowa.edu](mailto:Jacqueline-timmons@uiowa.edu) for more information.

**Add**

Service Opportunities

Food Drive for new UI Food Pantry

Bring non-perishable food to Newman the weekends of October 29/30 and November 5/6 to support the new food pantry at The University of Iowa. College students are also invited to dress up for Halloween and participate in a Trick or Treat for canned goods event on Sunday evening, October 30 from 7-8pm. No clown costumes allowed. The food bank emphasizes the need for allergen free foods, like gluten free and lactose free. Mainly because these items are often even less affordable for people already struggling to buy food. See the list of items accepted below:

Drinks:  
Juice  
Shelf stable milk, coconut milk, rice milk  
Coffee  
Tea  
  
Protein:  
Canned tuna, chicken, beef  
Peanut butter, sunflower butter  
Sesame, sunflower, poppy, pumpkin, chia  
Lentils  
Chicken, beef stock  
Beans-pinto, black, chickpea (dried or canned)  
Low sodium soup  
Chicken, beef bouillon  
  
Vegetables:  
Vegetable stock  
Low sodium canned vegetables  
Canned tomato sauce  
Vegetable bouillon  
  
Fruit:  
Dried fruits  
  
Grain:   
Crackers  
Sliced Bread  
Pasta, gluten free pasta  
Brown rice, quinoa, lentils, couscous, & other pulses  
Granola bars  
Low sugar cereals  
Rolled Oats/ Packaged oatmeal  
  
Toiletries:  
Baby food  
Diapers/Wipes  
Toilet paper  
Toothpaste  
Toothbrush  
Deodorant  
Diapers  
Soap  
Shampoo  
Tampons, pads

**Mass Announcements October 15-16**

1. This Sunday, October 16th, is our monthly cooking class at 5pm followed by dinner for the community at 7pm. The meal will be beef stew and cornbread. All students are invited to attend the class to learn how to make this meal. We would love to have all of you join in eating dinner with us!
2. This Tuesday evening, October 18, all are invited to the first of our three week seminar series on Faithful Citizenship. This week we welcome special guest speaker Mayor Ron Corbett of Cedar Rapids who will be speaking on Politics: Encouraging a Compassionate Community and Overcoming the Challenges of Discipleship. The Mayor will speak from 8-9pm in the Lounge.