**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 or Jackie at 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.