



LET YOUR LIGHT SHINE BEFORE OTHERS, SO THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE GLORY TO YOUR FATHER WHO IS IN HEAVEN
MATTHEW 5:15-16



YOUR INSPIRE YOUR CHURCH



JULY 2019

'FOOD BANKS'

COG is in the middle of a monthly awareness campaign to highlight the great outreach work that is happening across the UK. For five months in 2019, we will be sending all UK ecclesias an interesting story to hopefully encourage and inspire your church to do the same. At the end of the campaign we hope to make these into a booklet.

Trussell Trust food banks are funded and supported by local churches and the demand is growing. They are always looking out for local halls to use as distribution centres and rely on the regular food donations coming in from

church congregations. Volunteering for a foodbank would particularly suit students and the retired. There is a Doodle online rota where you can do as little or as much as you like, without commitment. Jobs include making coffees, unloading the van, welcoming clients, sorting tins, collecting donations or just acting as a listener by lending your ear! So why not make a connection with them. Find your local group and ask how you can help, either as an individual or as a group. We guarantee you will be welcomed with open arms!

KINGS HEATH'S STORY

We invited a speaker to come to one of our monthly "Brunch" sessions and speak to us about the B30 Food Bank, based around 2 miles from our church.

She came and talked to us one Sunday morning, describing how the project resulted from cooperation between three neighbouring churches of different denominations*, who combined their resources, shared their premises and by selling surplus buildings managed to open the Food Bank and other joint community projects. She told us about the origins of the Trussell Trust, which supports most of the food banks now operating in the UK, and described the stories behind

some of the local people they support.

We decided to support the food bank by collecting donations of tinned and packaged food, which we have been doing for several years now.

How much work is involved?

We put a large box out for people's donations and one of our members, Jean, collects these donations together once in about every five weeks and takes them to Cotteridge Church.

Extra comfort from a special donation:

"Jean came in to the food bank this week to deliver a regular donation. It was only after Jean had left and we we unpacked the generous 50kg collection, that we found a beautiful, hand-crocheted baby blanket.

Within minutes of the discovery, a client with a baby just a few weeks old came in and she was delighted to take the blanket home with her new baby.

Thanks to all at the Christadelphian Church who contribute and special thanks to the skilled crocheter from one happy mum and baby."



Christadelphian Outreach Group

*For the avoidance of doubt, we are not advocating engaging with other churches in pursuing wrong doctrine. Trussell foodbanks are based on Christian principles, whilst being non-denominational.

GET TOGETHER & FUNDRAISE

WE ARE VERY GRATEFUL FOR THE DONATIONS WE ARE RECEIVING FROM SUNDAY BAG COLLECTIONS.

THANK YOU TO ALL THE CHURCHES INVOLVED WITH THIS. WHY NOT GET TOGETHER AND DO SOME FUNDRAISING?

WE NOW HAVE FUNDRAISING PACKS AVAILABLE WHICH HAVE:



T-SHIRTS



PENS



POSTCARDS



POSTERS



PIGGY BANKS

There are so many ways you can fundraise: Coffee mornings, afternoon teas, bake-athons, sponsored walks and runs, a pancake party, car washing, shaving your head, footy tournaments, bring and buy sales, book sales... the list is endless but getting together as a group to raise money can be a good team building experience! Contact us to get your pack sent out.

OUTREACH IDEAS FOR JULY

Find out more about Kings Heath's Food Bank story on our website!

COFFEE & CAKE STALL

AT YOUR LOCAL MARKET

FRESHERS WEEK

OFFER SUPPORT AND MEAL VOUCHERS

COMMUNITY SKILLS EVENING

WHAT SKILLS ARE IN YOUR GROUP WHICH YOU COULD SHARE?
IT, GARDENING, MENTAL HEALTH, FAMILY SUPPORT, SPORT?

SET UP A LOCAL WALKING GROUP

CHRISTADELPHIANOUTREACHGROUP@GMAIL.COM
WWW.COG-UK.ORG

