

# **Petal Pushers**

A Ministry of St. James by-the-Sea

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Arrange and deliver flowers to the homebound, those recovering from illness, surgery, or in other special circumstances.

Contact: Cindy Trowbridge [cintrow@earthlink.net](mailto:cintrow@earthlink.net) or  
St. James Office 858-459-3421

Where: St. James and home locations in and around La Jolla

When: Scheduled, as needed

Petal Pushers bring beauty and cheer to members of the parish family during difficult times. They are called to serve when parishioner needs become known and flowers are available at the church for distribution. Preparation and delivery generally take place during the morning hours and generally early in the week, although timing is flexible. (In addition to your presence, your donation of unwanted vases would be welcomed!)



## **Sunday Drivers**

A Ministry of St. James by-the-Sea

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Providing transportation for those in need of a lift to church or back home.

Contact: Fr. Mark 858-459-3421  
Where: St. James and home locations in and around La Jolla  
When: Sunday mornings

Sunday Drivers volunteer on a rotating basis to help those in the parish family having difficulties getting to or from church.

## Neighborhood Food Cupboard

A Ministry of St. Mark's, City Heights

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St. Mark's maintains a small food pantry and provides assistance to anyone who may need a little extra food to make it through the month.

Contact: Heather Smith [stmarkscityheights@gmail.com](mailto:stmarkscityheights@gmail.com)

Location: 4227 Fairmount Ave, San Diego, CA 92105

When: Every Wednesday and Thursday from 12-2 PM

The Neighborhood Food Cupboard is the destination for the non-perishable items collected each Sunday at St. James. Come and see how these gifts make a difference in the community, by assisting with distribution. During their visit, pantry guests are also able to receive referrals for Food Stamps, Medi-CAL, ID replacement and more. (St. Mark's also provides refugee tutoring during the week, through volunteers able to make a recurring commitment. For Saturday opportunities to volunteer with St. Mark's, see information on the Mobile Pantry.)

## **Mobile Pantry**

A Ministry of St. Mark's, City Heights

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St. Mark's helps distribute fresh fruits and vegetables to those in need one Saturday each month.

Contact: Heather Smith [stmarkscityheights@gmail.com](mailto:stmarkscityheights@gmail.com)

Location: 4238 El Cajon Blvd (back parking lot), San Diego, CA 92105

When: 3<sup>rd</sup> Saturday of each month from 8:45-10:45 AM

Note that the location for food distribution is not at the church, but several blocks away. Be sure to confirm details with Heather.

(For weekday opportunities to volunteer at St. Mark's, see information on the Neighborhood Food Cupboard. Additionally, St. Mark's provides refugee tutoring during the week, through volunteers able to make a recurring commitment.)



# Community Meals for Neighbors in Need

Outreach at The Episcopal Church Center

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Saturday breakfasts and Wednesday night suppers are prepared and served throughout the year at the Episcopal Church Center.

## Wednesday Suppers Hosted by St. James

Contact: Sherry Seymour 858-945-1807  
Or email [sherryseymour43@gmail.com](mailto:sherryseymour43@gmail.com)  
Location: 2083 Sunset Cliffs Blvd, San Diego, CA 92107  
When: Several Wednesdays during the year from 4:00 to 7:00 PM

## Saturday Breakfasts

Contact: Glyn Franks (2<sup>nd</sup> Chances-Bread of Life) 619- 886-4275 (text only)  
Or email [glynfranks777@gmail.com](mailto:glynfranks777@gmail.com)  
Location: 2083 Sunset Cliffs Blvd, San Diego, CA 92107  
When: Every Saturday from 8:00 to 11:00 AM

Multiple churches, organizations, and groups come together to provide hot meals for our neighbors in need in Ocean Beach every Saturday morning and Wednesday evening. During much of the year, all are invited to join in a simple prayer or informal worship before the meal and healthcare, offered by Cal State San Marcos nursing students and volunteer medical professionals, is available on site.

For Wednesday evening meals, cooking is done at home using recipes provided and the prepared food transported to the ECC. In addition to cooking, volunteers set up, serve the meal, and clean up afterwards.

On Saturdays, cooking is done in the ECC kitchen. Volunteers cook/prepare meals, serve, and clean the kitchen. Please contact Glyn via text message or email and confirm that additional volunteers are needed on the Saturday you have in mind. A cap/hair covering and closed-toed shoes are required when serving at the ECC.

# Safe Havens Holiday Party Support

Episcopal Community Services

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Provide decorations, food, music, etc. for a holiday party.

Contact: Deann Ayer 619.228.2840  
Or email dayer@ecscalifornia.org  
Location: Safe Havens homes downtown or near Balboa Park  
When: Flexible

The party could be for a major holiday like Easter or Christmas, or a smaller holiday like St. Patrick's Day, the 4th of July, Memorial Day, etc. Volunteers could come and join in on the party or donate items for the program to use on their own. This is a wonderful way to support the clients living in one of the Safe Havens transitional homes. It allows them to have fun within their community and celebrate a special day.

**Safe Havens** is a residential facility that provides food, transitional housing, case management, and supportive services to chronically homeless single adults with moderate to severe mental health issues.

Deann Ayer, the contact listed above, can provide information on additional volunteer opportunities for those interested in Safe Havens. For example, ECS provides “home starter kits” for residents moving out into permanent housing. Lists of suggested kitchen, bathroom, and bedroom items for donation are available.

# Friend to Friend Life Celebration Meals

Episcopal Community Services

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[Serve a celebration meal for the Friend to Friend Homeless Outreach Program.](#)

Contact: Deann Ayer 619.228.2840  
Or email [dayer@ecscalifornia.org](mailto:dayer@ecscalifornia.org)  
Location: 2144 El Cajon Blvd. San Diego, CA 92104  
When: 3<sup>rd</sup> Friday of each month from noon to 1:00PM

These are wonderful, encouraging events where a meal is served to approx. 30 clients, and all are given a chance to share something they are grateful for before enjoying a great meal.

**ECS Friend to Friend** is a non-residential outreach and engagement program for homeless adults over the age of 18 diagnosed with a serious mental health condition - including those with co-occurring substance use disorders - who are interested in improving their social and vocational skill sets and rebuilding their lives. The program serves homeless adults on three levels: outreach, engagement and intensive case management.

## St. Paul's Senior Services

Non-profit, nondenominational, founded by St. Paul's Cathedral

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Many and varied outreach opportunities are available in residential care and daily operations.

Contact:        Brandon Flores                      (619) 239-6900  
                     Or email                                      volunteers@stpaulseniors.org

Locations:      Bankers Hill and Chula Vista

When:            Flexible

Since 1960, St. Paul's Senior Services has been dedicated to serving the physical, spiritual and social needs of the elderly and community.

SPSS welcomes anyone wanting to share their time, knowledge, enthusiasm, and passion to help others. There is a wide range of volunteer opportunities in residential living, intergenerational care, ministry services, and operations. Possibilities include reception greeters, arts & crafts, board games, story time, walking residents, bingo, food servers, picnic helpers, data entry, and many more. Reflecting the breadth of possibilities, the volunteer application invites you to list any "special skills or hobbies that you could share with our residents."

Requirements for volunteering include

- Current negative TB test
- Current Flu Vaccination (Seasonal)
- Health Screening (PACE Volunteers Only)
- Complete a 2 Hour Volunteer Orientation

Some opportunities may also require a background check.

## **Vida Joven de México (formerly Dorcas House)**

Binational, Non-profit

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Vida Joven provides a safe, loving home for especially vulnerable children in Tijuana. Trips from the San Diego area to visit the children are regularly planned.

Contact: Register for a visit on line at <http://vidajovendemexico.org/visit/details/>  
Location: 760 1<sup>st</sup> Ave, Chula Vista 91910 (St. John's)  
When: Typically, 3<sup>rd</sup> and 4<sup>th</sup> Saturdays of each month from 9:00 AM until roughly 2:00 PM

Vida Joven de México provides a home in Tijuana for children ages 3-18 years who have been abused, abandoned, or neglected. In this home every child is loved, protected and educated.

The work of caring for these children is done as a bi-national collaboration. The children are fortunate to have people on both sides of the border committed to their well-being. Vida Joven de Mexico in the United States is headquartered in San Diego, and is a 501(c)(3) nonprofit organization, governed by a Board of Directors. Funds to support the home and children come exclusively from charitable donations. Most donations are made by individuals in the U.S.

Visits to Vida Joven are scheduled on Saturdays, generally twice each month. Confirmed visitors (those who have registered by the previous Wednesday) meet at St. John's Chula Vista where they may leave their cars and travel to Tijuana by 15-passanger van. The cost of transportation is \$10 per person (\$20 for a family).

“What happens on the trip? We have fun! You will share your love and attention with these wonderful kids. There might be an organized art project, or we might just hang out and play games with the kids. We arrive at the home by 10:00 a.m. and leave again around 12:00 noon.

# Sumitra

A Ministry of St. Luke's, North Park

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Sumitra is a refugee mentoring effort supported by St. Luke's. Sumitra means "having good friends."

Contact: Robin Taylor [robin@stlukesnorthpark.org](mailto:robin@stlukesnorthpark.org)  
Location: 3725 30th St, San Diego, CA 92104  
When: Scheduled

Sumitra currently has a need for volunteers to tutor refugees in obtaining their driving permit. This would mean spending a few hours a week teaching them the questions on the test (this is not teaching them to drive!). All materials needed are provided, and many of the sessions are organized and held at the International Refugee Committee offices. People could come for just one session, or choose to work with one person until they pass the test.

Sumitra also needs help connecting refugee families with wifi in their homes. Most have been given refurbished computers, but are unable to connect to the internet. This would require 1-2 trips to their homes and phone conversations with Cox to get service established.

# Grounds / Garden Café Site Preparation

A Ministry of St. Luke's, North Park

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The MAKE Garden Café and Youth FarmWorks Garden merge agriculture, kitchens and employment for community integration, cultural awareness and economic self-sufficiency.

Contact: Robin Taylor [robin@stlukesnorthpark.org](mailto:robin@stlukesnorthpark.org)  
Location: 3725 30th St, San Diego, CA 92104  
When: Various planned work days

The Garden Café will activate the corner lot of 30th and Gunn with the creation of a new organic urban farm and outdoor café through IRC's (International Refugee Committee's) Youth FarmWorks and Project CHOP job training programs for low-income youth and refugee women. The Garden Café will serve handcrafted teas, coffees, baked goods and salads prepared by refugee women employed in Project CHOP and operating out of St. Luke's renovated commercial kitchen. Youth FarmWorks-grown vegetables will be sold at the North Park Farmers' Market and utilized in Project CHOP products.

In conjunction with this program, volunteer assistance is needed to help rehabilitate the parkways surrounding St. Luke's and level the soil in what will eventually be the café seating area. Robin Taylor, Relational Justice Coordinator at St. Luke's, can provide dates and information for upcoming work days.