



# *Join Our St. Thomas Meal Train Ministry*

**Bringing love and comfort one meal at a time**

When someone in our church or school faces illness, surgery, a new baby or any other challenging season, our meal train steps in to provide home cooked meals and encouragement. It's a simple way to show the love of Christ through food, fellowship, and care.

## **How you can help:**

1. **\*\*Join Our Mailing List:\*\*** Sign up to receive email notifications regarding needs within our community.
2. **\*\*Respond to Opportunities:\*\*** When a need arises, we will send an email detailing the opportunity to help. There is no obligation to sign up every time; simply volunteer when you are able.
3. **\*\*Provide Support:\*\*** Opportunities often involve delivering a home-cooked meal or sending a gift card to the home being assisted.

*Sign up  
today!*

\*Send an email to Gabriela at  
[pantoja188@gmail.com](mailto:pantoja188@gmail.com)