

Praised be Jesus Christ!

There are several new and ongoing opportunities, I would like to share with you. I will list them below, so you can focus on the areas you are interested in! To RSVP or get involved with any of the below activities, please email me at volunteer@ciheart.org.

CIH would like to thank each volunteer who participated in the yearly Gala last month. It was a huge success, with you giving your time and energy to the event and the generosity from the donors. I have received many comments from the volunteers stating how much they enjoyed the evening.

We have four giant trash bags full of table cloths, from the Gala, that need to be laundered. They will be at the church office, 2337 Irving Avenue, San Diego for volunteers to pick up if they would like to participate. Please email me at volunteer@ciheart.org and I will arrange the details.

Administrative Volunteer Work

The CIH main office is looking for 1-2 volunteers each week to assist with administrative duties for the adult program and corporate office. Our office staff is very flexible; however, we are looking for regular, weekly commitment from our volunteers.

Grant Writing

If there are volunteers who are experienced in writing grants, we could use your expertise.

Minors Program

Our March Refuge Clean-Up day this year falls on the 19th, St. Joseph's Day! Celebrate the feast of this great patriarch by becoming a guardian to *The Refuge*. Work on the yard and garden, sweep the driveway, clear away dead branches, wash the inside and outside windows of *The Refuge* home and van – help make *The Refuge* a fitting house for the Holy Family. If you are available, please email me at volunteer@ciheart.org for more details.

Opportunity to work with our girls. There are numerous opportunities for one-time projects, so you can get a sense of *The Refuge* environment. E.g., house cleaning, gardening, art sessions, or a project you would like to share with the girls. Unfortunately, meal prep is not an option as a food handler card is required.

Adult Program

- **Apartment help. Clients need:**
- Dining table with 4 seats
- Six-drawer dressers (x2)
- HP 920 ink cartridges
- Curtains and curtain rods
- washer/dryer set

<https://mealtrain.com/90ozv5>

Meal Train for CIH Client

This Meal Train is for a single mom and her six children. This single mom has not been approved by her doctor to return to work due to her intense medical struggles. With caring for two teenagers, three children under three years old and a preteen, plus trying to care for her sensitive medical needs, she has found life to be quite difficult at the moment. Please consider feeding this family by providing them dinner or sending them weekly groceries! If you'd like to send this family groceries, please email jenna.derham@gmail.com for a grocery list.

mealtrain.com

- **Unloading food donations.** Two volunteers are needed weekly to help unload and organize food donations. Come by the CIH office every Wednesday at 1 p.m.
- **Supply Drive.** Sign up to organize one of our monthly supply drives at https://www.signupgenius.com/go/10c0f44ada923abffc52-supply_

Kathy De Marre
Volunteer Coordinator
619-877-5233

