



# Help Feed the Hungry

*Sign up for a One Day Mission Trip to Pick Vegetables*

Please help Catholic Charities feed the hungry by volunteering to glean crops on a One Day Mission trip to the northern neck of Virginia. "Gleaning" is the traditional biblical practice of gathering crops that would otherwise be left to rot in the fields or be plowed under after harvest. The freshly gleaned produce will be transported back to Catholic Charities' St. Lucy Food Project warehouse and given to those in need. Mission trips will be offered on the first Saturday of each month starting July 11 through November and are a great service project for church groups, families, book clubs and confirmation students (with parental supervision).

**Saturdays ~ 9am-12pm**

**July 11**

**August 1**

**September 5**

**October 3**

**November 7**

**SIGN UP:**

**<https://tinyurl.com/farmgleaning2020>**

**Questions:**

**Please email Tom Pedagno  
[tcp167@verizon.net](mailto:tcp167@verizon.net)**

**PRESENTED BY CATHOLIC CHARITIES ST. LUCY FOOD PROJECT  
IN COLLABORATION WITH COMMISSIONED BY CHRIST**

## CONTACT

St. Lucy Food Project (703)479-2975, ext. 100  
[www.cdda.net](http://www.cdda.net)

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