



VOLUNTEER FOR MEALS FROM THE MARKET

Please volunteer to support the Des Moines Area Religious Council's efforts to meet the needs of food-insecure individuals and families throughout Greater Des Moines.

On **September 8th** from 11:00 AM to 2:00 PM a team of Des Moines Zen Center sangha members will volunteer at the Downtown Des Moines Farmers Market to help collect fresh produce and other food donations. Our task will be to visit participating vendors, collect donated food items, and transport produce via a wagon to the DMARC truck. We will also be responsible for tearing down the DMARC booth.

Please sign up ASAP at this Link <http://signup.com/go/BosJrkJ> or contact Deb at hansendd@outlook.com

“If you light a lamp for someone else it will also brighten your path.” ~Buddha