



Church Advocate - Information / Guidelines

Is your church congregation, Sunday School class, Circle, or other group willing to commit to a regular delivery route for Meals on Wheels of Greater Lynchburg? Here are the steps to begin:

About Delivery

Driving a route for Meals on Wheels takes about 90 minutes mid-day, Monday – Friday.

Meals are picked up from one of four convenient locations:

St. Paul's Church – 6th & Clay - between 10:30 and 10:45
Virginia Baptist Hospital - between 11:00 and 11:20

Rustburg Presbyterian Church - between 11:00 and 11:15
Timberlake – Schewel's Furniture lot - between 10:45 and 11:00

Drivers then proceed to their designated route, which is customized for them on a *delivery list* each day.

Deliveries can be made by one person; however, as a 'best practice' we recommend (socially-safe) teams of 2. Most people find it more enjoyable to work in pairs, and the deliveries seem to go more quickly.

Your Advocacy is Vital

Help keep the Meals on Wheels mission in front of your congregation:

- Recruit individuals (or teams of 2) to submit Volunteer Applications and deliver a regularly scheduled route (see below)
- Help schedule MOW staff at Moment for Mission in worship or planning meetings
- Encourage church leadership to include financial support for MOW in the annual budget
- Periodically submit information / reminders about MOW for newsletters or bulletin inserts (we will provide this information)
- Suggest MOW service projects for youth groups or other small group involvement: make and donate Birthday Boxes; collect pet food for Animeals program; special deliveries throughout the year; holiday deliveries.

Recruit your Delivery Team, and let Meals on Wheels do the rest!

Our primary volunteer opportunity is meal delivery, late morning, Monday through Friday. It takes an army of volunteers to support our mission!

Again, deliveries can be made by one person; however, as a 'best practice' we recommend teams of two. Most people find it more enjoyable to work in pairs, and the deliveries seem to go more quickly.

- Commit to recruit [a specific number of] delivery volunteers from your church
- Share about the need and opportunity
- Connect individuals who are interested (but may not be confident about delivering alone) with each other
- Communicate periodically with Meals on Wheels Volunteer Coordinator for information and updates
- Maintain and share with MOW: an updated roster of drivers, when they are scheduled, current contact information, and any substitutions in the schedule

Meals on Wheels will Provide

Promotional information for occasional submission to church newsletters, weekly bulletins, mission notes, etc.

Training, updates, and support for the Coordinator and drivers

Smiles, thanks, prayers and (socially distant) hugs from our recipients!

For more information, contact:

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