**The Connection Café – we need your help!!**

For the past 14 years, The St. Francis Homeless and Hungry Committee has served lunch to the homeless and low-income population downtown at **The Connection Cafe** on

the third Wednesday of each month. We provide both a hot meal and some extra supplies each month. We serve approximately 150-200 lunches from 12:00 to 1:00 p.m. at the St. John’s Lutheran Church at 6th and Park. This offers a great **service hour opportunity** for our students who bake, cook, serve and assemble lunch items and other supplies.

The Connection Café, is a free lunch program every Monday-Friday established by four of the Downtown Des Moines churches (St. Ambrose Cathedral, St. Paul, St. John and First United Methodist). If you or your student would like to be put on the email list to occasionally provide food or supplies (which you would deliver to our church) and/or serve, or simply want to learn more about what we do, please email Mary Bernabe at mbernabe5971@gmail.com or Stacey Dorsey at

[psdorsey1@gmail.com](mailto:psdorsey1@gmail.com) or go to <http://theconnectioncafe.org/>.

