

## **VOLUNTEER OPPORTUNITIES**

(updated October 2011)

### **United Community Ministries (UCM)**

7511 Fordson Road, Alexandria

UCM is a private, non-profit, community-based social service agency in Fairfax County. UCM assists families and individuals to improve the quality of their lives in a manner that builds their self-esteem and fosters their ability to function at the greatest level of their capacity -- socially, economically and emotionally.

**Sharing Sunday helpers:** typically the first Sunday of each month (some date changes to accommodate major holidays), from 9:00 am to 1:00 pm. UCM's Food Pantry is open to accept food donations collected from monthly church food drives, as well as others in the community. Assist with unloading donations, stocking shelves, and other duties as assigned.

**Food Packers:** Typically the third Friday of every month from 2:30 pm (arrive as soon as possible after school lets out) until 4 pm. Volunteers assist with packing special bulk food items into grocery bags for UCM clients. (Call UCM to confirm dates.)

**Food Pantry helpers:** assist with unloading donations, stocking shelves, packing food bags for UCM clients and the homeless; re-packaging bulk items into family size servings, and other duties as assigned. Flexible day(s) and time frames(s).

**Back Porch Thrift Shop:** weekend volunteer opportunity. Volunteers assist with sorting donations, stocking and rotating sale items on the sales floor. Great experience in a retail environment. Youth slots on weekends only.

**Want to share your talent?** Organize a puppet show, craft activity, sing along etc. for the children at the Bryant Early Learning Center. Proof of current TB test required.

**Important Note: Volunteers SIXTEEN and under must do volunteer assignment(s) with a parent or guardian.**

For more information, or to sign up for any of these UCM activities, please contact Volunteer & Community Relations Coordinator Christine Fiske at 703-768-7106, ext. 328, or [christine.fiske@ucmagency.org](mailto:christine.fiske@ucmagency.org)

## **Christ House**

131 S. West Street, Old Town, Alexandria

Founded in 1973, Christ House provides food to the hungry, shelter to the homeless, and clothing to those in need. Christ House helps individuals recognize their abilities, develop self-sufficiency, and maintain their self-respect. It offers limited assistance to individuals needing help to pay their rent, utility bills, prescription bills, and other expenses.

### **Help serve the evening meal at Christ House on the First Thursday of every month.**

Car leaves Good Shepherd at 3:45 p.m. and returns by 7 p.m.

Dinner is included for volunteers.

For more information or to sign up, contact Mike O'Neil at 703-799-7594 or [michaeloneil825@aol.com](mailto:michaeloneil825@aol.com)

Teenagers 16 years of age or older can **volunteer on weekends to work at the Christ House Thrift Shop**, located at 125 S. West Street. The thrift shop is open Saturdays and Sundays from 11 a.m. to 3 p.m.

To arrange volunteer hours, contact Phyllis Johnson. The best way to reach her is by email at [pjohnson@ccda.net](mailto:pjohnson@ccda.net) However, she can also be reached in the office on Monday, Wednesday, and Friday, from 9:30 a.m. to 12:30 p.m., at 703-841-3836.

## **Bethany House of Northern Virginia, Inc.**

6121 Lincolnia Rd., Ste. 303, Alexandria

Bethany House of Northern Virginia, Inc. was organized to help homeless women and their children who have suffered from domestic violence regain health and dignity and become reestablished in their community by providing temporary housing and support. Bethany House receives a grant from Good Shepherd Catholic Church through its Shepherd's Gate Grant Program.

Teens are always welcome to volunteer to help organize and sort and price clothing and other items at its thrift shop, Joseph's Coat, 3022 Annandale Road, Falls Church, 703-538-6289. Ask for Deann or Christina.

For other opportunities that may arise, contact Jenny Wassermann, development associate, at 703-658-9500, or [jwassermann@bhmv.org](mailto:jwassermann@bhmv.org)

## **Fairfax County Adopt-A-Highway Program**

Several years ago, the youth ministry program "adopted" a strip of Mount Vernon Highway, beginning just before Good Shepherd and going down to the GW Parkway. (Note our two signs from the County along the way.) We have committed to four clean ups a year.

You pick the time and date for a **road cleanup**. This is a great opportunity to earn service hours *AND* help the environment. Encourage your friends who need service hours to help.

Cleanup dates are flexible and, once you've chosen a date/time, will be announced in the church bulletin and through Miguel de Angel's youth group e-mails to get more volunteers.

If you have questions or are interested in getting involved with this project, contact: Kat Rausch, coordinator, (703)780-3398, [katherinerausch@aol.com](mailto:katherinerausch@aol.com)

### **Other Good Shepherd Parish Volunteer Opps**

Check the Sunday bulletin and the Good Shepherd Youth Ministry web page: <http://www.gs-cc.org/ministries-teensservice.php> for church-related community service opportunities which will be posted as they arise.

### **Other Volunteer Ideas**

- **Libraries** need help on a regular basis. Call the library closest to you to arrange hours.
- **Neighborhood clean ups.** Watch for these opportunities in your neighborhood newsletters or take the initiative to spend an hour or two cleaning up a park near you.
- **Cutting the grass, raking leaves or shoveling snow** for an elderly neighbor