

# SAINT SOPHIA'S PHILOPTOCHOS

## JOIN/VOLUNTEER TODAY



### HOW YOU CAN HELP

#### Attend monthly meetings and other activities



- Attend Monthly Membership meetings for activity planning
- Assist with the monthly non-perishable food drive the first Sunday of the month
- Help with Fundraising activities – selling aprons, cookbooks, etc.
- Assist at Philoptochos events: Kali Parea, Golden Age Christmas Luncheon, Lenten Retreat
- Prepare palms for Palm Sunday
- Pack Items donated for DC Foster Children or the Winter Warmth Giveaway.
- Invite a new parishioner to join Philoptochos

#### Activities that can be done from home



- Accept RSVP's for an upcoming Philoptochos event
- Place reminder calls about events or volunteer sign-ups
- Research the details for possible day trips Philoptochos could offer
- Inform the Sunshine Committee of anyone who should receive a card
- Enlist people to make baby cloths, scarves for the homeless or blankets of all sizes

#### Other ways to help



- Work with other members to prepare a nutritious lunch or breakfast for 30 people and deliver to Friendship Place.
- Represent Philoptochos in the annual Walkathon to end Homelessness
- Help deliver donations to the Free Store for DC Foster Children and families

**THERE ARE MANY OPTIONS FOR VOLUNTEERING THAT ARE NOT LISTED HERE. THIS IS A SAMPLE OF THE WORK WE DO IN THE COMMUNITY. CONSIDER BEING A PART OF A GROUP OF WOMEN WHO HELP OTHERS.**

#### FOR MORE INFORMATION CONTACT:

**MARY DIMOS 202-244-5935 or at [philoptochosdc@gmail.com](mailto:philoptochosdc@gmail.com)**