



St. Andrew the Apostle Catholic Church

1611 Feagin



Lufkin, TX 75904

(936) 632-9100

www.standrewlufkin.org

Fr. Guillermo's Meal CareCalendar™

To our parishioners:

As you know, Fr. Guillermo is devoting time to the care of two parishes and has little time to spare these days. Hopefully, we can help alleviate some of the pressures he has by providing nutritious meals a few days a week for him. Some days he doesn't have time to stop and prepare food for himself. Consider doing this as fulfilling the 5th precept of the Church (to help to provide for the needs of the church according to one's abilities and station in life).

If you're good about planning ahead, please record the entrée and a side dish you will bring so that we may offer him a variety of dinners (2-4 servings each). Please use disposable containers so that clean-up is easy and dishes will not need to be returned. You may leave the meal, labeled "Fr. Guillermo" in the refrigerator in the office/education building Tuesdays-Thursdays during regular office hours (9am-5pm).

As for food suggestions, Fr. Guillermo doesn't have any known food sensitivities or allergies and he likes **everything!** His diet is low sodium, so just make sure there are *no heavily salted foods*. If you would like to provide a meal without cooking it yourself, takeout food from a restaurant or "Grab & Go" meals from Tomé Catering are good options.

Please access the on-line meal **CareCalendar** to fill in spots that are vacant. The calendar is set up through the end of the year, so if you could sign up for a few meals throughout the year, it would be greatly appreciated.

If you prefer to call the office to set up your time to provide a meal, please feel free to do so. We're glad to assist you.

May God bless your generosity!

Debra Green
Office Administrator

To access Fr. Guillermo's Meal CareCalendar, visit

<https://www.carecalendar.org/logon/278819>

Security Code: **9884**



Remember: **LOW SODIUM!**

