

### **Meals On Wheels Delivery**

On the 4th Friday of each month (except November & December), First Reformed Church of Cary delivers meals to shut-ins under the Meals on Wheels program of Wake County. Our volunteers are assigned (usually in pairs) to one of the 6 or so delivery routes in the Cary area.

Members and friends are encouraged to volunteer for this rewarding mission activity. Additional help is always needed and appreciated. Contact the church office if you would like to help.