



TO SERVE

The Oregon Buddhist Women's Association is pleased to again organize an opportunity for the Oregon Buddhist Temple and other Buddhist sanghas to offer service as community **volunteers**. Please joins us at the **Oregon Food Bank**.

WHERE, WHEN, WHAT AND WHO:

Oregon Food Bank Headquarters
7900 NE 33rd Drive (off of Columbia Blvd.)
Portland, OR 97211

Saturday, June 24 at 12:45 to 3:30 pm

We will repack and label bulk dry food in a lively, active environment. Those ages 6 and up are welcome. Adults must accompany volunteers under 16. Last year grade schoolers, teenagers, young adults and those with a few more years had a great time.

THE NEED: Long-term unemployment, persistent underemployment and the high cost of food, utilities and rent are forcing more and more people to seek emergency food. The need for emergency food is unprecedented and continues to climb.

Oregon Food Bank collects and distributes food through a network of four Oregon Food Bank branches and 17 independent regional food banks serving Oregon and Clark County, Washington. Along with approximately 970 partner agencies, OFB helps nearly **one in five households fend off hunger**.

HOW TO SIGN-UP: Every volunteer, regardless of age, needs to register ahead of time. To secure a spot you **MUST** use this link:

<http://bit.ly/OFB2017>

If you are signing up family members, first log out of your account before using the link to register others. You may use one email address for multiple people.

If you need assistance registering or need transportation to the Food Bank, please contact Robbi Ando at rchando@comcast.net or 503.329.6682

Hope to see you at the Food Bank!

Our life is filled with warmth in sharing life with others. In personal life, it means to act by placing ourselves in the position of another, and in community life, it means to give service with joy and gratitude for the betterment of all. The practice of making others happy is based upon the clear understanding of life that is Oneness. In deep gratitude, let us realize this Oneness of all life, the heart of which is Compassion. – Rennyō Shonin

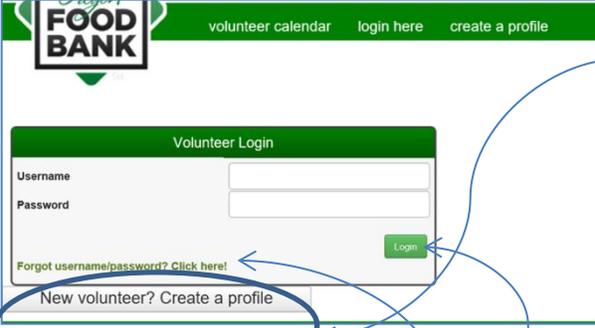
We are here to awaken from the illusion of our separateness. -- Thich Nhat Hanh

According to Buddhism, compassion is an aspiration, a state of mind, wanting others to be free from suffering. It's not passive -- it's not empathy alone -- but rather an empathetic altruism that actively strives to free others from suffering. - Dalai Lama

A generous heart, kind speech, and a life of service and compassion are the things which renew humanity. – Shakyamuni Buddha

FOOD BANK SIGN-UP HINTS

1. Use this simpler URL <http://bit.ly/OFB2017> to get to our specific group reservation.

<p>You will see a screen that looks like this</p> 	<ol style="list-style-type: none">1. If you have never volunteered at OFB, click on the bottom box “New volunteer? Create a profile” (Signing-up on behalf of a family member or friend? Be sure you are logged out first, got back to the bit.ly/OFB2017 link and then click on “New volunteer? Create a profile”) If you have already volunteered in the past/created a profile, fill in your user name and password, and click the green “login” button. You will be taken to screen 3 below. Forgotten your prior user name or password, see the green “Click here”
	<ol style="list-style-type: none">2. Fill in the profile information. Then at the bottom click on the “Save” button. Signing up for someone else? You can use the same email address for multiple people.
	<ol style="list-style-type: none">3. You’ll next see the screen that begins like this. Click on the button under the Oregon Food Bank logo which says “Sign Up”. You should, hopefully, see a screen which says you’ve successfully signed up. Check your email for more information.

