



Guardian Angel Food Pantry

St. Mark's partners with The Episcopal Church of the Guardian Angel in Baltimore to keep their food pantry supplied. Guardian Angel is located in the Remington neighborhood (not far from Johns Hopkins' Homewood campus), an area in which many people are food-insecure, often not knowing where their next meal is coming from.

Please take this list with you to the grocery store and pick up a few of the items. Bring them to church with you and place them in the bins in the Parish Hall. We'll get them to Guardian Angel for distribution.

Questions? Contact Diane Roca at dbroca@comcast.net or 410-964-3523.

- Canned tuna packed in water
- Canned chicken
- Peanut butter & jelly
- Shelf-stable milk (usu. in juice aisle)
- Package of dry spaghetti and jar of meat sauce
- Dinty Moore Beef Stew
- Spam
- Corned Beef Hash
- Vienna Sausage
- Canned chili with meat
- Canned ravioli or spaghetti

Prayer for the Poor and the Neglected

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Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. *Amen.*

Thank you!!!