

Step Up and Step Out to Stop Hunger!

In 1987, Emmanuel was one of four area churches who founded the Heron Emergency Food Centre (HEFC). To this day, we continue to support the HEFC with funding and a member of our congregation always sits on the board. HEFC is seeing record numbers of clients in need of food. To raise money to purchase food and to meet the increased demand, the HEFC is sponsoring a walk on **Saturday, September 21, 2024**, from 9 am to 12 noon. Registration takes place at St Thomas the Apostle Anglican Church at 2345 Alta Vista Drive at 9 am and the walk will start at 9:30 am. This is an easy 4 or 5 km walk through the Alta Vista neighbourhood with light refreshments served upon completion.

HOW YOU CAN HELP

- Collect pledges and walk yourself
- Sponsor a walker
- Donate online in one of two ways:
 - www.hefc.ca
 - <https://go.rallyup.com/hefcwalkathon2024/>

Tax receipts will be issued for donations of \$20 or more.

Thanks very much,

Val Dowd,
Emmanuel Representative to the HEFC
Secretary of the HEFC Board