

## Serving Meals:

### Loaves & Fishes (through Catholic Charities)

**Purpose/Mission:** To cook & serve dinner to the guests at Catholic Charities Richard J Schultz Opportunity Center the third Wednesday of each month. The time commitment for serving dinner is 4:00-5:45pm. Catholic Charities requires volunteers to set up an account. Monthly servers are scheduled by the St. Mary's Representative.

**John Gambino, Volunteer Services Specialist**

**Physical Address:** 183 Old 6th St, St Paul MN 55102

**Phone Number:** 612-204-8485

**Volunteer Opportunities/How to Volunteer:** Contact our St Mary's Representative; we utilize 10 volunteers each month. Volunteers are on a rotating basis, trying to have all volunteers serve at least once a year. All the serving positions require standing, walking and some light lifting. The serving line/kitchen are not handicap accessible. The kitchen/serving line and dining hall are not set up for food allergies.

[www.cctwincities.org](http://www.cctwincities.org)

**St. Mary's Representative:** Peggy Parenteau [athenawbl@comcast.net](mailto:athenawbl@comcast.net)

With general questions about volunteering, please contact Nathan Schuster at [nschuster@stmarys-wbl.org](mailto:nschuster@stmarys-wbl.org).  
Thank you for your generosity and service!



CHURCH OF ST. MARY OF THE LAKE  
4690 BALD EAGLE AVENUE  
WHITE BEAR LAKE, MINNESOTA 55110

## Service Opportunities in the Local Community



Compiled by JPOC

## Refugee Efforts:

### Lutheran Social Services

**Purpose/Mission:** Lutheran Social Services is a global organization of outreach. JPOC is currently working with LSS in accompanying refugees from Afghanistan.

**Physical Address:** 2400 Park Avenue, Minneapolis, MN 55404

**Phone Number:** 612-879-5258

**Volunteer Opportunities/How to Volunteer:** Volunteer opportunities include helping to set up apartments, practicing English with newly arrived persons, collecting household or children's items and delivering them, etc. Check out this website to learn more and to volunteer: <https://www.lssmn.org/services/refugees/support-refugees>.

**St. Mary's Representative:**

Kathryn Lien - [kathrynannlien@gmail.com](mailto:kathrynannlien@gmail.com)

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### Alight

**Purpose/Mission:** Alight helps displaced individuals and families and refugees navigate their new and complex reality of life in the United States: finding connection, joy, and purpose in their new homeland. Programs in Minnesota meet urgent needs and provide culturally sensitive resources to the displaced. They currently serve Ukrainian and Afghan families in Minnesota.

**Questions about volunteering contact Teaura Rollock.**

**Questions about to tax-deductible donations contact Dawn Puraway.**

**Physical Address:** 1325 Quincy St NE, Suite A1, Minneapolis, MN 55413

**Phone Number:** 612-872-7060

**Volunteer Opportunities/How to Volunteer:** Sponsor refugee families and individuals here in Minnesota, participate in welcome events and ongoing cultural exchanges. Support emergency response to floods in Pakistan, earthquakes in Syria & Turkey, food insecurity in East Africa, and others. Check out this website to learn more: <https://wearealight.org/>

**St. Mary's Representative:** Shannon Riley - [shannon.riley@comcast.net](mailto:shannon.riley@comcast.net)

### Rachel's Vineyard

**Purpose/Mission:** Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortion emotions to begin the process of restoration, renewal and healing.

**Physical Address:** 17565 Central Ave. NE, Suite 200, Ham Lake, MN 55304

**Phone Number:** 763-250-9313

**Volunteer Opportunities/How to Volunteer:** Administrative/office help database, management assistance, assist at fundraising events, promote Rachel's Vineyard locally, assist on a local retreat team, research/compiling articles, and graphic design.

<https://www.rachelsvineyardmn.org/>

**St. Mary's Representative:**

Cathy Evans - [jcevanswbl@hotmail.com](mailto:jcevanswbl@hotmail.com) or 651-429-0529

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### Prenatal Partners for Life

**Purpose/Mission:** Prenatal Partners for Life is dedicated to providing families, either expecting, or those who have had, a child with special needs or a life limiting condition, the support, information, and encouragement they need to make informed decisions involving their preborn or newborn child's care. They strive to educate the world about the unique blessings that these children are.

**Physical Address:** PO Box 2225, Maple Grove, MN 55311

**Phone Number:** 763-772-3868

**Website:** <https://prenatalpartnersforlife.org/>

**Volunteer Opportunities/How to Volunteer:** Pray for the ministry and the families. Gather family care packages. Attend or sponsor a table at the Annual Celebration of Life Banquet. Donate items or tickets to events/cabin time for the Banquet Auction.

**St. Mary's Representative:**

Cathy Evans, 651-429-0529, [jcevanswbl@hotmail.com](mailto:jcevanswbl@hotmail.com)

## Respect Life Efforts:

### Women's Life Care Center

**Purpose/Mission:** WLCC provides free and confidential pregnancy testing, ultrasounds, Life Coaching, provides community resources for housing, jobs, childcare, healthcare and more and referrals for STD testing and medical care.

**Physical Address:** 2870 Middle Street, Little Canada, MN 55117

**Phone Number:** 651-777-0350

**Volunteer Opportunities/How to Volunteer:** Receptionist, peer counseling, sorting clothes, EWYL teacher, fundraising events, prayer team, and mailings.

<https://www.womenslifecarecenter.org/support-wlcc/>

#### St. Mary's Representative:

Rachel Bonin, [bonin1997@hotmail.com](mailto:bonin1997@hotmail.com) or 612-669-5835

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### Pro-Life Action Ministries

**Purpose/Mission:** Pro-Life Action Ministries is an interdenominational Christian organization dedicated to publicly defending the sanctity of human life. They work to save lives from abortion, infanticide, and euthanasia through peaceful direct-action and educational projects.

**Physical Address:** 1163 Payne Avenue, St. Paul, MN 55130

**Phone Number:** 651-771-1500

**Volunteer Opportunities/How to Volunteer:** Sidewalk counseling and sidewalk prayer supporter outside abortion facilities, praying at prayer vigils including 40 Days for Life. <https://plam.org/>

#### St. Mary's Representative:

Jessica Myran - [jrmmyran@gmail.com](mailto:jrmmyran@gmail.com) or 651-497-9000

### Immigration Law Center of Minnesota

**Purpose/Mission:** Immigration Law Center of Minnesota (<https://www.ilcm.org/>) enhances opportunities for immigrants and refugees through legal representation for low-income individuals, and through education and advocacy with diverse communities.

**Physical Address:** 450 N Syndicate St. Suite 200 St Paul, MN 55104

**Phone Number:** 651-641-1011

**Volunteer Opportunities/How to Volunteer:** If you have unique language capacity, talents, or connections and want to get involved, there are forms to fill out to join our volunteer network, receive notifications about one-time volunteer opportunities, and get updates on new internship positions. You can learn more and get involved by visiting: <https://www.ilcm.org/get-involved/>

#### St. Mary's Representative:

Kathryn Lien - [kathrynnannlien@gmail.com](mailto:kathrynnannlien@gmail.com)

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## Housing Efforts:

### Twin Cities Habitat for Humanity

**Purpose/Mission:** Dedicated to building the quality of life, health, and economic prosperity of the seven-county metro region by producing, preserving, and advocating for affordable homeownership – because homes and families are the foundation of successful communities. We work to bring affordable housing to the Twin Cities area communities and the families that live in them. We build, repair, and sell homes to families with an affordable mortgage while connecting them to the community through our neighborhood revitalization projects. Information about the Twin Cities Habitat for Humanity can be found at: <https://www.tchabitat.org/>.

**Shane Ellanson** [shane.ellanson@tchabitat.org](mailto:shane.ellanson@tchabitat.org)

**Physical Address:** 1954 University Ave W, St Paul, MN 55104

**Phone Number:** 651-207-1700

**Volunteer Opportunities/How to Volunteer:** To learn more about volunteering with Habitat, check out: <https://www.tchabitat.org/volunteer>. Help to build affordable homes and advocate for affordable housing in the local community. Volunteer in the renew store - <https://restore.tchabitat.org/>.

#### St. Mary's Representative:

LowAnn Belden [lowannbelden@gmail.com](mailto:lowannbelden@gmail.com) or 612-741-2614

## Philomena House

**Purpose/Mission:** The Philomena house provides housing and help up to a year for homeless, expectant mothers. Every guest stays at Philomena House through a safe pregnancy, delivery, and early life after birth. Many services are offered during and after a guest stays at PH.

**Physical Address:** 906 Lexington Parkway North, St. Paul, MN, 55103

**Phone Number:** 763-344-3339

**Volunteer Opportunities/How to Volunteer:** Become a House Mom, Mentor, G.E.D Teacher, Meal Planner, Budget Planner, Arts & Crafts Instructor, Fix-it Person and/or Driver!

<https://philomenahouse.org/volunteer/>

**St. Mary's Representative:**

Cathy Evans, [jcevanswbl@hotmail.com](mailto:jcevanswbl@hotmail.com) or 651-429-0529

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## Solid Ground

**Purpose/Mission:** Solid Ground, is an award winning nonprofit organization whose proven, holistic approach helps families build the strong foundations they need to emerge from homelessness into a brighter future.

**Physical Address:** 3521 Century Ave N, White Bear Lake, MN 55110

**Phone Number:** 651-773-8401

**Volunteer Opportunities/How to Volunteer:** Serve as a tutor, welcome visitors at the front desk, help families shop for groceries, support the planning and execution of events throughout the year. Help collect, sort, and distribute essential items for Solid Ground families including personal care kits, back-to-school kits, welcome home kits, underwear & sock packs, birthday bags, and more! Scheduling is flexible and determined by the volunteer. Check out this website to learn more and to volunteer:

[www.solidgroundmn.org/volunteer](http://www.solidgroundmn.org/volunteer)

**St. Mary's Representative:**

Kathryn Lien - [kathrynannlien@gmail.com](mailto:kathrynannlien@gmail.com)

## Listening House

**Purpose/Mission:** A daytime shelter for people experiencing poverty, homelessness, and loneliness. Staff and volunteers welcome this community with “radical hospitality” through hot meals, a clothing closet, access to phones, wifi, mail, laundry, and resting spaces.

**Elyse (Program and Services Manager)**

**Physical Address:** 464 Maria Avenue, St. Paul, MN 55106

**Phone Number:** 651-227-5911 or [elyse@listeninghouse.org](mailto:elyse@listeninghouse.org)

**Volunteer Opportunities/How to Volunteer:** Opportunities include directly helping guests via the clothing room resources, serving meals, being a friend. <https://www.listeninghouse.org/volunteer>

**St. Mary's Representative:** Sue Arcand - [cherylsuearcand@gmail.com](mailto:cherylsuearcand@gmail.com)

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## Common Bond

**Purpose/Mission:** At Common Bond, housing is paired with supportive services that provide academic and enrichment programs for youth and job assistance, health and wellness services, and community engagement opportunities for adults and seniors.

**Physical Address:** 1080 Montreal Avenue, St. Paul, MN 55116

**Phone Number:** 651-291-1750

**Volunteer Opportunities/How to Volunteer:** There is a detailed volunteer resource page at <https://commonbond.org/volunteer/>. There are both in person and virtual volunteer opportunities, including: tutoring/mentoring, participating in 8-week summer program, participating in Study Buddy program, participating in Community Advisory Board, etc.

**St. Mary's Representative:**

Kathryn Lien - [kathrynannlien@gmail.com](mailto:kathrynannlien@gmail.com)