

How You Can Help IHN?

Each host week requires about 50 volunteers and over 300 hours of work. We hope that you will be able to help in one of the following ways.

- ❑ Prepare a dinner at home, bring it to the Parish House and serve our guests. 5:30 – 6:30 pm. Stay and dine if you like.
- ❑ Come have dinner and visit with our guests, help children with homework, read to or play a game with a child or simply visit with the adult guests. 6:00 – 8:30 pm.
- ❑ Spend the night! Comfortable, inflatable mattresses are provided for you in a private room. If you can bring your own linens, great, otherwise we have some for you. 8:00 pm – 6:30 am.
- ❑ Shop for basic provisions, snack and lunch food. *We prepare the list.*
- ❑ Set up the rooms for our guests. Sunday, between 11:00 -11:30 am.
- ❑ Restore guest quarters to their original order on the last Sunday 8 - 9 am.
- ❑ After our guests leave, assist with **laundry** sheets, blankets & towels.
- ❑ Donate unused packages of paper goods, trash bags & cleaning supplies for the Day Center in Norristown - defrays operating expenses. A collection box is in the Parish House.