



# Midnight Run at First U



Message from Art, December 3, 2015

First, thanks to all those who pitched in and made our Breakfast Run November 22nd a success. It takes a community to make it work.

It's time for our last regular night Run of 2015, which will take place on Friday December 11th. As always, we need YOU to make it successful. What better possible way could there be to get into the spirit of this season than to get involved with this Run and give something of yourself to those who are so much less fortunate than we are and need our help to survive, especially as the season turns.

**We will meet at FUSW between 6:45 and 7 on the night of the 11th** to pack and prepare food, drink, clothing and toiletries. We need lots of hands to do that prep, lots of us to contribute the food, drink and clothing that we will hand out, and lots of volunteers to go into the city to meet our homeless friends and lift their spirits. If you can help in any way, whether with a contribution of a food item, or by collecting from your home and from neighbors coats and other warm clothing, shirts and pants, or by helping with the prep or by going in on the Run, we need you and what you do makes a difference.

Here are the food items that we need for this Run:

sliced turkey breast - 12 lb  
enough sliced cheese for 100 sandwiches  
11 loaves wheat bread  
100 juice boxes  
100 water bottles  
100 pieces of fruit (soft like bananas preferred)  
400 oreo size cookies  
mayonnaise and mustard for the sandwiches  
100 hard boiled eggs  
1 gallon whole milk  
one jar each peanut butter and jam/jelly

**Contact Art to know which items have already been donated and which they still need. Thank you!**

If you can provide any of these items, or any part on any of them, please let us know so we can keep track of what we have and what we need.

In addition to coats, hats, gloves, scarves, sweaters, sweatshirts, hoodies, shirts and pants (especially jeans), all of which can be gently used, we need donations of new, not used, underwear and socks. The men's sizes most in demand are M, L and XL. We also need toothbrushes, toothpaste, razors, deodorant, combs, body lotion, soap, shampoo and conditioner, preferably in travel sizes, so if you have brought any home from your last vacation, please drop it off. And see if your neighbors have anything that could be passed on too.

Whatever clothing or toiletries you can provide can be left in the Run box on the porch at FUSW 24/7. Food items can be dropped off a day or two in advance of the Run but call FUSW to be sure there is someone there if you don't have a key to get into the building.

Please join us on the 11th for this important work. You will be glad you did, and that you kicked off the real holiday season in such a meaningful way. If you can join us, whether to go in on the Run or just to pack and prep, please let us know. And if you have any questions, about the Run itself or about any clothing items, please call us. We look forward to hearing from you, and to seeing you on the 11th. And thanks.

For more information, e-mail [arthur.lowenstein@gmail.com](mailto:arthur.lowenstein@gmail.com), or call Annie Patton [914-588-4782](tel:914-588-4782) or Art Lowenstein [914-844-4189](tel:914-844-4189) or [845-424-3638](tel:845-424-3638)