

## September 2020 Cape Girardeau Church Meals & Pantries

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>Trinity Lutheran</b> To Go Meal Noon-1 PM <b>Salvation Army</b> Pantry 9 AM-noon <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM <b>Rock of Cape***</b> Pantry 9-11 AM	<b>2</b> <b>Centenary Methodist</b> To Go Meal 5:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>3</b> <b>Salvation Army</b> Pantry 1-3 PM <b>Christ Episcopal Church*</b> Pantry 10 AM - 11:30 AM <b>JMA Food Pantry****</b> 1 PM — 3 PM <b>St Andrew Lutheran LAC</b> Shower Ministry and meal Noon—2 PM	<b>4</b> <b>Apostolic Promise Pantry</b> Pantry 10AM - noon <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>5</b> <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM
6	<b>7</b> <b>Christ Episcopal Church*</b> Pantry 10 AM – 11 AM <b>JMA Food Pantry****</b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>8</b> <b>Salvation Army</b> Pantry 9 AM-noon <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM <b>Rock of Cape***</b> Pantry 9-11 AM	<b>9</b> <b>Centenary Methodist</b> To Go Meal 5:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>10</b> <b>Salvation Army</b> Pantry 1-3 PM <b>Christ Episcopal Church*</b> Pantry 10 AM - 11:30 AM <b>JMA Food Pantry****</b> 1 PM — 3 PM <b>St Andrew Lutheran LAC</b> Shower Ministry and meal Noon—2 PM	<b>11</b> <b>Apostolic Promise Pantry</b> Pantry 10AM - noon <b>FISH Food Pantry**</b> Pantry 9 AM-Noon <b>St Andrew Lutheran</b> Seconds to Go Meal 5:30—6 PM	<b>12</b> <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM
13	<b>14</b> <b>Salvation Army</b> To Go Meal Noon-1 PM <b>Christ Episcopal Church*</b> Pantry 10 AM – 11 AM <b>JMA Food Pantry****</b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>15</b> <b>Salvation Army</b> To Go Meal Noon-1 PM Pantry 9-11:45 AM <b>Rock of Cape***</b> Pantry 9-11 AM <b>Catholic Social Ministries</b> Pantry 9:30 - 11:30 AM	<b>16</b> <b>Salvation Army</b> To Go Meal Noon-1 PM <b>Centenary Methodist</b> To Go Meal 5:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>17</b> <b>Salvation Army</b> To Go Meal Noon-1 PM Pantry 1 PM – 3 PM <b>Christ Episcopal Church*</b> Pantry 10 AM - 11:30 AM <b>JMA Food Pantry****</b> 1 PM — 3 PM <b>St Andrew Lutheran LAC</b> Shower Ministry and meal Noon—2 PM	<b>18</b> <b>Salvation Army</b> To Go Meal Noon—1 PM <b>Apostolic Promise Pantry</b> Pantry 10AM – noon <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>19</b> <b>Red Star Pantry</b> Pantry 9 AM-11 AM Call 335-3381 for emergency food. <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM

\*Downtown Residents Only. \*\*Call FISH first at 573-334-0207. \*\*\*Call the Rock first at 573-339-1811. \*\*\*\*Residents of Jackson R-2 School District Only.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>20</b>	<b>21</b> <b>Salvation Army</b> To Go Meal Noon -1 PM <b>Christ Episcopal Church*</b> Pantry 10-11 AM <b>JMA Food Pantry****</b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>22</b> <b>Salvation Army</b> To Go Meal Noon-1 PM Pantry 9 AM-11:45 AM <b>Rock of Cape***</b> Pantry 9-11 AM	<b>23</b> <b>Salvation Army</b> To Go Meal Noon-1 PM <b>Centenary Methodist</b> To Go Meal 5:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>24</b> <b>Salvation Army</b> To Go Meal Noon-1:00 PM Pantry 1-3 PM <b>Christ Episcopal Church*</b> Pantry 10-11:30 AM <b>JMA Food Pantry****</b> 1 PM — 3 PM <b>St Andrew Lutheran LAC</b> Shower Ministry and meal Noon—2 PM	<b>25</b> <b>Salvation Army</b> To Go Meal Noon-1 PM <b>Apostolic Promise Pantry</b> Pantry 10AM – noon <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>26</b>
<b>27 Christ Episcopal Church</b> To Go Meal 4:30 PM	<b>28</b> <b>Christ Episcopal Church*</b> Pantry 10 AM – 11 AM <b>JMA Food Pantry****</b> 9-11 AM & 1-3 PM <b>Apostolic Promise Church</b> TAP into Recovery Meal 6:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon	<b>29</b> <b>Salvation Army</b> Pantry 9 AM-noon <b>Catholic Social Ministries</b> Pantry 9:30 AM - 11:30 AM <b>Rock of Cape***</b> Pantry 9-11 AM	<b>30</b> <b>Centenary Methodist</b> To Go Meal 5:30 PM <b>FISH Food Pantry**</b> Pantry 9 AM-Noon			<b>Mobile Food Pantries:</b> <a href="https://www.semofoodbank.org/events/">https://www.semofoodbank.org/events/</a>
<b>Red Star Pantry</b> 1301 N. Main If anyone wants to receive the pantry text alert have them send a text to 573-	<b>St Andrew Lutheran LAC</b> Shower Ministry and Meal 804 N Cape Rock (building to rear of church) <b>FISH Food Pantry**</b> 106 S. Sprigg 573-334-0207	<b>Christ Episcopal Church*</b> 38 N. Fountain <b>Church of the Rescued and Redeemed</b> 1301 N Main <b>Centenary Methodist</b> 300 N. Ellis Street 200-1565 with their name.	<b>House of Hope</b> 1000 Ranney St <b>Apostolic Promise Church</b> 750 N. Mt. Auburn <b>The Bridge</b> 428 S Fredrick <b>Trinity Lutheran Church</b> 100 N. Frederick St.	<b>Apostolic Promise Church</b> 750 N. Mount Auburn Rd <b>Apostolic Promise Pantry</b> 361 Country Club Dr. <b>House of Prayer</b> 1 N. Sprigg St <b>Salvation Army</b> 701 Good Hope St	<b>First Baptist Church</b> 1289 Lexington Ave <b>Lynwood Baptist Church</b> 2935 Lynwoodhills Drive <b>Rock of Cape***</b> 4250 State Highway K <b>Vincent Vittles</b> St. Vincent de Paul Catholic Church 1913 Ritter Dr	<b>Catholic Social Ministries</b> 134 S. Sprigg St <b>Jackson Ministerial Alliance (JMA) Food Pantry****</b> First Baptist Church 212 S High St, Jackson, MO 63755 <b>St Andrew Lutheran Church</b> Celebrate Recovery 804 N Cape Rock

Calendar compiled by Pastor Dan Johnson for the Cape Ministerial Alliance. Please send corrections and additions to [calendar@loveincsemo.org](mailto:calendar@loveincsemo.org)

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