









Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	<p>1</p> <p>**Anoka Covenant Church 12:00-2:00 PM Anoka</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p> 	<p>2</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p> <p>**Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley</p>	<p>3</p> <p>Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Peace Lutheran Church 5:00-6:00 PM Coon Rapids Mt. Olive Lutheran Church 5:30-6:15 PM Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up</p> <p>**Wed. 5:00-6:30 PM #3♥ Fridley Forest Hill United Methodist Church 5:30-6:15 PM Forest Lake</p>	 <p>4</p> <p>**Hope Church 9:30 AM-5:00 PM Drive Thru Blaine</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p> <p>Faith Lutheran Church 5:00-6:00 PM Drive Thru or Dine In Coon Rapids</p> <p>**Trinity Lutheran Church 5:00 7:00 PM Drive Thru St. Francis</p>	<p>5</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p>	<p>6</p> <p>**Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park</p>		
<p>7</p> <p>First Lutheran Church Community Lunch 11:00 AM-12:00 PM Indoor or Take Out Columbia Heights</p>	<p>8</p> <p>**Anoka Covenant Church 12:00-2:00 PM Anoka</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p>	<p>9</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p> <p>**Way of the Lord Church 2:30-5:30 PM Blaine</p> <p>St. Timothy Lutheran Church 5:00-6:30 PM Drive Thru Columbia Heights</p> <p>**Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley</p>	<p>10</p> <p>Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Peace Lutheran Church 5:00-6:00 PM Coon Rapids Mt. Olive Lutheran Church 5:30-6:15 PM Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up</p> <p>**Wed. 5:00-6:30 PM #3♥ Fridley Forest Hill United Methodist Church 5:30-6:15 PM Forest Lake</p>	<p>11</p> <p>**Hope Church 9:30 AM-5:00 PM Drive Thru Blaine</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p>	<p>12</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p>	<p>13</p> <p>**Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park</p>		
<p>14</p> <p>First Lutheran Church Community Lunch 11:00 AM-12:00 PM Indoor or Take Out Columbia Heights</p> <p>**Spirit of Matthew 25 Distribution 12:00 2:00 PM Drive Thru CR United Methodist Church Coon Rapids</p> <p>Servant of Christ Lutheran Church 5:00-6:00 PM Drive Thru Champlin</p>	<p>15</p> <p>**Anoka Covenant Church 12:00-2:00 PM Anoka</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p> <p>Redeemer Lutheran Church 5:45-6:30 PM Fridley</p>	<p>16</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p> <p>**Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley</p>	<p>17</p> <p>Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Peace Lutheran Church 5:00-6:00 PM Coon Rapids Mt. Olive Lutheran Church 5:30-6:15 PM Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up</p> <p>**Wed. 5:00-6:30 PM #3♥ Fridley Forest Hill United Methodist Church 5:30-6:15 PM Forest Lake</p>	<p>18</p> <p>**Hope Church 9:30 AM-5:00 PM Drive Thru Blaine</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p> <p>**Trinity Lutheran Church 5:00 7:00 PM Drive Thru St. Francis</p>	<p>19</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p> <p>Glen Cary Lutheran Church 6:00-7:00 PM Ham Lake</p>	<p>20</p> <p>**Forest Hill United Methodist Church 7-9:30 AM Drive Thru Forest Lake (\$25 donation)</p> <p>**Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park</p> <p>St. Stephen's Catholic Church 5:45-6:30 PM Anoka</p>		
<p>21</p> <p>First Lutheran Church Community Lunch 11:00 AM-12:00 PM Indoor or Take Out Columbia Heights</p> <p>Grace Lutheran Church 12:30 PM -1:30 PM Drive Thru or Dine In Andover</p>	<p>22</p> <p>**Anoka Covenant Church 12:00-2:00 PM Anoka</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p> 	<p>23</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p> <p>**Way of the Lord Church 2:30-5:30 PM Blaine</p> <p>**Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley</p>	<p>24</p> <p>**Faith Lutheran Church- The Harbor food distribution 2:30-4:30 PM Drive Thru Coon Rapids</p> <p>Lutheran Church of the Master 5:00-6:30 PM Dine in or Take Out Brooklyn Center Peace Lutheran Church 5:00-6:00 PM Coon Rapids Mt. Olive Lutheran Church 5:30-6:15 PM Anoka St. Philip's Lutheran Church 5:15-6:00 PM (meal) Door 1 Only curbside pick-up</p> <p>**Wed. 5:00-6:30 PM #3♥ Fridley Forest Hill United Methodist Church 5:30-6:15 PM Forest Lake</p>	<p>25</p> <p>**Hope Church 9:30 AM-5:00 PM Drive Thru Blaine</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p> <p>**New Life Church 5:00-6:30 PM Indoor or Curbside Hope Fellowship 6000 167th Ave. Ramsey</p> <p>Unity North Spiritual Center 5:00-6:00 PM Drive Thru Coon Rapids</p>	<p>26</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p> <p>**Lord of Life Lutheran Church 4:30-6:00 PM Drive Thru Ramsey (Ruby's Pantry) (\$25 cash donation)</p> 	<p>27</p> <p>**Manna Market @ Substance Church 10:00-11:30 AM Drive Thru Spring Lake Park</p> <p>Fridley United Methodist Church 11:30 AM-12:30 PM Indoor Dining 12:00-12:30 Drive Thru Fridley</p>		
<p>28</p> <p>First Lutheran Church Community Lunch 11:00 AM-12:00 PM Indoor or Take Out Columbia Heights</p>	<p>29</p> <p>**Anoka Covenant Church 12:00-2:00 PM Anoka</p> <p>**Manna Market @ Substance Church 4:00-6:00 PM Drive Thru Spring Lake Park</p>	<p>30</p> <p>**St. Philip's Lutheran Church 10:00-11:30 AM Door 3 ♥ Fridley</p> <p>**Manna Market @ Fridley Covenant Church 4:00-6:00 PM Drive Thru Fridley</p>	 <p>During these times, we are grateful for those ministries that are helping with assistance. Community meals are open to everyone. Some Food Distributions may have restrictions. Please observe your residence boundary areas. Bring ID. Volunteers are always welcome. Contact any churches for opportunities. Monetary donations \$\$ welcomed at any site. (To defray expenses) Do not arrive too early. Thanks for being Patient</p> <p>♥ Blood Pressure taken by retired nurses from St. Philip's Church</p>					