

<b>Meals ↓</b>							(1st) = 1st week of the month
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
STREET CHURCH meal 1:30 -2:00pm	AMAZING GRACE coffee & donuts 8:00am	AMAZING GRACE coffee & donuts 8:00am	AMAZING GRACE coffee & donuts 8:00am	AMAZING GRACE coffee & donuts 8:00am	AMAZING GRACE coffee & donuts 8:00am	AMAZING GRACE coffee & donuts 8:00am	
AMAZING GRACE hot meal 2:30 pm	INNER CITY bag meal 9:00am - noon	INNER CITY bag meal 9:00am - noon	INNER CITY bag meal 9:00am - noon	INNER CITY bag meal 9:00am - noon	INNER CITY bag meal 9:00am - noon	FRIENDS MINISTRY hot meal (& clothes) 4:00pm - 6:00pm	
	HOLY FAMILY hot meal, woods bags 10:30am-12:30pm	HOLY FAMILY hot meal, woods bags 10:30am-12:30pm	HOLY FAMILY hot meal, woods bags 10:30am-12:30pm	HOLY FAMILY hot meal, woods bags 10:30am-12:30pm	HOLY FAMILY hot meal, woods bags 10:30am-12:30pm	AMAZING GRACE hot meal 6:00pm	
	FEED MY SHEEP hot meal 5:30pm - 8:00pm	MOUNT CARMEL HLC cooking demo + meal 11:00am <b>(1st)</b>	AMAZING GRACE hot meal 6:00pm	AMAZING GRACE hot meal 6:00pm	FRIENDS MINISTRY hot meal (& clothes) 4:00pm - 6:00pm	JERICOH'S hot meal (& clothes) 6:00pm - 9:00pm	
	AMAZING GRACE hot meal 6:00pm	AMAZING GRACE hot meal 6:00pm	ST. JOHN'S EPISC. family-style dinner 6:30 - 7:00pm		AMAZING GRACE hot meal 6:00pm		
<b>Ohio Benefit Bank (OBB) Services ↓</b>					JERICOH'S hot meal (& clothes) 6:00pm - 9:00pm		
Sign-ups for SNAP (food stamps) and Medicaid. • Gladden Pantry - call (614) 228-2498 to schedule an appointment • St. John's Episcopal Church - call (614) 221-9328 to schedule an appointment					MATTHEW 25 bible study & dinner 7:20pm - 9:00pm		
<b>Utilities Assistance ↓</b>				<b>Rent Assistance ↓</b>			
Gladden Community House - utilities, referrals. open MON - FRI. appointment required. Holy Family - utilities. MON-FRI 10:30am-12:30pm. <i>must live w/in 2 mi of Mount Carmel</i>				Gladden Community House - rent, referrals. open MON - FRI. appointment required. Holy Family - rent. MON-FRI 10:30am-12:30pm. <b>Dec - June.</b> <i>must live w/in 2 mi of MCH</i>			
<b>Healthcare ↓</b>							
Mount Carmel Mobile Medical Coach - THU 9:00am - 12:00pm. <b>free.</b> no appointment necessary. bilingual. incl. family practice physician, registered nurses, medical technicians. The Breathing Association Mobile Unit - 4th TUE/month (except Dec) 8:00am - 4:00pm. <b>free.</b> appointment required. incl. physical exams, prescription & medical supply assistance. Xenos Free Clinic - 2nd & 4th TUE of the month, register between 6:00pm - 7:00pm. <b>free.</b> no appointment necessary. incl. basic medical services, referrals. <i>uninsured patients only.</i> LifeCare Alliance - MON - FRI 8:00am - 4:30pm. <b>free.</b> appointment required. incl. general health examinations. <i>age 60 and over only.</i> Lower Lights Christian Health Center - open MON - FRI 8:00am - 5:00pm, SAT 8:00am - noon. <b>sliding scale.</b> appointment required. incl. primary care, dental, vision, pharmacy.							
<b>Showers / Laundry ↓</b>							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		LAUNDRY LOVE laundry 6:00pm <b>(4th)</b>	MATTHEW 25 showers & laundry 11:30am - 3:00pm				

Clothing / Hygiene Items / Food Pantries / ↓							(1st) = 1st week of month
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	GLADDEN PANTRY pantry 9:00am - 2:45pm	GLADDEN PANTRY pantry 9:00am - 2:45pm	INNER CITY food pantry 9:30am - 11:30am	GLADDEN PANTRY pantry 9:00am - 2:45pm	GLADDEN PANTRY pantry 9:00am - 2:45pm	MATTHEW 25 clothes noon - 3:00pm	
	INNER CITY clothes, hygiene 9:30am - 11:30am	INNER CITY food pantry 9:30am - 11:30am	HOLY FAMILY pantry, clothes, hygiene 10:30am - 12:30pm	INNER CITY clothes, hygiene 9:30am - 11:30am	INNER CITY clothes, hygiene 9:30am - 11:30am	VETERANS FIRST pantry 10:00am - noon, clothes 10:00am - 2pm	
	HOLY FAMILY pantry, clothes, hygiene 10:30am - 12:30pm	HOLY FAMILY pantry, clothes, hygiene 10:30am - 12:30pm	GLADDEN PANTRY pantry 1:00pm - 2:45pm	HOLY FAMILY pantry, clothes, hygiene 10:30am - 12:30pm	HOLY FAMILY pantry, clothes, hygiene 10:30am - 12:30pm	JERICO'S clothes (& hot meal) 6:00pm - 9:00pm	
		VETERANS FIRST clothes 10:00am - 2:00pm		VETERANS FIRST clothes 10:00am - 2:00pm	CROSSROADS produce giveaway 4:30pm	FRIENDS MINISTRY clothes (& hot meal) 8:00pm	
					JERICO'S clothes (& hot meal) 6:00pm - 9:00pm	VINEYARD CHURCH clothes 10 - 11:30am (3rd)	
					FRIENDS MINISTRY clothes (& hot meal) 8:00pm		

Amazing Grace Baptist Church  
1288 W Broad St, Columbus, OH 43222  
phone: (614) 274-6333

The Breathing Association Mobile Medical Unit (at Gladden)  
183 Hawkes Ave, Columbus, OH 43223  
\* for appointment call Gladden at (614) 227-1600  
main location phone: (614) 457-2997  
24-hour appointments: 1-866-861-6399

Crossroads World Outreach  
165 S Cypres Ave, Columbus, OH 43222  
phone: (614) 525-0275

Feed My Sheep Ministries (mobile truck at Jericho's Light Club, rear parking lot)  
1187 W Broad St, Columbus, OH 43222

Friends of the Homeless Ministry (at Youth For Christ)  
40 Chicago Ave, Columbus, OH 43222

Gladden Community House  
\* for residents of 43222, 43223, and 43215 West of river  
183 Hawkes Ave, Columbus, OH 43223  
phone: (614) 227-1600  
24-hour help: (614) 221-2255

Gladden Food Pantry  
\* for residents of 43222, 43223, and 43215 West of river  
318 S. Glenwood Ave, Columbus, OH 43223  
phone: (614) 228-2498

Holy Family Soup Kitchen  
57 South Grubb St, Columbus, OH 43215  
phone: (614) 461-9444  
email: [holyfamilyoutreach@gmail.com](mailto:holyfamilyoutreach@gmail.com)

Inner City Ministries  
852 Sullivant Ave, Columbus, OH 43223  
phone: 614-469-7920  
email: [innercityministries1@yahoo.com](mailto:innercityministries1@yahoo.com)

Jericho's Light Club  
1187 W Broad St, Columbus, OH 43222

Laundry Love (at Wash Land Laundromat)  
1469 W Broad St, Columbus, OH 43222

LifeCare Alliance  
1699 West Mound Street, Columbus, OH 43223  
phone: (614) 278-3130

Lower Lights Community Church of the Nazarene  
1066 Bellows Ave, Columbus, OH 43223  
phone: (614) 228-1262

Lower Lights Christian Health Center  
1160 W Broad St, Columbus, OH 43222  
phone: 614-274-1455

Matthew 25:35 Ministries (entrance in rear by parking lot)  
\* clothing by appointment only - call (614) 224-4770  
649 W. Broad St, Columbus, OH 43215  
phone: (614) 224-4773  
email: [steve@matt2535ministry.com](mailto:steve@matt2535ministry.com)

Mount Carmel Healthy Living Center  
777 W. State St. Bldg. 2, Columbus, OH 43222  
phone: (614) 234-4356

Mount Carmel Mobile Medical Coach (at Holy Family)  
584 W Broad St, Columbus, OH 43215  
phone: (614) 546-4200

St. John's Episcopal Church  
1003 W Town St, Columbus, OH 43222  
phone: (614) 221-9328

Street Church  
SE corner of W. Broad and Central  
phone: (614) 221-9328 (St. John's)

Veterans First Foundation  
\* veterans only  
1205 W Broad St, Columbus, OH 43222

Vineyard Church, Franklinton  
33 Chicago Ave, Columbus, OH 43222  
email: [paulinkim@att.net](mailto:paulinkim@att.net)  
phone: (614) 275-4884

Xenos Free Clinic (at Youth For Christ)  
40 Chicago Avenue, Columbus, OH 43222