

## Psalm 34: 18

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."



### Meals for The Shanks Family

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## Meals for the Shanks Family via Take Them A Meal

<https://takethemameal.com/VVfy3949>

Dear Avondale friends, by now you have likely heard the tragic news of the loss of our precious Max Shanks. I know that you may want to do something to help this family that is so dear to us and that often comes in the form of food. Jessica's friend Raychelle has started a meal train and I have included the link above. It has instructions regarding where to take food and how much to prepare. Please be mindful that too much food can also be overwhelming and throwing away food is upsetting. The Shanks are going to need our support in the days, weeks and months ahead, especially with the uncertainty of how long it may take for Corey's recovery. Please use the meal train provided and pass it along to anyone that I have missed that may want to help in this way. With the recent loss of my dad, may I also offer a few suggestions. Paper products were a blessing, I have taken the family quite a bit this week and I think they are set for a while, but you may want to consider adding paper plates, cups, plastic utensils in the weeks ahead. Also, many people bring salad and several bottles of dressing that may not be needed. On your sign up day you may want to just touch base with Jessica to find out specifically what is needed so that we can best love them in the way they need it most. For example, they may have all the salad, dessert and bread they can eat on your day and may just want an entree. Again, these are only suggestions that I found helpful just coming off the loss of my dad. Also, there is absolutely no pressure to provide a meal if this is not your gift and preferred ministry to this family. I am just trying to get the meal train out to the congregation to anyone who may be interested. Thank you in advance for your ministry, love and support to the Shanks. This news is both overwhelming and tragic.

- Rena Beall

### ARTICLE: 10 MEAL TRAIN DINNER IDEAS WITH RECIPES

Recipes, tips and do's & don'ts.

<https://momsdinner.net/meal-train-dinner-ideas/>



#### Meal Train TIP:

Take the food in containers that do not need to be returned to you... and make sure they know that!