

## Children

### Childcare - Women's Book Club

- 🕒 2hrs on Monday Morning as often as you want
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Church Nursery

- 🕒 1.5hrs on Sunday Morning as often as you want
- 📞 Stephanie: 519-442-2842, [stephanie@parispresb.ca](mailto:stephanie@parispresb.ca)

### Juniors

- 🕒 1-2 hrs one time a year
- 📞 Stephanie: 519-442-2842, [stephanie@parispresb.ca](mailto:stephanie@parispresb.ca)

### Operation Christmas Child

- 🕒 1 hr one time a year
- 📞 Jean Mulloy: 519-442-3622, [jeanmulloy@hotmail.com](mailto:jeanmulloy@hotmail.com)

### Mosh Pit - Youth

- 🕒 2 hrs Friday or Sunday, as often as you want
- 📞 Jonathan: [jesilverthorn@live.com](mailto:jesilverthorn@live.com)

### Sports Camp

- 🕒 2 hrs or more during camp days in July
- 📞 Stephanie: 519-442-2842, [stephanie@parispresb.ca](mailto:stephanie@parispresb.ca)

### Sunday School

- 🕒 1.5hrs on Sunday Morning approx 12x per year
- 📞 Stephanie: 519-442-2842, [stephanie@parispresb.ca](mailto:stephanie@parispresb.ca)

## Computer

### Audio/Visual Tech Team

- 🕒 2.5hrs on Sunday Morning approx 12x per year
- 📞 Jeff: [catsgeorge@rogers.com](mailto:catsgeorge@rogers.com)

### Church Newsletter

- 🕒 5 hrs quarterly
- 📞 Jean Mulloy: 519-442-3622, [jeanmulloy@hotmail.com](mailto:jeanmulloy@hotmail.com)

## Food

### Casseroles of Caring

- 🕒 1-2hrs as need arises
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Community Dinner

- 🕒 1-2hrs weekly
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Fidelis Guild

- 🕒 as little as 30min as required
- 📞 Elaine: 519-442-9052, [mcmama\\_b@hotmail.com](mailto:mcmama_b@hotmail.com) or Darlene: 519-442-3726

### Fill the Freezer

- 🕒 1 hr of your choosing
- 📞 Stephanie: 519-442-2842, [stephanie@parispresb.ca](mailto:stephanie@parispresb.ca) or Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Meals on Wheels

- 🕒 1-2hrs once a month or as your time permits
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Raw Carrot

- 🕒 2hrs as required
- 📞 Colleen or Rebecca - [info@therawcarrot.com](mailto:info@therawcarrot.com)

## Hospitality

### Coffee Time

- 🕒 30min choose any Sunday
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Community Drop In

- 🕒 1-2hrs on Thursday 11-1 weekly
- 📞 Stephanie: 519-442-2842, [stephanie@parispresb.ca](mailto:stephanie@parispresb.ca)

### Greeters

- 🕒 20min choose any Sunday
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

## Improvement

### Women's Missionary Society

- 🕒 2hrs a month
- 📞 Shirley: 519-442-7570, [guyandshirley@rogers.com](mailto:guyandshirley@rogers.com)

### World Vision

- 🕒 2hrs once a year
- 📞 Christina: 519-442-0032

## Music

### Adult Choir

- 🕒 1hr Wednesday night and 1.5hrs on Sunday Morning
- 📞 Shirley: 519-442-6786, [arnold.hutty@sympatico.ca](mailto:arnold.hutty@sympatico.ca)

### Children's Choir

- 🕒 1.5hrs Sunday Morning weekly
- 📞 Dora: 519-512-9914, [wonderdora@hotmail.com](mailto:wonderdora@hotmail.com)

### Praise Team

- 🕒 2hrs Thursday night weekly & 2.5hrs 2x per Month on Sunday morning
- 📞 Chuck: 519-442-2842, 519-304-2757, [chuck@parispresb.ca](mailto:chuck@parispresb.ca)

## Outdoors

### Drivers

- 🕒 minimal
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Garden & Landscape Worker

- 🕒 1-2hrs makes a big difference, seasonal
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### Produce Supplier

- 🕒 Your own time, seasonal
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca)

### On the Move

- 🕒 As need arises
- 📞 Church: 519-442-2842, [contact@parispresb.ca](mailto:contact@parispresb.ca) Joel: 519-865-7896, [joel@parispresb.ca](mailto:joel@parispresb.ca)

## Visiting

### Boarding Homes

- 🕒 1-2hrs weekly
- 📞 Ted or Shirley: 226-400-2709, shirmac71@hotmail.com

### Telfer Place

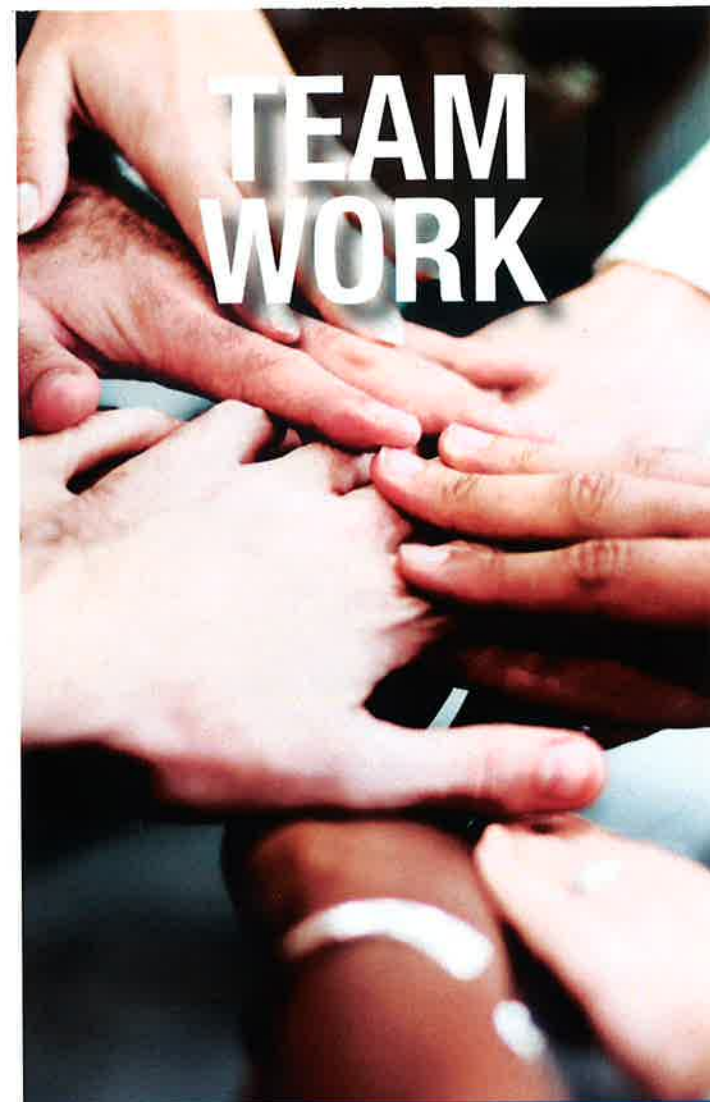
- 🕒 1.5-2.5hrs, approx. 12x per year
- 📞 Church: 519-442-2842, contact@parispresb.ca

### Shut ins

- 🕒 As need arises
- 📞 Shirley: 519-442-6786, arnold.hutty@sympatico.ca

If you would like detailed information on the above mentioned opportunities to help, there is a more comprehensive list available in the office, in the various entrances of our church, and on the Welcome table in the sanctuary. Let's go it together!

If you want to go fast,  
go it alone,  
If you want to go far,  
go it together...



From providing childcare, to food, to landscaping, to visiting, there are many ways to get involved in the life of our church and our community. Some involvement needs special qualities, but most just need your time and enthusiasm. Check out how you can get involved!

Feel free to contact the church for more information, or any of the various leaders mentioned. No strings attached.

Can't seem to find a fit but want to help?  
Or, perhaps you are seeing a need but don't know how to get started?

Shoot us an email so we can see where you could share your talents. This list might seem complete, but new opportunities for teamwork keep being added and we work together with other churches and service providers in our community with whom we could put you in contact.

📞 Joel: 519-865-7896, joel@parispresb.ca



**Paris Presbyterian Church**  
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www.parispresb.ca | 📱 : www.facebook.com/parispresb  
📺 : www.youtube.com/user/ParisPresbyterian