

Meals on Wheels

What: Meals on Wheels (MOW) is the only ecumenical program still in existence to come out of Vatican II. Members of Ascension have been involved with Burlington Meals on Wheels since its inception. Burlington MOW delivers about 150 meals every weekday in the greater Burlington area. Because Ascension's assigned day is Friday, weekend meals may also be included with some deliveries.

When: First and fifth Fridays of every month; starting about 10:00 am

Who: Eight driver/runner teams are needed for MOW deliveries. Kathe Bruno is the coordinator for this mission.

How: Drivers and runners meet at 10 am (or a little before) at 3 Cathedral Square. Runners may park in St. Paul's lower parking lot; drivers may load their vehicles up by the green door. If possible, volunteers bring a cell phone in case of emergency. Each driver/runner team will have hot meals and bags for every MOW client. All the bags are marked with either the client's name or apartment number (usually both name and apartment number are included). The driving directions and instructions (some clients receive more than one bag, some get frozen meals) are provided. It usually takes about an hour and a half to make all the deliveries. Afterward, the coolers, boxes, signs, and direction books are returned to 3 Cathedral Square.