

*“And so we know and rely on the love God has for us. God is love.  
Whoever lives in love lives in God, and God in them.” — 1 John 4:16*

# Ministry News

## HOW CAN YOU HELP?

La Mesa happens each week because so many wonderful servants give their time, talents and even treasures to support the ministry. Often times we hear that people want to help but they are not sure how they can. Well let us help clear that up! There are many ways you can help with this ministry. We try to make it easy and we are always looking for new servant leaders to help. Here are just a few ways you can help:

- Join a cook team! It doesn't have to be overwhelming! We have amazing leaders that will help make it easy for you!
- Serve on Tuesday or Thursday nights! We have many “little jobs” that can always use people to help!
- Just hang out with the community! Share the love of Jesus and listen to the stories of our community.

- Donations. Whether it is clothes, hygiene items, gift cards, financial support, supplies or your time – there are many ways you can support La Mesa.
- Pray for the ministry! We know God answers prayers and we always appreciate them!

If you have any questions or would like to know more, please just ask! You can reach us at [info@LaMesaMinistries.org](mailto:info@LaMesaMinistries.org).

You can also find more information on our website [www.LaMesaMinistries.org](http://www.LaMesaMinistries.org) or on our Facebook page. Thank you for your support!





**Won't you please  
Help Hope Happen Here?**

*Support La Mesa with your one-time gift  
or monthly \$34 donation.*

*Every donation qualifies for an  
Arizona State Tax Credit.*

*Connect LaMesa to your Fry's Food Store card.*

**Go to our web page at:  
[www.lamesaministries.org/giving/](http://www.lamesaministries.org/giving/)  
to find more information.**



# HAPPY FEET

Living in Phoenix, Arizona and not having socks to wear in the summer is really not that big of a deal. But you had better have something on your feet or it will be very difficult to get around. Socks, I found out, were originally knitted by the Egyptians back in 300AD. What people did before that I haven't a clue, but I am glad socks are readily available for me at Bombas.

Socks make for "Happy Feet." When your feet are cold or wet or sore from walking, a good pair of warm dry socks can make all the difference in the world for having a good day. La Mesa Ministries is so blessed to be a giving partner with Bombas Socks.

Bombas was originally founded in 2013 because socks are the #1 most requested clothing item by the homeless. For every new pair of socks purchased, Bombas donates 1 pair of socks to the homeless. To date Bombas has donated over one hundred million items through their 3,500 giving partners across the United States.

Last year Bombas donated 3,000 pairs of socks to La Mesa Ministries and this year we received 6,000 pairs of socks. One of the ways we distribute these socks is through our Mobile Loaves Food Truck. Along with showing the love of Jesus through our food distribution and prayers, we also help to provide the means for "Happy Feet."



I purchase my socks at Bombas. I hope you will too!

## from the KITCHEN...

### TEMPE MENU:

- + June 13: Meatball Subs, Pasta Salad, Baked Beans
- + June 20: Green Chili Casserole, Salad
- + June 27: Tacos, Rice & Beans
- + July 4: TBD
- + July 11: Chicken /biscuits, salad, dessert

### MESA MENU:

- + June 18: Beef & Veggies in Gravy Over Noodles, Salad
- + June 25: Ground Beef Taco Bowl, Rice & Beans, Chips & Salsa
- + July 2: Pork Tacos, Southwest Style Pasta Salad, Chips & Salsa
- + July 9: Chicken Enchiladas, Rice/Beans, Chips & Salsa, Fruit, Dessert
- + July 16: BBQ Beef Sandwiches, Baked Beans, Coleslaw

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**la mesa ministries**  
MESSENGER

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Email: [info@lamesaministries.org](mailto:info@lamesaministries.org)

Donate at: [lamesaministries.org/giving/](http://lamesaministries.org/giving/)

*Tuesdays Wednesday, and Thursday by appointment  
from 9am to 2pm. Tuesdays 10am to 6pm.*



**La Mesa Ministries**



**Mobile  
Loaves**  
ARIZONA

<https://LaMesaMinistries.org/mobile-loaves>

# HOPE, HAPPENS, HERE!