



in Collaboration with the OLV Social Justice Committee
Presents

Meditate to Make a Difference:

Feed the Hungry of Troy

a fundraiser to support the Our Lady of Victory Food Pantry

Did You Know?

Relative to communities in surrounding counties, the city of Troy has a much higher poverty rate, with 21.4 percent or about 9,520 individuals living in poverty, including nearly 3,200 children.

City of Troy:

Number/percent of children in poverty: 3,192/ 33.2 percent

Percent of senior citizens in poverty: 13.7 percent

Percent of poor who are employed: 32.6 percent

--Statistics from the New York State Community Action Association

Help yourself and others at the same time by receiving the benefits of meditation and raising awareness and funds for this cause by participating in this "Meditate to Make a Difference" series led by Chopra Center Certified Meditation Instructor Geralyn O'Reilly. Beginners and experienced meditators are absolutely welcome; instruction shall be provided at no cost. Details below:

Because the need is so great, three sessions are being offered during the month of May on the dates below, attend one or all sessions:

Dates: Mon. May 2, 9, 23

Time: 6:45 – 7:15 p.m.*

Location: OLV 2nd Grade Classroom

**Free Instruction for beginners: 6:30–6:45 p.m.*

Suggested Donation: \$10, or as much as your means permit.

All proceeds go directly to the OLV Food Pantry

Checks should be made payable to "Our Lady of Victory"

For more information:

Contact Geralyn O'Reilly at (518) 274-7433 or oreillygeralyn@gmail.com