



THANKS AND GIVING PAYING BLESSINGS FORWARD

Namaste Guru Purnima Retreat Attendee

Following Amma's teaching of selfless service and compassion for others, the Dallas Guru Purnima coordinators are requesting you to join us in a simple act of kindness and bless someone less fortunate by donating a Blessings Bags.

We are requesting all retreat attendees to bring with them a blessings bag which we will collect at Guru Purnima registration and donate to various homeless shelters in the Dallas area.

Below is a checklist on how to make your blessings bag.

NECESSITIES

- ✓ Gallon Size Ziploc Bag
- ✓ Bag of Quarters
- ✓ Bottle of Water (will be provided in Dallas)
- ✓ Band-Aids
- ✓ Baby Wipes
- ✓ Hand Sanitizer
- ✓ Wash Cloth
- ✓ First Aid Kit (Travel Size)

TOILETRIES

- ✓ Toothbrush
- ✓ Toothpaste (Travel Size)
- ✓ Floss
- ✓ Soap
- ✓ Deodorant (Travel Size)
- ✓ Shampoo/Conditioner (Travel Size)
- ✓ Comb
- ✓ Chapstick

NON-PERISHABLE ITEMS

- ✓ Instant Oatmeal Packs
- ✓ Granola Bars
- ✓ Energy Bars
- ✓ Cheese or Peanut Butter Crackers
- ✓ Trail Mix
- ✓ Raisins
- ✓ Peanuts
- ✓ Dried Fruit
- ✓ Applesauce Packets
- ✓ Hot Cocoa Packets
- ✓ On-The-Go Coffee Mixes
- ✓ Tea Packets
- ✓ Gum/Hard Candy (individually-wrapped)

