


at 
Tuesday, June 29
2:00 to 6:00 PM

overcome
Excuses

I am afraid to give blood.

Nearly everyone feels that way at first. If you take the time (and courage) to make one donation, after a slight initial pinch of the needle, you'll wonder why you ever hesitated.

I am too busy.

The entire process takes about an hour, and the actual blood donation time is only 15-20 minutes. If you stop to think that an hour of your time could mean a lifetime for a premature baby, or someone who's had an accident, you might decide that you can make the time to give the gift of life.

It will hurt when my blood is drawn!

The actual drawing causes no pain. You may feel a slight sting when the needle is inserted, but that's nothing compared to the satisfaction you will feel in saving a life.

You don't need my blood; lots of other people donate.

We do need your blood. Only 5% of the eligible population gives blood. Blood doesn't have a long shelf life: red blood cells, 42 days; platelets, five days-an ample supply must always be available.

Giving blood is an easy way to catch something.

It is impossible to catch any disease by donating blood. The needle is sterile and used only once for your donation. Donating your blood could help someone recover from a disease.

I already gave this year.

You can give every 56 days. Many donors give 5 times a year!

***information about blood donation and to
schedule a time to donate:***

www.redcrossblood.org

OR simply walk-in on June 29th

I appreciate the purpose which has united and mobilized you: namely, to promote and encourage such a noble and meritorious act as donating your own blood... to those of your brothers and sisters who have need of it. Such a gesture is more laudable in that you are motivated, not by a desire for earthly gain or ends, but by a generous impulse of the heart, by human and Christian solidarity - the love of neighbor, which forms the inspiring motive of the Gospel message, and which has been defined, indeed, as the new commandment. (Pope John Paul II, August 2nd 1984)