

OCTOBER 2025

the Handup

OFFICIAL NEWSLETTER OF HELPING HANDS COMMUNITY SERVICE GROUP



Community Garden Sweet Potato Harvest Will Be This Saturday, October 11th!

Volunteer Opportunities and Ministry Updates

Click on the text box for details and contact information about each ministry.

Amy's Closet in Denver is open Tues-Sat, . 10:00am. New volunteers are welcome. Applications are available in the store.

Amy's House Domestic Violence Shelter is deeply thankful for 24 sponsors and 250 attending the "Shine the Light on Domestic Violence" fundraiser, Sept. 25th. The event raised \$55,000. To learn more about how you can get involved or donate by clicking here.

The Asbury Resource Center (ARC) served 440 students, providing 4 outfits each at the recent Back to School event and the shelves are still stocked! Need: boys jeans, all sizes, and volunteers at the West Lincoln County location. Please see current needs listed below.

Backpacks for Kids has 45 kids signed up to receive food through the program. Please see the Amazon link below and consider a donation to provide for these kids.

We are still in need of Mentors who can commit to one hour a week to support students in need of help at Rock Springs and Battleground Elementary Schools. Click [here](#) to email Mary Repko for more info on Rock Springs. For Battleground, click [here](#) to email Bob Smith.

The Building and Repair Team logged 90 hours of service, completed a ramp project in Hickory and provided electrical assistance to a Soul to Soul client. Pending: ramp layouts for a veteran and Hurricane relief.

The Denver Community Garden still needs your Help! The group will meet Saturday morning, 10/11 to harvest sweet potatoes. Hope you can join us!

The Lincoln County DSS Foster Care Program currently has 72 children in foster care, 35 foster homes, and 15 children cleared for adoption. More foster parents are needed.

East Lincoln Christian Ministry needs volunteers to deliver home meals to neighbors. Volunteers are also needed at the Family Fashion location on Thursday, Friday and Saturday. Click [here](#) for more information.

Frugal Friends provides financial assistance and education through the Financial Literacy Program. Click this box for more information about becoming a mentor. Training is provided.

Upcoming Events

- Every Tues - Sort donations for Furnish a Future, 10-12 am
- Every Tues - Sort clothing donations at the ARC, 10:00 am-3:00 pm
- 2nd Sat Caregivers Support Group meets from 10:00am-12 at Pursuit Church, St. James Rd
- Oct 11 Harvest Sweet Potatoes at the Denver Community Garden, 8:30 am
- Oct 12,13 Ministry Fair at Holy Spirit Catholic Church
- Oct 19 Harbour Health Open House, 3:00 - 5:00 pm
- Oct 20 Reentry simulation at Church at Denver, 2-4:00 pm sponsored by Soul to Soul
- Oct 22 iCare Weatherization info at Denver United Methodist 10am-4pm
- Oct 25 Soul to Soul 5K Fundraising event at Sally's Y, 9:00 am
- Nov 1 Loss of Spouse support group meeting, 10-12pm
- Nov 3 Helping Hands mtg, 10:30am
- Nov 5 Chicken Pickn', DUMC FLC, 9:00am
- Nov 6 First Thursday Lunch, 11-1pm Denver UMC, Family Life Ctr
- Nov 28, 29 Historical Society Craft Fair

Soles for Souls 5K

Always be ready
when asked to
give a reason for
the hope that is
in you, but do so
with gentleness
and respect.

1 Peter 3:15

This Year's 5K Event is October 25th!

Volunteer Opportunities and Ministry Updates (continued)

Click on the text box for details and contact information about each ministry.

Furnish a Future logged 42 Mission Depot hours and 74 hours for the Moving Team in Sept. They will shift to Winter hours of 10-12pm starting in November. Please see the needs list below. Donations are received Tuesdays between 10 and 12pm as long as the church is open or call Dale at 704 269-2875 to make arrangements.

The Lakewood TV Project allows community members to support residents of Lakewood Care Center by sponsoring television service. We purchase tv's and provide monthly cable service for those in need. The cost for a year of service is for each room is about \$100. If you're interested in supporting this ministry, click [here](#).

Lincoln County's Room in the Inn will return for Winter Sessions. Please join us in prayer for ministry leadership and the needs of the unsheltered in Lincoln County.

Gaston Community Action is currently counseling, housing, job serving community needs in the areas of counseling, housing, job search. Please click this box to email about other volunteer opportunities.

Harbour Health will hold an open house on October 19th, 3-5pm at 2170 Smith Harbour Drive, Denver, NC (new location). Come see our new place and hear more about Thanksgiving and Christmas sponsorships. Click this box for additional information.

Hesed House of Hope Homeless Shelter volunteers logged 193 hours of service in the month of September through 150 volunteers. Grateful to the community for providing meals for the shelter residents! They are also in need of snacks and the supplies listed below.

Journey of Hope is devoted to helping the unsheltered and those that are in danger of becoming homeless. See needed items listed below.

The King's Daughters Ministry is in need of financial support, volunteers at the Penny Thrift store and lay educators in the areas of Health & Wellness. Click for more information.

Grace Becker, through Matthew 25 Ministry, is accepting donations of clean, empty, recapped and label and residue free, pill bottles. Bottles may be brought to the meeting and will be distributed overseas.

Moms & Munchkins (M&M's) give teen parents skills needed to keep their children safe and thriving in a stable home and offers encouragement and support for these families. Click for details.

Save the Date for the 2025 Rake and Run and plan to join us at Denver United Methodist Church for this community service project on November 22nd, starting at 9:00 am. Details to follow.

Soul to Soul Outreach has their 5K Fundraising event on October 25th, 8am, with packet pick up on 10/24. Click [here](#) for additional information on the 5K event. Note the FUN activities for the kids, too!

Laundry Service and Bible studies are the two newest services being provided to the unsheltered through Soul to Soul. Laundry soap and dryer sheets are needed. On October 20th, the Dept. of Adult Corrections will provide information on a prisoner reentry program. Click [here](#) to email for additional information.

Current Needs

Most items may be brought to DUMC
Monday-Thursday, 10:00am-3:00pm.

ASBURY RESOURCE CENTER (ARC)

Boys clothing, especially jeans size 2-18
Source for donations of large paper bags with handles
(recommended size 16" x 18" x 6"). The ARC uses
about 1000 bags a year.

BACKPACKS FOR KIDS

Canned meat
Hearty meals: Ravioli, Hormel Compleats, Canned
soups and stews, Hamburger Helper
(multiples of 48 are preferable)

DSS FOSTER CARE

Click [here](#) for complete list of items and volunteer
opportunities.

FURNISH A FUTURE

With Cold weather around the corner, we need:
Queen, full, and twin sheet sets and full size blankets -
(not throws)
Queen and full mattresses
Bath and hand towels
Silverware
Kitchen Utensils

HESED HOUSE OF HOPE HOMELESS SHELTER

Consider serving a meal at the Shelter!
We Need Snacks to share at check in!
Cleaning supplies and trash bags

JOURNEY OF HOPE

Non-perishable food:
Chicken/tuna salad
Vienna sausages,
Fruit cups

SOUL TO SOUL OUTREACH

Laundry soap and dryer sheets
Men and women's sneakers - all sizes
4 person tents
Blankets and brown or green tarps
Cat and dog food
Volunteers needed for 5K event on 10/25

SUNRISE RESOURCE CENTER

Breakfast bars
Peanut butter and jelly
Canned chicken and tuna
Mashed potatoes and rice packets.

Opportunities for Ministry Support through Amazon/Walmart Wish Lists

BACKPACKS FOR KIDS

Provides food for local children on weekends and school
breaks- click [here](#).

DSS FOSTER CARE

Supports foster families with needed supplies - click [here](#).

FURNISH A FUTURE

Provides furniture and household goods for families
starting over - For the Amazon wish list, click [here](#). For
the Walmart list, click [here](#).

HARBOR HEALTH (HEARTBEATS) WOMEN'S CENTER

Provides free pregnancy tests, ultrasounds, counseling, and
needed supplies for women experiencing an
unexpected pregnancy. For needed items,, click [here](#).

HESED HOUSE OF HOPE HOMELESS SHELTER

The only homeless shelter in Lincoln County provides
food, shelter, laundry, education, and more to otherwise
unsheltered neighbors - click [here](#).

JOURNEY OF HOPE

Provides outreach, food/meals, blessing bags, financial
assistance and budgeting guidance for unsheltered and
others near homeless - click [here](#).

SOUL TO SOUL OUTREACH

Support Lincoln County's unhoused neighbors by
providing needed items through this ministry - click
[here](#).



You're Invited
TO OUR
OPEN HOUSE

**Sunday,
Oct 19, 2025**
Drop In: 3-5 PM

2170 Smith Harbour Drive
Denver, NC 28037

For more info:
704-489-0708

harbour HEALTH
formerly Heartbeats

- ✓ Tour the new facility
- ✓ Meet the staff
- ✓ Ask questions

The invitation features a collage of images showing the exterior of the Harbour Health facility, a medical ultrasound machine, and a bed with a patterned blanket.