

SEPTEMBER 2025

the Handup

OFFICIAL NEWSLETTER OF HELPING HANDS COMMUNITY SERVICE GROUP



Late Summer Harvest in the Denver Community Garden

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, morning. New volunteers are welcome. Applications are available in the store.

Amy's House Domestic Violence Shelter offers support services and assistance for women and children survivors of domestic abuse. Click this box for information about their upcoming "Shine the Light on Domestic Violence" fundraiser, Sept. 25th.

The Asbury Resource Center (ARC) serves students with clothing needs in Lincoln County. Volunteers are needed to process donations and switch clothing from summer to fall. Please see current needs listed below.

Backpacks for Kids is off to a fast start this school year with 42 kids signed up at Rock Springs Elementary, both Lincoln Charter Campuses, North Lincoln Middle and High Schools. Shelves are VERY low. Please see the Amazon link for donation needs below.

Battleground Elementary is starting a program to improve the skills of students who are reading below grade level.

Mentors who can commit to one hour a week is critical to the success of the program. To receive additional information or to sign up, click here to email Bob Smith.

The Building and Repair Team completed 4 projects and logged 208 hours of service last month. Click the box to join this amazing team.

The Denver Community Garden still needs your Help! The group meets on Saturday mornings and is excited to be a destination for Lincoln Charter's 9/11 Day of Service!

The Lincoln County DSS Foster Care Program currently has 67 children in foster care, 34 foster homes, and 15 children cleared for adoption. More foster parents are needed. Volunteers are needed to help sort "shed" donations 1 or 2 times a month.

East Lincoln Christian Ministry needs volunteers to deliver home meals to neighbors. Each route has 6-12 homes to deliver to. Volunteers drive as little as once a month. Volunteers are 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, 9-11am

Every Tues - Sort clothing
donations at the ARC,
10:00am-3:00pm

Sept 13 Caregivers Support Group
meets second Saturdays
from 10:00am-12 at new
Pursuit Church (back
entrance)

Sept 20 Holy Smoke BBQ at Holy
Spirit Catholic Church
9:00am-4:00pm

Sept 21 Harbour Health (Heartbeats)
Walk for Life at Rescue
Squad Park, 3:00pm-6pm

Sept 25 Shine the Light on
Domestic Violence
Fundraiser for Amy's House,
Laboratory Mill, 6:00pm

Oct 1 Chicken Pickn', DUMC FLC,
9:00am

Oct 2 First Thursday Lunch,
Denver UMC, 11:00am-1pm

Oct 6 Next Helping Hands mtg

Oct 25 Soul to Soul 5K Fundraising
event at Sally's Y



May you
experience the
love of Christ,
though it is too
great to
understand
fully!

Ephesians 3:19

Volunteer Opportunities and Ministry Updates (continued)

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

Furnish a Future assisted 9 individuals and 6 families in August and logged 61 volunteer hours. They are still in need of additional volunteers to sort donations and make deliveries. Please see the needs list below. Donations are received Tuesdays between 9 and 11 as long as the church is open.

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

New Opportunity with Matthew 25 Ministries!
Matthew 25 Ministries is new to the Helping Hands line up. They come to us courtesy of Grace Becker who will be accepting donations of clean, empty, recapped and label and residue free, pill bottles. Bottles may be brought to the meeting. Thank you, Grace!

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.

Heartbeats is in the new building and has a new name - Harbour Health. Walk for Life 2025 is scheduled for September 21st from 3:00pm - 6:00pm at Rescue Squad Park. Click this box for additional information.

Hesed House of Hope Homeless Shelter volunteers logged 206 hours of service in the month of August through 159 volunteers. Grateful to the community for providing meals for the shelter residents! They are also in need of 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 has two spots available in their Emerald House Residency Program and one available in their NON-Residency GEM Program. Click for more information.

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.

Lincoln County's Room in the Inn wrapped up the summer sessions on August 30th. Thank you to all who participated in this inaugural summer ministry. We hope to see you for the Winter Sessions!

Soul to Soul Outreach continues to advocate for unsheltered and indigent neighbors. Their 5K Fundraising event will be held on October 25th 8am with packet pick up on 10/24. They are in need of runners and volunteers to assist at the event. Please see items needed below.

Sunrise Resource Center currently needs help filling their Supplemental Food Pantry. See specific items listed below. Click for more information about the ministry.

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" x18" 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

Counterop microwaves
Queen, full, and twin mattress covers
New standard and queen bed pillows
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

Body wash
Shampoo and conditioner
Snacks
Cleaning supplies and trash bags

JOURNEY OF HOPE

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

SOUL TO SOUL OUTREACH

Bug spray
Men and women's sneakers - all sizes
New underwear
Feminine hygiene products
4 person tents
Blankets
Cat and dog food
5K Sponsors needed for October 5K event

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 monthly pick up during summer
months for local children to enjoy- 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. To
provide needed items for these moms, 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](#).

