

OCTOBER 2026

the Handup

OFFICIAL NEWSLETTER OF HELPING HANDS COMMUNITY SERVICE GROUP

It's Time to Fill 100 Stockings for Local Students!

Volunteer Opportunities and Ministry Updates

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

The Advocate Mission supports families and encourages you to: Meet a Need, Explore becoming a Foster Family and Get your Church Involved in this service. [Click here](#) for more about the Advocate Mission and how you can be involved in supporting Foster Care.

Amy's Closet sells like-new clothing to support Amy's House. They are open Tues-Sat, 10:00 am with stores in Denver and Lincoln. Volunteer applications are available in the stores.

At Amy's House Domestic Abuse Shelter, our mission is to provide a safe, supportive, and trauma-informed environment for individuals and families experiencing domestic violence. [Click here](#) for more information.

[Asbury Resource Center \(ARC\)](#) (click)
The next School Shopping day is Nov 3rd and Sunrise shopping Day is Nov 7, both from 9am-2:30pm. Volunteers are needed to assist during these events and every Tuesday from 10:00 am-3:00 pm to sort clothing.

Backpacks for Kids is currently serving 16 kids and anticipating additional referrals as the school year progresses. The next monthly food box packing session will be held on Nov 3rd. Delivery drivers are also needed. Please check below for our list of needs and a donation link to the Amazon wishlist.

The Denver Community Garden is harvesting produce that is given to food-insecure families. Please consider joining the group at Denver United Methodist Church on 10/24 by contacting outreach@denverumc.org to help!

Bridge of Hearts supports local school children with Birthday bags, snack kits and hygiene kits. Join them Nov 3, 9:30-11:30 am at 124 Talbert Pointe Dr, Mooresville, to learn more about how they support these children. [Click here to email for additional information.](#)

Bridge of Love is providing school supplies and workshops for Latino families. Topics include immigration and financial information. The food bank is open Tuesday and Thursday from 12:00 - 5:00 pm at Boger City UMC. [Click the box to email for details.](#)

The Building and Repair Team removed a metal ramp in Sept. and have work scheduled for Thursday. [Click here to email Wally Mlynarski for information.](#)

East Lincoln Christian Ministry is accepting Thanksgiving donations of turkeys and hams to be distributed to our neighbors in need. Contact Charlie Cicio at 631-455-8989 for more info.

Foster Care Program in Lincoln City has 82 children in the system and 33 foster families. More families are needed as well as churches to support these families. Email amber.mayo@lincolncountync.gov for details. The Be Present event was successful in building awareness and support for local Foster Families by sharing the very real needs of a typical family going through this potentially traumatic and challenging situation.

Furnish a Future provided 33 beds to families in need last month! Compare that to 66 beds provided YTD until then! 171 volunteer hours served 26 families. Mission Depot is open Tues 9:00-11:00 am or by appointment. Donations and volunteers are needed! [Click here for info.](#)

Birdies: We are filling 100 Christmas Stocking for local Middle and High School Students! Email carol.brown@denverumc.org if you or a group you are a part of are interested in providing 50 or 100 of specific items.

Upcoming Events

Every Tues - Sort donations for Furnish a Future, 9:00-11:00 am
Every Tues - Sort clothing donations at the ARC, 10:00 am-3:00 pm
Every Tues 10 am Caregiver support at Salem United Methodist Church
Every Tues and Friday - R-Friends Respite Care
Every Tues Noon - 5:00 pm, Drop off donations for Latino community, Bridge of Love at Boger City UMC
2nd Monday- Historical Society Mtg, Hills Chapel Food Pantry: Sun & Tues, 6 -8pm Thursday 2-4pm
Lake Norman Food Mission M W F Sa
Contact: emalielevine@gmail.com
2nd Sat Caregiver Support Group, 10am - 12:00 pm Pursuit Church, St James Rd
Oct 10 Munday House Community Yard Sale
Oct 15 Sunrise Fall Festival
Oct 17 Apple Fest 5K, 8am, Lincoln High, a United Way event
Oct 24 Soles for Souls 5K, Sally's Y, 9am <https://www.soultosouloutreach.org/events-1>
Oct 24 David Moves - Edisto Island Half-Triathlon, Helping Hands Fundraiser
Oct 24 Community Garden Workday, 8:00 am
Oct 24 Missional Network Family Fun Day, Rock Springs Campground, 11:00-2:00
Nov 2 Helping Hands Meeting, 10:30 am
Nov 3 Backpacks for Kids packing day-9am
Nov 3 ARC School Shopping Day, 9am-2:30
Nov 3 Bridge of Hearts' Coffee & Cupcakes Event, 9:30-11:30 am. Details in their box
Nov 4 Chicken Pickin at Denver United Methodist Family Life Center
Nov 5 FIRST THURSDAY LUNCH!
Nov 7 Hesed House Fashion Show, 6:00-9:00 pm, James Warren Citizens Center
Nov 7 ARC Sunrise Shopping Day, 9am-2:30
Nov 14 McAdams Free Clinic Community Care Day Save the Date



I will live in them and walk among them. I will be their God and they will be my people.

2 Corinthians 6:16

Sponsor David Garmon as He Competes for Helping Hands! Details Below.

Volunteer Opportunities and Ministry Updates (continued)

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

MEDICAL AND DENTAL SERVICES

McAdams Free Medical Clinic is holding a Community Care Day on November 14th from 9am-1pm. Enjoy food, music and learn more about mobile medical and dental services to be provided on the East Lincoln Christian Ministry campus. [Click here](#) to contact Gail for info.

The Lakewood TV Project is in need of funds to provide TV's and service to residents of Lakewood Care Center. Service for all 13 TV's is \$200/month. [Click this box](#) for sponsorship information.

Matthew 25 Ministry is accepting pill bottles again. Please bring clean bottles - no labels -to the next Helping Hands meeting.

MENTORS - YOUR HELP IS NEEDED - to spend one hour a week with a child who needs extra attention and encouragement. One hour can literally change the trajectory of a child's life. We've seen it happen. [Click here](#) to email Mary Repko to mentor at Rock Springs, and [here](#) to email Bob Smith for Battleground Elementary or any school you wish to serve at. Help is available.

Gaston Community Action connects clients to local resources to help them secure and maintain employment. [Click here](#) to email Cynthia Vinson for additional information.

A GriefShare Group Session, running from Aug 16 - Nov 1st is at the Pursuit Rock Springs Campus from 3-5 pm. Divorce Care is taking place at Pursuit's main campus until Nov 8th from 3-5 pm. Registration for both classes is required. [Click here](#) for information.

Harbour Health has 50 active clients and provided 8 pregnancy tests, 20 ultrasounds, and 2 babies were born! They also have a Medical Mobile Unit offering medical excellence at convenient locations in the area. [Click here](#) to check the website for locations. Need: Holiday sponsorship for active clients. More to come.

Helping Hands is benefiting from a Half-Triathlon! At age 74, David Garmon is participating in another grueling event - this time, to raise funds for the ministries of Helping Hands! The event takes place Oct 24th and all donations to sponsor him will be used to help local families and will be matched up to \$10,000! Please click this box to support David's efforts! Let your friends know, as well!

Hesed House of Hope Homeless Shelter is hosting its annual Fashion Show Fundraiser on Nov 7, from 6:00-9:00 pm at James Warren Citizens Center. Tickets are \$20. Contact hesedhousedirector@gmail.com for details.

Hill's Chapel's Free-Choice Food Pantry provides food for struggling neighbors every two weeks. They are open Sunday and Tuesday 6pm-8pm and Thursday 2-4pm. Donation needs are below.

Lake Norman Food Mission at Denver Wesleyan feeds 600+ families a month. Volunteers are always needed as well as drivers to pick up food from local stores Fridays and Saturdays. Vehicle is provided. [Click this box](#) to reach out for more info.

The Mission Response Center (MRC) in Terrell receives and distributes humanitarian aid items and serves as a depot for UMCOR. The Center currently has some building supplies available. [Click this box](#) to contact Reed Thomas with questions.

Mom's and Munchkins and Sunrise Resource Center give a big thanks to Furnish A Future for beds that were donated!! Volunteer assistance and donations are also needed for the Fall Festival to be held 10/15. [Click here](#) to contact Lea for details on how to help.

Sipe's Orchard Home supports residents 16-21 who do not have the financial, academic, emotional, or behavioral skills necessary for independent living. [Click here](#) for more details on how to support this work.

Soul to Soul Outreach is still accepting unners for the Sole for Souls Trail Run on Oct. 24th. Registration will begin at 8:15 for a 9 am start as long as they meet minimum numbers for participation. Praise for 2 long-term partners who have their first apartments. A special thanks to Furnish a Future, United Way and Emmanuel Lutheran Church for making this possible. INTRODUCTIONS NEEDED: to churches interested in partnering with us as we serve the unsheltered.

United Way of Lincoln County has already used emergency assistance funds for October but encourages people to call 211 or the United Way office for referrals. The free volunteer platform, Get Connected is open to all groups and can help connect us to current volunteer needs in our community. The Apple Fest 5K is scheduled for 10/17 with an 8am start time. Start and finish at Lincolnton High School and shuttle to Lincoln County Apple Fest [Click this box for more information.](#)

Current Donation Requests

Current Needs

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

ASBURY RESOURCE CENTER (ARC)

Funds for new socks and underwear are always needed.
Also need volunteers for Nov events and to assist
sorting through clothing donations on Tues 10-3 pm.

BACKPACKS FOR KIDS

Delivery Drivers
Jelly in plastic jar/bottle
Vegetables
Small cereals and grits and oatmeal packets
Applesauce- cups or squeeze
Fruit cups, Snacks

BRIDGE OF LOVE

Donations can now be dropped off in Lincoln at
Boger City UMC
Latino foods - Long grain white rice
Pueblo Lindo (dry) black beans
Instant corn masa
Corn and flour tortillas
Chili beans and black beans, canned

FOSTERING GRACE

Walmart and Fast Food Gift Cards
Size nb, 1, 2 Diapers
Need Denver area storage unit

FURNISH A FUTURE

Household items
Washers and Dryers, and other small appliances
Queen, full and twin mattresses

HESED HOUSE OF HOPE HOMELESS SHELTER

Always need snacks for check-in

HILL'S CHAPEL FREE-CHOICE FOOD PANTRY

Shelf stable food items

Opportunities for Ministry Support

through Amazon or
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 Walmart list, click [here](#).

HARBOUR 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 tarps, laundry ministry, small fans, bug spray,
toiletries and more - click [here](#).



4th Annual Soles for Souls 5K TRAIL RUN

in Your Favorite Fall Flair!

Free Kids Fun Run
More Age Groups
Photo Banner
Costume Contest!

Oct. 24, 2026
9am Start
Check-in begins at 8:15am
Sally's Y
1601 Forney Creek Pkwy
Denver, NC 28037

Timed: \$35
Untimed: \$20
Children under 11 and under: Free

Fun for every age and every family!
Enjoy a fun morning making memories while supporting your neighbors in need.

Register Here

Kids Fun Zone is Back!
Fun Fall Activities

T-shirt Designed by a Local Denver Student

2025 T-shirt designer and the T-shirt