



Heart + Hand
OUTREACH MINISTRIES

News Flash

The Newsletter full of Good News



It's time to RING BELLS at the Riverwalk Kroger in South Charleston. We have created a special bucket holder to allow for social distancing. This year we need your help more than ever! Please consider ringing bells this year. To register your family, group, church or organization to help please call Jenny at 304-989-7609 or Vicki at 304-342-0029. Bell Ringing begins the Friday after Thanksgiving and continues through December 23rd, 2020. Make a difference this year and schedule a time to ring for children in our community. Neighbors helping neighbors for 55 years!

ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.
ON CHRISTMAS EVE DONATE THE CONTENTS TO A
FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

Some of our area churches have been hosting Drive Thru Food Donations to help the Heart + Hand Food Pantry! Essential Services have continued throughout the pandemic to serve our neighbors in need and there are many ways to help as Christmas nears. One of the local churches came to us with this Advent idea to promote food donations through the holiday season. Our local churches support Heart + Hand with their generous food and monetary donations. Thank you! If you have any questions please call us at 304-342-0029.



The 2020 Kay Hall Hike for Hunger was a huge success thanks to our local churches and community. Due in part to Mabel Steele's efforts, St. Paul's United Methodist will receive the trophy this year for the most funds raised to support our programs! Because of generous donations from all of you, we have been able to continue to provide social services throughout the pandemic and we are currently working hard to make sure that families in our community have food and toys at Christmas.

