



## HANDS ON MISSIONS

*She opens her hand to the poor and reaches out her hands to the needy.*  
*Proverbs 31:20 ESV*

At the Annual gathering in August, I was elected to serve as our first Coordinator of HANDS-ON MISSION. This replaces WHITE CROSS as we have known it. I will be happy to answer any questions as you search for projects that interest you.

Years ago, I had an opportunity to go to Haiti. Sunday found us in a church in Terre Rouge. The church was overflowing (literally). The women's group was named after Dorcas (Acts 9:36-42). These Haitian women gave what they could to help their neighbors and I believe if they could, they would have reached out to the world. Can we as ABWMOPAD do any less.

At our recent THRIVE Retreat I had a chance to speak to women at Camp Hebron, while working on sanitary pads. They shared what projects they were doing in their communities. We live in various communities that have various needs. If you are using your hands to meet needs and share the love of God, you are a missionary in your community. Here are some of the projects that were shared with me along with ideas I have found:

- Lap robes for nursing homes
- Baby blankets for newborns at church
- Small stuffed animals for police and fire departments as they may deal with frightened children
- Tote bags with items for homeless shelters
- Making washable, reusable sanitary pads
- Fill good used purses with small items for shelters –shampoo, deodorant, toothbrush/paste, feminine products, underpants. Basic need items that homeless or women that have left abusive situations may not have.
- Make tote bags for the kids, too. A book, small blanket, stuffed animal, coloring book, crayons and more.

Reach out organizations in your area (Pregnancy Centers, Victim Services, Women's, Childrens and Homeless Shelters, Community ministries, etc.) to assess present needs and before dropping off well-meaning items.

Use your hands: sew, gather, crochet, knit, cut, deliver and of course, pray.

As we work at developing this new coordinator position with a desire to begin sharing our ideas in a cohesive network, please supply me with the name and contact information for a person in your church or group that I can reach out to and share hands on ministry ideas.



**Pam Hughes** *Hands-On Missions Coordinator*

Here are a few giving suggestions as well as websites that will provide you with mission project information as you continue mission outreach in your local church and association.

**Send: Walmart or Aldi gift cards**



Rankin Christian Center  
230 3rd Avenue  
Rankin, PA 15104



**Send: Walmart, Amazon, or Target gift cards**

Rev. Dr. Rick Bunker, Chaplain  
PARX Racing  
PO Box 1000  
Bensalem, PA 19020



These websites are full of giving ideas too, including SCHOOL, HYGIENE & BIRTHING KITS – some of our most loved projects. We encourage you as individuals or groups to look over the many giving options at these websites.

*Overseas – reaching beyond our national borders,*

[White Cross - Dominican Republic Health Kits | International Ministries](#)

[White Cross - Philippine Kits | International Ministries](#)

*Overland – reaching within our national borders*

[Operation Planting Hope — American Baptist Home Mission Societies \(abhms.org\)](#)

At our Retreat in August, ladies worked at sewing reusable sanitary pads that will be sent to women in third world countries. Some of them will physically be carried to women in Uganda with our own secretary, Lori Jennings. Sanitary Pad kits can also be included in

Operation Christmas Child Shoeboxes! Instructions for sewing sanitary pads can be found here.

[2023 Retreat Project Pattern \(abcopad.org\)](#)





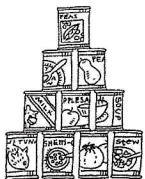
*She opens her hand to the poor  
and reaches out her hands to  
the needy. -Proverbs 31:20*



### **STRAIGHT FROM THOSE WHO MANAGE FOOD BANKS!**

1. If your local food bank has refrigeration available for donations consider these: Milk, butter, margarine, cream cheese, eggs – most of the boxed food items call for *OTHER* ingredients like those listed. Consider carefully how you might add *EVERYTHING* persons might need to complete a boxed food item. Cereal is a popular donation, but without milk... it dry....one suggestion was powdered milk!
2. Baking items – including flour, sugars (white, brown, powdered), baking powder, baking soda, vanilla. Add a tub of ready-made frosting and sprinkles for a real treat.
3. **A hand held can opener!**
4. Canned meats like chicken or tuna, nuts, raisins.
5. Fresh meats – again, if the facility has refrigeration or it is an arranged pickup day that things will be given fresh.
6. Vegetable oil, vinegar, mayonnaise, ketchup, mustard, relish.  
Dish washing liquid, cloths and towels.
7. Feminine hygiene products, toilet paper, baby wipes, bandaids.
8. Coffee and tea bags.
9. Bread, buns, wraps, crackers
10. Canned vegetables and again, if possible fresh vegetables.
11. Salt, pepper, cinnamon, Italian seasoning, gravy and taco seasoning packets, garlic and onion powders.
12. Boxed meals like 'helpers' and mac and cheese, pasta and sauce and parmesan!
13. Instant mashed potatoes, boxes of gelatin, sides like noodles with seasoning pouches.

Be thoughtful in your donations. What do you reach for in your cupboards on a daily or weekly basis? Others need those things too. Also consider volunteering at your local food bank. Don't have one in your community? How about organizing a bank or a giveaway?



***Always somewhere to lend a helping hand!***

## **CLICK & SEND - CHRISTMAS!**

**Chaplain Rick Bunker, (Race Track Chaplaincy Pennsylvania) asked if we might consider blessing the workers he loves and cares for at the Philadelphia Racetrack. Oh please say yes!**

Through online purchases from AMAZON –  
shipped directly to:

**Rick Bunker 214 East Cohawkin Road  
Clarksboro, NJ 08020**

You can brighten the Christmas Season for the  
workers at the Philadelphia Racetrack.

This is the wish list!

Blessings to you as you bless others!

[Columbia Men's Glennaker Lake II Rain Jacket, Black, Large at Amazon Men's Clothing store \(recommended L, XL\)](#)

[Amazon.com : Colgate Cavity Protection \*\*Toothpaste\*\* with Fluoride, Great Regular Flavor, 6 Ounce \(Pack of 6\) : Health & Household](#)

[Amazon.com : Colgate \*\*Toothbrushes\*\* Premier Extra Clean \( 12 Toothbrushes\) : Health & Household](#)

[Amazon.com: Gillette Foamy Regular \*\*Shaving Cream\*\*, Pack of 12, 11 oz each : Beauty & Personal Care](#)

[Amazon.com : Degree Men Original Protection Antiperspirant \*\*Deodorant\*\* Cool Rush Pack of 12 48-Hour Sweat & Odor Protection Antiperspirant For Men 1.7 oz : Beauty & Personal Care](#)

[Amazon.com : Dial Antibacterial \*\*Bar Soap\*\*, Spring Water, 32 Bars, 8 Count \(Pack of 4\) : Beauty & Personal Care](#)

[Amazon.com: Suave Men 2 in 1 \*\*Shampoo\*\* and Conditioner Ocean Charge 12.6 Fl Oz \(Pack of 6\) : Beauty & Personal Care](#)

[Amazon.com: Suave Moisturizing \*\*Body Wash\*\*, with Milk & Honey and Vitamin E Extract, No Parabens, No Phtahaltes, 18 Oz Pack of 6 : Everything Else](#)

[Amazon.com : Vaseline Nourishing Moisture \*\*Body Lotion Hand & Body Lotion\*\* Pack of 12 for Dry Skin made with Ultra-Hydrating Lipids & Pure Oat Extract 3.4 oz : Beauty & Personal Care](#)

[Amazon.com: Gillette Sensor3 Sensitive Men's \*\*Disposable Razor\*\*, 12 Razors : Beauty & Personal Care](#)

