



# Heart 'n Hands Mission

An Outreach Ministry of  
St. Timothy Evangelical Lutheran Church  
July 2021 NEWSLETTER

*Our mission is to collect and provide clothing and other necessities to the homeless and working poor of Northeastern New Jersey and to raise awareness of the plight of the homeless and working poor in this area and beyond.*

Heart 'n Hands Mission of St. Timothy Lutheran Church is an Outreach Ministry which provides quality donated clothing and personal care items to the homeless and working poor at five food pantries, soup kitchens and community outreach programs in Paterson, Passaic and Hoboken. We also assist an impoverished congregation in Newark, a refugee assistance program also in Paterson, and provide clothing for Veterans and their families in Paterson. We are in our twelfth year of service in Wayne, reaching more than **3,000** people with our monthly distributions. In addition, we support Wayne Interfaith Network and members of the Wayne community. Heart 'n Hands Mission is 100% volunteer and 100% of all monetary donations go directly to meet the needs of the homeless and working poor.

## New Jersey Veterans Network Hero Day



**NEW JERSEY  
VETERANS NETWORK**

Heart 'n Hands Mission was pleased to support the New Jersey Veterans Network Hero Day Event on April 24, 2021. The New

Jersey Veterans Network is “dedicated to helping Veterans and their families live better lives.” Hero Day is “A Day in Support of Veterans Throughout New Jersey” and provides food, toiletries, clothing and other assistance including job counseling, VA case management and financial assistance to our local Veterans.

## Mother's Day Gifts

We send our thanks to **Debbie Houlihan** for donating 50 Mother's Day Gift Bags to the Mission. Each bag was filled with the calming scent of lavender body wash, a large box of lavender scented tissues, a votive candle, a devotional booklet, a Faith, Hope, Love envelope of candy, a pen filled with crystals and an imprint of “*Blessed,*” and a disposable mask. The bags were delivered to our friends at Iglesias Vision Celestial Church in Newark and to Helping Hands Food Pantry in Passaic. Paula White, Director of the Helping Hands Food Pantry, was thrilled and the ladies were grateful for such a lovely and thoughtful gift.



## Socks, Socks, Socks



We know that socks are the #1 requested item at homeless shelters throughout the country and we do our best to provide new socks for the shelters we reach each month. We recently learned of another group of citizens for whom socks are a precious gift. Patients on dialysis at Fresenius Medical Care in Teaneck often sit for hours during their treatments. The blood cools as it is being cleaned by the dialysis machine causing the patients to shiver as it is sent back into their bodies. The Nurses there often purchase socks on their own to provide some comfort to the patients. Heart 'n Hands Mission was happy to donate socks to their efforts.



Our Amazon Wish List is updated regularly to reflect the needs of the sites we deliver to each month and includes items that we do not typically receive through donations. We distribute these necessities to men's homeless shelters, food pantries and community resources that serve homeless individuals and impoverished families. Our recent update includes items for our Blessing Bag Program. Please take a look at our Wish List at [Heart 'n Hands Mission Amazon Wish List](#) and see how you can help others in need. If you would prefer to make a monetary donation, you may send your donation to:

Heart 'n Hands Mission  
St. Timothy Lutheran Church  
395 Valley Road  
Wayne, NJ 07470

We thank all of our supporters who have donated items through our Amazon Wish List.

## Halloween Costumes

We are always looking for Halloween Costumes in good condition for our impoverished families. Each year, Barbara Kaplan organizes and prepares the costumes for distribution in September. Please think about donating some of your children's costumes from previous years and help make this Halloween special for those who are in need.



## Angels Among Us

We want to thank **Amy Mikelis** and her husband **Demetri**, owners of **The Montville Diner**, for the Donation Can they maintain on their counter, and we thank the patrons of the diner for all of their donations over the last two years. Each donation has made an impact on the people we reach each month.

We also thank Amy and her daughter, **Hannah** for cleaning and organizing all of the donated reading glasses we have received this year - over 60 in all! And we thank all those who have donated the reading glasses as well. They surely help the homeless and impoverished stay connected to our world.



## A Fond Farewell to One of our Best Volunteers



We bid a fond farewell to **Judy Lupichuk**, our longest serving Volunteer as we learned that Judy had moved to Florida. Judy began volunteering when the Mission was under the direction of Clark Paradise as Your Grandmother's Cupboard in 2012. She had learned about us through Kathy Jones-Smith at the Browse 'n Shop in Wayne. Judy came one day to help us sort clothing and introduced herself as "Judy, Judy Garland!" She became a frequent volunteer and since we became Heart 'n Hands Mission in 2015, she has faithfully worked with us nearly every Monday morning.

Judy was meticulous in preparing clothes for distribution. Using scissors, a measuring tape and a clothes brush, Judy made sure that each article of clothing was at its best. She often got a laugh at some of the outfits and accessories that were donated. We happened to catch one of those moments in the photo above! She often arrived early and stayed late, and each Monday when she was greeted with, "Good morning, Judy, how are you?" her response was always the same, "fine and dandy!" We have missed you, Judy. Our return to sorting in early April wasn't the same without you. We hope you are enjoying your "retirement" and we wish you a very Happy 90<sup>th</sup> Birthday!

And so, we thank you, Judy, for all you have done to help the Cupboard and the Mission provide clothing to the homeless and impoverished families in New Jersey. It has been an honor working with you these last nine years. "Well done, good and faithful servant." (Matthew 25:23)

We recently received this note from Judy:

"A big HELLO from Florida!! Working with the sorting crew was satisfying and FUN! Please know that I miss you all and wish you GOOD LUCK. May God Bless you all.

Judy"

## A Message from Mission Board Member Pastor Jane Harlan

### Thought for the day!

**John answered, “Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.” John 3:11**

Dear Friends,

Each time I write a small thought to share in the newsletter, I count it a true privilege to be part of St. Timothy’s Heart ‘n Hands ministry! Although I have traveled back and forth to Texas this past year to enjoy watching my granddaughter Abigail, now 10 months old, this ministry is constantly on my heart. Although I could not be actively involved through this year, this ministry and the continued hard work done by many to reach the homeless is etched daily in my thoughts and prayers!

Last evening, I read this statement on Facebook, **“Having a rough day? Place your hand on your heart. Feel that? That’s called purpose. You’re Alive for a reason! Don’t give up!”** and it had me pondering it over and over again. In fact, I actually put my hand on my heart while reflecting its simple but strong message to each of us!

Many and even sometimes ourselves, tend to look for “our purpose” in big ways that will make a BIG impact in our world and on others. Yet God has placed us in this corner of the world, in this place, to be ALIVE and make a difference right here and now. Instead of feeling like we don’t have enough time to help those in need, especially the homeless, did you know we can all help? We are ALIVE for a reason and even in simple ways, can be part of this ministry, even if we are away for months at a time.

How?

- We are called if we have two shirts, to share one! Have you taken the time to go through your clothes and share especially those sneakers you do not wear any longer? How about those jeans?
- Do you pick up change you find along the street, even if it is a penny? No amount is too small to give to Heart ‘n Hands. Yesterday, I found a penny and several days ago found about 60 cents. It may not be much, but 61 cents can make a difference. In fact, have you ever thought of giving your change to Heart ‘n Hands Mission for a specific amount of time? Maybe start a change jar for the next few months. Can you imagine the difference you could make?
- Of course, while traveling, taking the toiletries given to you by hotels and dropping them off can make a difference! Did you know that travel powder, deodorant, toothpaste and toothbrush, are so appreciated? Maybe pick up one or two of these items at the grocery store every time you go? Imagine what will accumulate in a short time.
- The Lord calls us to tithe, giving 10% to the church and its ministries. Have you thought of sharing those gifts with this ministry? Did you receive a gift card that you may not use?
- Do your older sheets, towels, blankets and comforters need a new home as you replace them? Those are amazing gifts for many homeless through the winter months.
- How about your time? Can you give 2 hours a week to help sort through clothing on a Monday morning? I am confident Heart ‘n Hands has a place for you to help even if just once a month.

Each of us have a purpose and believe it or not, when we use our gifts, we can sense this amazing JOY and PEACE from above. We can also learn that our purposes can change from day to day but with our hand over our heart, we are still ALIVE and can discover what the Lord wants us to do today!

As things open in our world each day, I am excited to go back to Hoboken in the fall and see the hearts of His people living on the street and allow God to use me once again, face to face with those in need.



## Blessing Bag Program Update

Our Blessing Bag Program began in 2013. Since then, we have distributed 4,154 Blessing Bags to those in need! Last December, during the pandemic, we delivered pre-made bags in order to keep our supporters and volunteers safe from shopping and handling so many items. This year, we are returning to our roots! You will find information about our 2021 Blessing Bag Program below and on the following page.

We will not be holding an Assembly Day this year, so we have adjusted our start date to allow a few of us to assemble the Blessing Bags throughout the late summer and early fall as items are donated. As always, we thank you for your support of this program.



### *Heart 'n Hands Mission ~ Blessing Bag Program*

**The 2021 Blessing Bag Program will officially begin July 1<sup>st</sup>.**

It is time for our Blessing Bag Program to return to its roots! Our ninth annual Blessing Bag Program will once again feature travel size toiletries, personal care items and snacks!

There are several ways that you can support the program in 2021.

- 1 – You may make a monetary donation with “Blessing Bag Program” in the memo line.
- 2 – You may purchase individual items from the list on the next page and bring them to the HHM donation crate in the *Donation Station* on the street level of St. Timothy near the elevators.
- 3 – You may fill a Blessing Bag using the list on the next page.
- 4 – You may purchase bulk items through our Amazon Wish List and save yourself the trouble of shopping!

Any way you choose to participate will brighten the day of more than **350** homeless individuals we reach with our monthly distributions.

Please add a note of encouragement or holiday cheer!  
Notes neatly decorated by children are a welcome addition.

In addition, we hope to continue spreading cheer to our impoverished families as well with **family size toiletries**: shampoo, toothpaste, body wash and body lotion.

Donations of family size toiletries may also be placed in the HHM donation crate in the *Donation Station* on the street level of St. Timothy near the elevators.

The Blessing Bags and family size toiletries will be distributed during the month of December to all of our Gathering Sites.

Thank you for your continued support of our Blessing Bag Program.



## *Heart 'n Hands Mission ~ Blessing Bag Program*

**The 2021 Blessing Bag Program will officially begin on July 1<sup>st</sup>.**

**In an effort to keep the Blessing Bags consistent, please note the following:**

- **TRAVEL SIZE** toiletries are the key to fitting everything comfortably in a gallon size Ziploc bag.
- **TRAVEL SIZE** toiletries can be purchased for \$1 or less in stores like Target, Harmon, Dollar Stores and Big Lots. Some items are sold in multiples – this reduces the overall cost per bag.
- It is also important to stick to the list – Please use **Travel Size** not Hotel size toiletries and 1 of each item unless stated otherwise.
- **Please do not** substitute or add additional items especially loose cotton balls.
- **Q-Tips, Band-aids and Flossers** purchased in bulk should be divided into separate snack size bags to preserve cleanliness.
- **Please pack all food items** together in a smaller Ziploc bag.
- **Please** check expiration dates! Items should not expire before **March 2022!**
- We welcome **individual items** to help fill a Blessing Bag.
- Monetary donations are always welcome.
- We will gladly accept your donations from ***July 1st through October 24th, 2021.***
- **Thank you for your continued support of the Blessing Bag Program!**

### Each GALLON SIZE Ziploc Blessing Bag for an Adult should include:

<b>Travel size</b> Toothpaste	Toothbrush - one individually wrapped
<b>Travel size</b> Deodorant	<b>Toothbrush Cap* (new item on the list)</b>
<b>Travel size</b> Shampoo	Small Bar of Soap (not Family size, not hotel size)
<b>Travel size</b> Shave Gel	Disposable Razors – 2 generic
<b>Travel size</b> Lotion	Band-aids – 8
<b>Travel Size</b> Gold Bond Medicated Powder	Chapstick – non-flavored
<b>Travel size</b> Body Wash	Q-Tips – 1 travel pack or 30 Q-Tips in a snack size bag
<b>Pocket Pack</b> of Tissues	Small Dental Floss or 30 flossers in a snack size bag
Generic Comb or <b>small</b> brush	<b>Travel Size</b> Hand Sanitizer or <b>Pocket</b> Antibacterial wipes
Pack of Hand warmers - 1	CHEWY Granola or Protein Bar - 1
2 small Slim Jims or 1 pack of Snack Crackers	Gum or Lifesavers – 1 pack

Please add a note of encouragement or holiday cheer! Notes neatly decorated by children are a welcome addition.

### **DURING OUR BLESSING BAG PROJECT, WE WILL ALSO COLLECT:**

**Warm Hats**

**Adult Black Crew Length Socks**

**Warm Gloves**

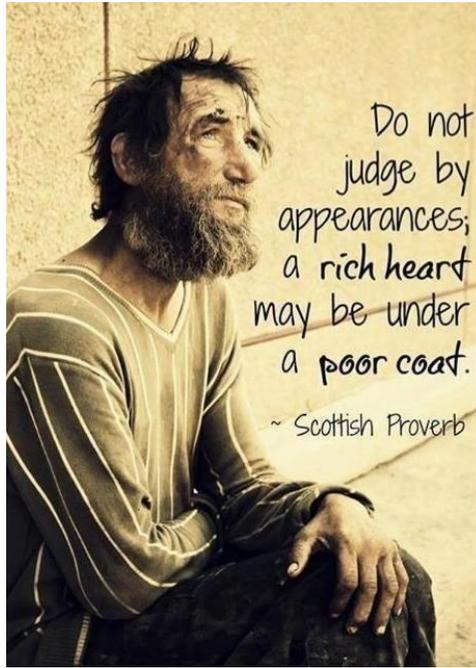
**Blessing Bags, toiletries, hats, socks and gloves can be placed in the donation crate on the Street Level near the elevator or in The Orange Room across from the elevator.**

**FYI:** we do collect **unused Hotel toiletries** for distribution throughout the year.

Please remember the homeless while you are traveling!

Hotel toiletries can be placed in our donation crate at any time.

Please bring your donations to Heart 'n Hands Mission at St. Timothy Lutheran Church  
395 Valley Road, Wayne 973-694-8316 Mailbox #6



**Love. Care. Serve.**



**Heart 'n Hands Mission**  
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[Heart 'n Hands Mission Amazon Wish List](#)

