



Helping Hands

Winter 2025

Your compassion in *action*.

A Hand Up, Not Just a Handout

In 2021, a stark reality came to light: dozens of unhoused families were living in motels on Plymouth's north side, often without transportation to access vital resources like food pantries. This discovery sparked the beginning of the PHJC Volunteer Food Ministry, a mission rooted in compassion and a desire to make a tangible difference in the lives of our neighbors in Central Indiana.

What began as a simple act of delivering sack lunches and groceries has evolved into a comprehensive support system, addressing not just immediate needs but also empowering individuals to rebuild their lives. Volunteers gather regularly to prepare meals, assemble grocery bags, and collect essential items like hygiene and paper products. These items are then delivered directly to motel residents, ensuring access to basic necessities and bridging the gap created by lack of transportation.

But the PHJC Volunteers go beyond simply providing material goods. They understand that true support means building relationships, earning trust, and addressing the root causes of hardship. Through consistent efforts and genuine care, volunteers have become a trusted resource for motel residents. This has opened doors to providing a wider range of assistance, including connecting households with community service providers, helping them navigate applications for social service benefits, and providing essential household items like coats, clothes, boots, bedding, and more.

“I just wanted to say thank you again for helping me with my rent. If it weren't for your help, I would be looking at eviction. Thank you again!” - N.H., a recipient.

The impact of this ministry is far-reaching. Over the past few years, thousands of meals and grocery bags have been distributed, along with thousands of other essential items. But the true measure of success lies in the individual stories of transformation. Volunteers have been instrumental in helping individuals access rehabilitation programs, secure stable housing, navigate complex medical situations, and overcome a variety of challenges. They've provided transportation to critical appointments, advocated for access to vital services, and offered a listening ear and a helping hand during times of crisis.

Your compassion has empowered us to make a lasting impact. THANK YOU for your continued generosity and partnership.

2024 by the Numbers

The thousands of meals and essential items provided, as shown in the following statistics, are a direct testament to your compassion.

15,060	Sack Lunches	390	Vegetables
1,115	Extra Sandwiches	225	Holiday Meals
7,220	Grocery Bags	787	Hygiene Bags
195	1-pound ground beef packages		



Abby's Dedication: A Volunteer's Story



As the winter winds howl and holiday cheer fades, we reflect on the warmth and kindness our community has shown. One such example is the inspiring story of Abby Jackson, a dedicated high school student who recently volunteered with the PHJC Volunteer Program.

Abby joined Sisters Chiadlu Ohalete and Marie Heppler to lend a helping hand during their move to a new convent.

"I was happy to help make the move easier," Abby said. **"It's a great way to give back to the community and live out my faith."**

Abby's commitment to service extends beyond this recent endeavor. She has also volunteered to prepare and distribute meals to those in need, gaining a deeper understanding of the challenges faced by many in our community.

"The most surprising part of my experience was the conditions some people must face in their daily lives," she reflected. "It's humbling to see how much we can impact someone's life, even with a simple act of kindness."

Abby's enthusiasm is contagious. She encourages others to join the PHJC Volunteer Program, inviting them to "come out to volunteer with an open mind and an open heart."

We extend our heartfelt thanks to our generous donors. **Your support makes it possible for volunteers like Abby to make a positive impact on our community.**

"I am just so grateful for the opportunities I have been able to take part in with the PHJCs."

Spreading Holiday Cheer

This holiday season, our amazing volunteers prepared and delivered 75 Thanksgiving meals to individuals in local hotels, sharing both nourishment and kindness. They returned at Christmas with 75 more meals, along with gift bags and gift cards for adults, teens, and children.

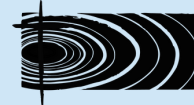
Thanks to their efforts, those who may have felt alone found connection and joy. We are truly grateful for our volunteers who continue to brighten our community!



Scan to donate!

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Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

The PHJC Volunteer Program is a ministry of the Poor Handmaids of Jesus Christ.