

## Helping Hands Network

It has always been a Christian responsibility to visit the sick (Matt. 25:34-40), support the weak (Acts 20:35), and through love serve one another (Galatians 5:13-14). Many of us already know how comforting a church family can be in times of trouble.

Helping Hands is a network of parishioners who assist with the temporary needs of families or individuals in time of stress, both “happy” stress, such as a new baby, or painful stress, such as illness or bereavement.

We depend on enough offers of assistance in each area so that volunteers help out on a rotating basis and are called infrequently. We also understand and appreciate that there will be times when you simply cannot help; so, please don't let a busy schedule stop you from signing up. Or, for example, if you have summers off and prefer to be called only during those months, just let us know! We intend to work together to meet the needs as they arise while accommodating the schedules of the givers.

Do you have a particular gift you can share?

If you would like to be added to the Helping Hands Network, please fill out this form and send it to the church office at P.O. Box 382, Upton, MA or email it to [unitedparishoffice@yahoo.com](mailto:unitedparishoffice@yahoo.com).

**Name:** \_\_\_\_\_

**Tel. #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

- I am willing to provide a complete meal to an individual or family.
  - I am willing to perform light household chores (dishes, laundry, vacuuming...) on a one-time basis.
  - I could provide emergency childcare.
  - I can do light errands (pharmacy, light grocery shopping...).
  - I am willing to help with collations (after a funeral) at church or family home.
  - I can provide transportation to a doctor's appointment.
  - I can provide transportation to church.
  - I can bake for a church function.
  - Other: What special gift(s) do you have to share?
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Thank you for prayerfully considering being part of the Helping Hands Network. Please fill out this form and mail to the church office– P.O. Box 382, Upton, MA 01568

Any questions? Please contact our Helping Hands Coordinator, Carol Bohan at [carolbbohan@aol.com](mailto:carolbbohan@aol.com)  
Or call the church office at 508-529-3192.