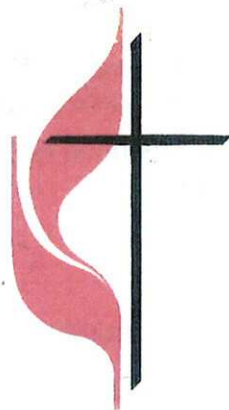




Our Mission

- Provide a vehicle for social activities
- Provide fellowship and a caring attitude for each other
- Share health and quality of living tips for coping with retirement and advancing age
- Reach out to those less fortunate
- Share faith and spiritual values among ourselves and with others

Helping Hands Older Adults Ministry



Cokesbury UMC
14806 Blackburn Road
Woodbridge, VA 22191
703-494-5400

Helping Hands



Senior adults fulfilling needs through fellowship and ministry.

Our monthly newsletter

Hand Notes

keeps members apprised of upcoming events, prayer requests, and church and community concerns.

GRAPHIC DESIGN BY JANE HENSHAW 540-923-4039



Helping Hands ...

Cokesbury United Methodist Church Older Adults Ministry

Helping Hands is an organization for older adults led by older adults. It provides an opportunity for seniors to fellowship together as well as provide service to the church and outreach projects. We have found that the loving kindness within our group has become an important part of our lives.

Anyone over 50 or retired is welcome to join. We always welcome visitors of any age.

Our Activities

Service

- Fundraisers
- Biannual soup & salad luncheon
- Host church flea market
- Participate in Ministry Fair
- Contribute funds to necessary church projects
- Maintain medical equipment inventory

Ministry

- Operation Christmas Child
- Contribute to outreach programs
- Rising Hope food collection
- Visit members who are ill or in hospitals or nursing homes
- Provide funeral receptions
- Prayer Tree



Fellowship

- Monthly meeting & potluck
- Annual trip to Shenandoah Summer Music Theater
- Game nights
- Annual cookout
- Miniature golf
- Ice cream social
- Christmas party
- New Year's Eve party
- Attendance at Easter and Christmas pageants
- Field trips
- Bowling league
- Local river cruises

Together we can make a difference in each other's lives.

Wisdom is with the aged; and understanding in length of days.

—Job 12:12 (RSV)

