



Fisherman's Peace

Whoever wrote the book of Mark was not concerned with details. The stories come fast and furious with as few details as possible. It's a lot of "and then they went here", "and then they crossed over the lake", "and then went into the city", "and then they left the village".

What's super interesting to me about that though, is that one of the details that the writer always seem to include is food...and Jesus is always at the center of it.

When Jesus heals Jarius's daughter, the first thing he says to do is give her something to eat. 5000 people were following him around and his disciples were freaking out and he said, "You give them something to eat". He rebukes the Pharisee's with a reference to what we eat and how it cannot make us unclean. He feeds another crowd. Then the disciples think he is mad at them because they forgot to bring bread on a trip.

This all climaxes in chapter 11 as Jesus is making what would be his final journey into Jerusalem. In verse 12 it says, "He was hungry, and he saw a fig tree in the distance". When he gets there the tree isn't in fruit and he curses the tree. I have always took that as some grand spiritual lesson that Jesus could control nature etc. Reading it now, I think maybe he was just hungry, it caused him to have a short fuse, and he cursed the tree. Because he then goes into the temple and starts turning over tables...someone get this guy a sandwich before he does something that gets him killed!

The lesson? When people get hungry, it causes them to do things they might not do otherwise. Is there a million lessons to learn about feeding people bread from heaven? Of course! But maybe one of the biggest lessons that Mark is trying to tell us, is that real bread for physical bodies, is the easiest way to make the everyday act of eating, a sacred space to feed the soul.

-By: Benjamin Ballmer, CEO of Yellow Bird Foodshed



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Sharing His Blessings



From A Fellow Servant

By: Robert Atkins, Board Chair

It's been 20 years!

As hard as it is to believe, 20 years ago our Lord and Savior blessed Christ's Hands with the opportunity to open and serve our first meal at The New Covenant Kitchen.

To put these 20 years in perspective, let's remember some of the events from 1998; Bill Clinton was the President of the United States; the Dow Jones average eclipsed 9,000; John Elway and the Denver Broncos defeated the Green Bay Packers in Super Bowl XXXII; Dale Earnhardt won the Daytona 500; Titanic won the Academy Award for best picture; Monica Lewinsky became a household name and Michael Jordan played his final game as a Chicago Bull.

Although we have seen many changes over this time, God's grace, goodness and provision have not. We have witnessed our Lord expand the ministries of Christ's Hands from a soup kitchen to an organization that also provides monthly food boxes, shelter for the homeless and distressed, a distribution center for 20 food pantries, a job training facility and many more.

When we consider what the Lord has done during these 20 years, we are truly humbled. Over 500,000 meals served, over 75,000 food boxes distributed, 10,000 overnight stays accommodated, 100 tons of food distributed to food pantries, 200 individuals completing the job training activities.

These numbers are truly amazing, but we never forget our most important ministry, people. First and foremost, we are called to proclaim the grace given to all mankind, Jesus the Christ. God established these ministries as a platform for us to joyfully proclaim that Jesus Christ is the only begotten Son of God and that Salvation can only be found through trust and belief in Him.

This has truly been the greatest blessing of all. It is amazing to watch the transforming power of Christ in those who have accepted Him as their Lord and Savior, and we know that none of this would be possible without our dedicated donors and volunteers.

To you, we will be eternally grateful. Your devotion to Christ and desire to serve Him, by serving your fellow man, has sustained us during these 20 years. Without you and your service to Christ, the ministries of Christ's Hands would not be possible.

SUPPORT FOR CHRIST'S HANDS

Christ's Hands is blessed to continue in the ministry of serving. The assistance given to those in need has been accomplished by the dedication of our many volunteers and donors. We encourage you to consider making a year-end contribution. We ask that you prayerfully consider Christ's Hands during your estate planning. Tax deductible gifts in the form of real estate, vehicles, stocks, bonds or other valuables are always welcome. Without your generous support the many ministries of Christ's Hands would not be possible. Thank you for your continued support and prayers for these Kingdom building ministries.

Serving With Appalachian People

As we reflect on the past summer, there are a few things that stand out to us. The first way is the way the Lord provided for staffing. As we were nearing the end of May, we still had several spots still available; but one by one God moved in the hearts of people to step up to serve for whatever time they could. We had two Harlan County young men who worked for the entire summer. The rest of our staff consisted of individuals, couples, and families who volunteered from one week to five weeks of their summer to serve in the kitchen and on the jobsites.

Another highlight for us was the affirmation we received from both volunteers and homeowners for the benefits of the SWAP program. After they returned home from a week of service, several group leaders contacted us to share how the SWAP experience had brought their group members closer together and had impacted them to begin looking beyond themselves to what God is doing in the world around them. With tears in his eyes, one volunteer shared how he had been able to connect with a young person on his team with whom he had been trying unsuccessfully to befriend for months. One homeowner said that her friend, where SWAP had worked the week before, told her that she could trust SWAP to do a good job on her home repair because she had received good work at her house.

A final reflection is that it is gratifying to see Mennonite Central Committee (MCC) long-term presence have earned the trust of local authorities. After a significant amount of rain, there were several homes flooded in the Ages community. The Harlan County Emergency Management called and requested SWAP volunteers to come and help dig out the mud which had filled the yards of five homes. While this is not our typical home repair job, there was a need which we were able to fill and for which the county and homeowners were grateful. In closing...

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."
-Galatians 6:9-1

By: Stephanie Broersma, Location Coordinator- Harlan



SWAP Harlan
Highlights 2018

SWAP by the numbers

Volunteers - 230
Homes worked on - 32
Flood cleanup - 5
houses

33 years of working in
Harlan, County

Reflections

I thank God for the opportunity to be a part of the ministry of Christ's Hands. My time as Volunteer Coordinator has been wonderful and challenging. I came in to this job with no experience but I felt this was where God wanted me to be, so I had to trust Him to lead and guide me. The volunteers have shown me so much kindness and encouraged me in so many ways. They have become my extended family. We currently have cooks, servers, someone to deliver meals and pick up donations each day. This is an answer to our prayers. Over the summer we had several groups come and give their time and talents to help us maintain the building. Several times they helped us in the kitchen preparing meals, cleaning or even going out and purchasing items we needed. Because of the kindness of others we are able to feed, clothe and give shelter to those in need. Sometimes the needs seem to be bigger than we can possibly meet, but there is no need greater than the God we serve.

As I look back on the last eight months I know that my life will forever be changed by my experience here. I'm excited to see what God has in store for us in the coming years. I pray that we will minister Christ to all we come in contact with. The spiritual need of man is the most important need they have and with all us praying and working together we can be the salt and the light Jesus speaks about in Matthew 5:13-16.

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot."

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your father in heaven."
-Matthew 5:13-16

By: Natasha Duff, Volunteer Coordinator and Kitchen Manager

World Deliverance



First, World Deliverance is thankful for the partnership that we have established with Christ's Hands. We have been blessed to be able to help with various projects there and deliver several loads of resources this past year including mattresses, tools, food, and other items. We are so thankful for the surplus walk-in freezer given that we were able to install at our local food pantry (feeds approx. 750 families per week) and also ship medical beds to an orphanage in Liberia that we are helping.

World Deliverance Ministries is a hand on Ministry of Faith. We have been blessed to deliver a message of Hope and Help since 1976. Under the leadership of founder, Thomas Sparks who serves as Pastor, Evangelist, Missionary and Janitor a powerful message of Salvation and deliverance is presented to lost and hurting people wherever the Lord sends us. World Deliverance goes where needs are, reaching people with the Good News of Jesus and His Love. Practicing Matthew 25...feeding the hungry, clothing the needy and supplying material, physical and spiritual help as doors open. World Deliverance has works in Haiti, Mexico and Africa as well as reaching the Navajo tribe in AZ reaching and feeding the homeless and ministering in disaster relief as needs are presented. Our heart is to care and share the Love of Jesus Christ to a lost and hurting generation thru Word and deed.

"I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."
-Matthew 25:34-36

By: Thomas and Linda Sparks, World Deliverance

This Month's Q&A



Q: What are some ways the Gospel is presented through the ministry of Christ's Hands?

- Relationships are fostered between volunteers and clients developing opportunities to share God's love

- Volunteers take prayer requests and provide a devotion each weekday before the 5:00pm meal.

- Weekly devotions are conducted with Cadets from the Appalachian Challenge Academy through our discipleship ministry

- Relationships are developed with community service volunteers from KTAP, Drug Court, Probation and Parole, the Hope Center and others opening the door to evangelize

- Missionary and Pastor Tim Wilson and his team host a church service the last Sunday of each month in the dining hall at 11:00am.

- Missionary teams throughout the year offer prayer and the love of God while providing various services

In each and every thing done at Christ's Hands, first and foremost, is the desire to share the love of Jesus.

Discipleship Ministry



Carpentry Shop Class 013



ACA Females Cadets Class 013



Cabinet Shop Class 013

My name is Shalena Miniard and I am employed by the University of Kentucky Harlan County Cooperative Extension office in the department of the Nutrition Education Program as a SNAP-Educator assistant. Along with youth, I also work with adults in our county to educate them and their families on healthy choices and good nutrition.

I was privileged to be a part of the program between Christ's Hands and the Appalachian Challenge Academy. This opportunity was my second cycle of female cadets. It's amazing to see how this program evolved and has flourished. The first cycle of female cadets were able to see how Christ's Hands and the community came together to make this program a reality. The kitchen for us just came about so quickly and became like a home. It was powerful for the ladies to see how important they were to the community in that this was all brought together for them. The efforts of many people that did not know them had value in the collaborative effort to create a space and this opportunity.

My partnership with Christ's Hands was to teach the young ladies about healthy living, good nutrition choices and life skills. We prepared meals together every week for 9 weeks. They learned how to buy on a budget, plan meals, food safety and how to prepare meals together.

This has proven as such a beneficial program. The data that I've collected shows a 100% change in their healthy choices, physical activity, food safety and knowledge of knowing their limits on certain food and drink choices. The Cadets embraced the hands on experience and showed growth through their time at Christ's Hands.

By: Shalena Miniard, Discipleship Mentor for Appalachian Challenge Academy

2018 Ministry Update

New Covenant Kitchen: 24,000 meals provided

Food Pantry: 3,000 food boxes filled

2017 Winter Shelter: 238 night stays to 40 clients

Hospitality Center: 20 groups hosted

Distribution Ministry: 450,000 lbs. of food gathered

Discipleship Ministry: Over 150 people shepherded

Volunteer Hours: 15,000+ hours served



The New Covenant Kitchen

The kitchen prepares meals for 120 people each weekday; 50% of those are delivered to shut-ins. Thanks to local businesses and individuals, we are able to create delicious meals for those in need. It is nice when we can provide our volunteer cooks with the needed ingredients to prepare our meals, just as they do at home. Here is a list of the things currently needed if you or your church would be interested in helping feed the hungry:

Canned Food (fruit, carrots, green beans, peas, corn, baked beans), creamed soups (cream of chicken, cream of mushroom), chicken and beef broth and seasonings, kraut, bar-b-que sauce, ranch and Italian dressing, diced tomatoes, tomato sauce, spaghetti sauce, spaghetti noodles, elbow macaroni, instant potatoes, chili powder, brown gravy mix, ham flavored bouillon cubes, vegetable or canola spray, vinegar, ketchup, dryer sheets, zip-lock bags (gallon, quart and sandwich lock-n-fold), powdered dish detergent and disposable gloves

Christ's Hands Inc.

The ministry continues to grow in depth and in width. With this growth comes the need for new steps, sometimes leaps, of faith. Some opportunities are easy to grasp and see positive outcomes. Others however take hard work and determination. Several new ministries have seen a new start this past year.

Our 3rd floor, known as the 'Loft' began hosting missionary teams with SWAP, ASP and others where we educate them about the people of Harlan, the Kingdom work being done in our community year round as well as presenting a community speaker who talks about their story and life work including the impact Christ has had on them. We have also made this new space available to a group planning to start a Celebrate Recovery in our community in 2019.

The 'Good Samaritan Room' was dedicated to the Lord's work this summer. This is where we distribute non-food related items such as clothing, hygiene products, household items, appliances and furniture. We are now able to meet each client we serve, learning where they live, other needs they may have, let them know what resources are available in our community, pray with them and try to find a church in their neighborhood where they could find further spiritual help.

We added a carpentry shop to the Cadet ministry where this fall they began the work of building a 'tiny home'. This is in partnership with the Community Homes for Homelessness and Addiction Recovery (CHHAR) project lead by students from the Harlan County High School and the Harlan County Fiscal Court.

We are excited about these and other new ministries of Christ's Hands. Come and find out how you can be involved.

Thank You...



Ed Shenk and
Weaver's Hardware
Company for
donating the 2007
Freightliner.

Harlan Baptist Church for
donating the seed money
needed to begin and help
complete the much-needed
receiving dock.

Don Parson for
donating the
mechanical
dock leveler.

It is such a blessing to have these new resources when picking up, hauling, loading and unloading goods to help proclaim the love of Christ.