

Alcoholics Anonymous (AA) meets here at Trinity Lutheran Church twice per week. On Sunday evenings beginning at 6:30pm and Thursday evenings beginning at 6:30pm. If you have questions about AA, please contact Carolyn Weaver (717) 259-7231.

Assistance paying utility bills – you can contact the Community Based Organizational Team 1-866-860-6151

Or apply for *LIHEAP* at (717) 772-7906

Assistance paying rent -

Adams County – South Central Community Action Program (SCCAP) (717) 334-6921

York County Community Progress Council (717) 846-4600

Other Services from the State

- PA Support & Referral Helpline:
 - 0 1-855-284-2494
- National Suicide Prevention Lifeline:
 - o 1-800-273-8255
- Disaster Distress Helpline:
 - 0 1-800-985-5990
- Crisis Text Line:
 - Text PA to 741741

*If you don't know who to call, contact the PA Support line and they can refer you.

East Berlin/Abbottstown Food Pantry

On the first Wednesday of every month, the East Berlin Food Pantry is held at Trinity Lutheran Church, 117 W. King Street in East Berlin. (717) 259-9125 The Food Pantry is held from 3:00-6:00pm in the back parking lot. New Hope Ministries parks a trailer in the parking lot for guests to walk through and take what they need for the month.

The Abbottstown Food Pantry is held on the first Thursday of every month from 3:00-5:00pm at St. John's Lutheran Church, 100 E. Water Street in Abbottstown. (717) 259-0796.

Volunteers are always needed at both locations every month. Please contact the church offices to volunteer your time or your food donations.

Need a place to stay?

Changing Lives, Hanover PA offers a shelter on 136 Carlisle Street (717) 633-1992. Please call ahead as they have limited capacity.

Need Help?



Information for Trinity's Sharing Shelf and Much More!



Trinity's Sharing Shelf

Thanks to donations from the church patishiors and from the wider community, we offer free, non-perishable food items on the outdoor shelf located near the back doors of the church available 24/7. Anyone needing food is invited to take what they need. And others are encouraged to leave items to help others.

Please ONLY TAKE WHAT YOU NEED for a meal or two. Our supplies are very limited and we ask that you leave enough for others to share.

Those attempting to profit from the items that are freely given are hurting our community members that are in great need. Please be kind!

Our Pastor May Be Able to Help!

If you or a family members, friend or neighbor has a particular need, please make an appointment with our pastor, the Rev. Susan McCarthy, by calling (717) 778-5548. The meeting will be kept confidential for your privacy.

Jew Høpe Ministries

New Hope Ministries is a Christian social service agency that shows the love and hope of Christ by serving our neighbors in times of need and supporting their efforts towards stability.

New Hope Ministries offers food and basic needs, stability & workforce development programs and also youth programs.

With locations in New Oxford, Hanover, Dillsburg and traveling mobile services, they are always available to help. They are also always looking for donations and volunteers. Their centers are open Monday through Friday, 9:00am – 4:00pm. Some centers have hours beyond that schedule.

New Oxford - (717) 624-4700

Hanover - (717) 698-3365

Dover – (717) 292-3441

Dillsburg – (717) 432-3053

Littlestown - (717) 848-0885

Need Clothing or Household Supplies?

The East Berlin Area Community Center (EBACC) is located just down the road at 405 North Ave. (717) 259-8848. EBACC has a Thrift Shop that offers clothing and household supplies at a reasonable price. If you have an immediate need for clothing or other supplies, they may be offered at no cost to you. You will need to discuss your need with our Pastor, or with the Operations Manager of EBACC, Pamela Lady.

Are you being hurt?

You are not alone. One in four women experience partner violence in their lifetime. There are local people that want to help you.

Safe Home in Hanover (717) 637-2125 provides services for victims of domestic violence and human trafficking in Hanover and Adams County. **The 24-hour hotline is** (717) 632-0007. They offer emergency safe housing and referrals to local shelters as well as assistance with filing protection orders. *Just make the call.*