

Helping Hands Bulgaria was started to assist orphanages and nursing homes in Bulgaria. Its founder lived and worked for several years in Sofia, Bulgaria, learning first-hand what Communism did to the country. She established connections with the directors of many institutions, government workers and Bulgarian believers. Although the post-Communist economy has slowly improved the situation is still bleak, particularly for the vulnerable elderly, disabled, sick and orphans. With government funding inadequate for even basic needs, Helping Hands was created.



We are currently working with several nursing homes and orphanages in western Bulgaria. This mountainous country north of Greece and south Romania has a climate that makes for long winters. Thus warm clothing and heat are also necessities.

The nursing homes are particularly stressed. Often the heat is turned off for part of the day to make the funds stretch just a little further. Even basic medicines are a luxury. Many residents feel abandoned, left to die.



The precarious financial situation for many Bulgarian families has made necessary the 31 orphanages scattered throughout the country. Staffing is often inadequate in the orphanages and the limited contact with humans has made speech and other developmental delays a common.



Because Communism also left the Bulgarians without a source of spiritual care, Helping Hands is also addressing those important needs. We are thankful that evangelism is allowed in the hospitals, nursing homes and even orphanages. We've held Bible classes and worship services, grateful that often staff members have attended. Bibles, crosses, pictures with Bible verses and other items have also been distributed to residents and staff. Two-thirds of the institutions have weekly Bible stories or devotions that we provide.



Over the last few years, Helping Hands Bulgaria has put together 7 shipments to help the institutions in western Bulgaria. Orphan Grain Train has assisted us in the delivery of the shipments. These have contained clothing, shoes, toys, kitchen supplies, soap, blankets, school supplies, games, medical supplies and other items. In helping to meet physical needs opportunities to share the Gospel have been created, even in the villages surrounding the nursing homes and orphanages.



Shipment items being unpacked

We are working on developing additional materials for spiritual care for those in the nursing homes, hospitals and orphanages. We are also developing materials and worker training for home churches. This will allow us to avoid building and transportation costs to keep our organization sustainable even during difficult financial times.



Because the children in the institutions need more love and attention than the staff can provide, we began a program to assist with these needs too. Our “Babas for Babies” program pays 5 older women from Vidin to go into Vidin orphanage to work with the children Monday through Friday. Such efforts helps to stimulate proper mental and physical development. It also helps to provide much needed emotional care and friendship for the children. The Babas also take turns reading Bible stories to all the children at the orphanage.

We also have older women working weekly at 3 of the nursing homes. Each women works from 1-5 hours a week providing spiritual and emotional care.

What a joy to be able to help so many with their physical, emotional and especially their spiritual needs. If you would like to be a part of our work in Bulgaria, write to us at the address/phone number below:

Helping Hands for Eastern Europe
C/O Hope Lutheran Church
700 S. Superior Street
DePere, WI 54115
Or call us at 920-336-9843

Any contributions are tax-deductible. We will send a receipt to all donors, along with our sincere thanks!



Bringing hope and help to those living in nursing homes and orphanages once behind the Iron Curtain...



Mission Statement:

Helping Hands Bulgaria is a Christian mission that was created in response to the great physical, emotional and spiritual losses the Bulgarians experienced as a result of almost fifty years of Communism. Through our work we aim to assist the most vulnerable in Bulgaria by providing compassionate support and resources that address their physical, emotional, and spiritual needs.

