

VISIT THE SICK

Let us ponder these powerful words of Jesus in Matthew 25:36-40

"I was sick, and you visited me..."

Then the righteous will answer Him, 'Lord, when did we see you sick...and visit you?'

And the King will answer them,

'Truly I say to you, as you did it to one of the least of these my brethren, you did it to me!'

Here are some practical ways that we can encounter Jesus and bring His mercy to those around us:

VISIT THOSE IN THE HOSPITAL

- Volunteer at Munson Hospital:
 - www.munsonhealthcare.org/mmc-volunteer for more information and volunteer application
- Volunteer as a CTK Extraordinary Minister of the Eucharist to Munson:
 - Contact: Mark Tafelsky: (231) 938-9214
- Volunteer at Grand Traverse Pavilions:
 - www.gtpavilions.org/volunteer-opportunities for a comprehensive list of volunteer opportunities
- Volunteer at Hospice of Michigan:
 - www.hom.org for a comprehensive list of volunteer opportunities

VISIT THE HOME-BOUND / NURSING HOME RESIDENTS

- Volunteer as an Extraordinary Minister of the Eucharist to the homebound of CTK:
 - Contact Fr. Cotter: (231) 938-9214
- Become a member of St. Vincent DePaul Society:
 - Contact: St. Vincent DePaul Office/Store: (231) 947-8477 from 10-3 M,W,F,Sat
- Know a family member, neighbor, friend, or CTK parishioner who is homebound or residing in a nursing home due to chronic or sudden illness, a disability, or challenged by the winter weather?
 - Send them a note or email of encouragement
 - Take the time to call them
 - Make and deliver a meal to them
 - Offer to run errands for them
 - Visit, spending quality time with those who are sick or homebound
 - Offer to read to them
 - Assist them with writing cards or letters to their family members / friends
 - Assist those who are the caregivers for sick or ailing family members

PRAY FOR THE SICK

- Each week, CTK bulletin provides a list of those who are ill and in need of prayers. Pray for them by name as often as you can.
- Pray for those with mental illness
- Pray for the sick using the powerful *Divine Mercy Chaplet*:
 - For information about the *Chaplet* and how to pray it:
www.thedivinemercy.org/message/devotions/chaplet.php

MEDICAL EQUIPMENT LOAN CLOSET

- Promote and/or donate to this FREE service at CTK Parish. Durable medical equipment is free to use for as long as needed.
 - Contact: Pat Sambrowski (231) 946-7868

see other side for additional suggestions

DONATE BLOOD

- Contact: Michigan Blood at 2575 Aero Park Drive, Traverse City, 49686 / 231-935-3030

HEALTH PROMOTION AT CTK PARISH

- Volunteers are needed to reinstate a health ministry at CTK. Some ideas: organize blood pressure screening, create a health newsletter, organize a blood drive, etc.

ASSIST THE GREIVING

- Michael's Place: A healing center for grieving children, teens, adults, and families
 - www.mymichaelsplace.net for a comprehensive list of volunteer opportunities
- Write a note to someone you know who has lost a loved one within the past year.