



DISCIPLES ON THE WAY

Spiritual Support During the COVID-19 Outbreaks

MISSIONARY DISCIPLES: IDEAS FOR OUTREACH

With COVID-19 calling us to a different pace of life these next few weeks, one of the most beautiful ways to share our faith with others is through acts of love, generosity, and kindness. Here are some lovely ways to be Church in the world:

- **PRAYER:** Take some time each day to pray for those who are sick, isolated, and worried. Write the names of friends, family, classmates, and co-workers on slips of paper and place in a basket on your table or a prominent place in your home. At mealtime, draw from the basket and say a prayer together for each person.
- **CARE FOR THE VULNERABLE:** Several nursing homes, assisted living facilities, and places that care for the vulnerable have been closed off from visitors. Write cards to these residents, as well as the staff who try to keep everyone safe and healthy. Even if you don't know anyone in a care center just address the card or note to "Dear Friend." That alone will brighten a day and bring a spark of joy!
- **CARE FOR FAMILIES:** New parents, pregnant moms, and those with little ones at home could use some encouragement and help. If you are healthy and able, perhaps make a meal, share books/movies/toys that have been sanitized, offer to watch the little ones for a while so the parents can get out, run errands, and renew a bit! Gather some friends from church to reach out with support, love, and kindness!
- **YOUNG ADULTS:** Gather healthy young adults to run errands, deliver groceries, and anything in between. Create a space on social media where people can list what they might need help with and be creative. Find ways to make it happen!



- **FOOD:** If you know children or teens in your neighborhood who may need a lunch or snacks, offer to make and deliver them or bring them to a designated spot your schools may determine. An unexpected treat from the local parish will be amazing. Attach a little note for an added surprise!
- **THE CORPORAL WORKS OF MERCY:** This can include yard work, meal creation and delivery, or collection of money to send a package of goodies to your local emergency room staff. Send thank you cards to all those in helping agencies or make a lawn poster campaign to bring hope and comfort to your neighborhoods!
- **CARE FOR THE ENVIRONMENT:** Organize a park clean-up in your neighborhood for people of all ages. It's good to be outside, but keep a distance by assigning tasks around the area. Have gloves and trash bags available. Serve a snack when finished. What a beautiful way to care for God's creation. Begin and end the event with prayer or a quote from Pope Francis' Laudato Si!
- **CARE PACKAGES:** Care packages with items such as hand sanitizer or toilet paper could be included for those who have compromised immune systems, those who are homebound. Share your abundance and plant seeds of hope.
- **CARE FOR OUR VISITORS:** Are there people in your community who may be new to the area or speak a different language? This may be a very uncertain time for them. Seek out resources for them in your neighborhood and reach out with this information, as well as a treat or care package from your parish!
- **HOPE AND JOY:** Finally, be a sign of hope and joy in your circle of influence at home, work, the store, appointments, and anywhere else you go. For those who are worried and a little panicked, we can be a source of peace, presence, calm, and faithfulness. It's the very best gift we can give our communities!

Be a joy-filled and generous disciple!
God has sent us on mission!