

**Wellness Ministries**  
(Georgette Griffie, Pastoral Associate 243-3435)  
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**Angels of Hope** “Little Flower Relay for Life Team” helps to raise awareness and money to fight cancer and support survivors throughout the year. Hosts parish chili cook-off, and more.

**Beginning Experience** (Rachel Vela Roche 271-1699) Helping those who have been affected by divorce, spousal/parental death, and separation to heal their loss



**Blood Pressure Screening** Nurses and other medically trained parishioners offer free screening after all Masses on the 1st full weekend of the month.

**Eucharistic Minister to the Homebound** Extend the liturgy by bringing the Eucharist to the elderly and the sick. Training is provided as or if needed.



**Fit For Life** (Anita Golba 233-6660) Tuesday and Thursday from 7:30 – 10:00am in the Wellness Room. Join fellow parishioners under the watchful eye of a skilled trainer.

### Letter/Card Writing

Send letters/cards in the name of the parish to the sick, homebound and bereaved.



### Support Groups

- Cancer • Diabetes • Widows/Widowers Grief/Growth •

Scheduled as needed/requested. Facilitators and participants always welcome.



### Telephone Ministry

 (Catherine Gilvary 277-0247)

Make weekly phone calls to one or two homebound parishioners – to chat, make sure they are all right and to help them continue to feel connected with the parish.

### Visit those who are alone

Visit parishioners who live alone, or are homebound.  
Visit nursing homes.  
Offer support to caregivers.

