



### **YOU ARE NOT ALONE!**

Many resources are available to individuals and families upon learning of a cancer diagnosis or any other serious illness or accident. St. Mary's has a great deal of support services, many of which are listed below, as well as additional outside resources.

### **St. Mary's Resources**

#### **Caregiver's Support Group**

A group for anyone who is giving care to another person. Whether it's end of life issues, ongoing care for chronic health problems or another reason, the Caregiver's Support Group will help you answer questions and provide feedback and fellowship with others in similar situations. The group meets on the fourth Thursday of the month at 7:30 p.m. For more information, or to attend, contact the Rev. Tim Malone at 703-527-6800.

#### **Lay Eucharistic Ministry (LEM)**

If you can't come to Church, Church can be brought to you by a Lay Eucharistic Minister (LEM). LEMs are trained and licensed parishioners who take the Eucharist from a Sunday or Thursday service to parishioners who, because of illness, injury or mobility issues, are unable to attend church services. The LEM provides a connection to the rest of the community by reading the lessons and prayers, summarizing the day's homily and administering pre-blessed communion hosts and wine to the person(s). If you are in need of a visit from an LEM or know someone who is in need, please contact the St. Mary's Office at 703 527-6800.

#### **Meals that Heal**

Volunteers from St. Mary's prepare meals for parishioners who are ill, homebound, bereaved or dealing with the arrival of a new baby. St. Mary's knows that sometimes a simple meal lets us know that we are not alone, and our community cares. For volunteers, this is a great way to meet other parishioners and assist them when they are in need. Volunteers are asked to serve for a minimum of one year. The ministry holds an annual potluck in late September to launch their year. To receive a meal or volunteer for Meals That Heal, please contact the St. Mary's office at 703-527-6800.

### Prayer List

To add a name to the St. Mary's Prayer list, there are two main options:

1. Call the office at 703-527-6800.
2. Fill out the online form ([stmarysarlington.org/prayer-list/](http://stmarysarlington.org/prayer-list/)), which is emailed to staff. It is recommend that you fill out the form if you are trying to reach St. Mary's before 9 a.m. or after 5 p.m. Additionally, the form will prompt you to leave clear instructions on how to best provide care and prompt follow up, so please use the form questions as a reference when leaving a phone message.

A person can request to be only on the weekday prayer list, if desired.

### Prayer Shawls

Shawls are a universal and embracing symbol of an inclusive, unconditionally loving God. They comfort, cover, hug, shelter and add beauty. Those who have received these shawls have been uplifted and affirmed.

St. Mary's Prayer Shawls are blessed by our clergy and given to parishioners who are ill or grieving, or conversely, celebrating the birth of a child. Each shawl is stitched prayerfully by a member of the St. Mary's Handcrafts Ministry. This is a gathering of parishioners who have similar interests in knitting, crochet, needlepoint, cross stitch and other kinds of needlework who meet monthly to work on prayer shawls and other crafts. Please contact the office at 703-527-6800 if you would like to receive a prayer shawl or would like to join the Handcrafts Ministry.

### St. Joseph's Ministry

The St Joseph Ministry serves the St. Mary's community by providing parishioners interested in home repair and building trades with opportunities to contribute to parish life and community outreach.

- St. Joseph's Ministry can assist parishioners, in need, with special requests around their home.

### Stephen Ministries

Stephen Ministries is a one-on-one lay caring, pastoral ministry that equips and empowers lay caregivers, called Stephen Ministers, after the first Christian martyr, to provide empathetic, confidential, Christ-centered care to parishioners and people in the community who are experiencing challenges in life. The ministry is composed of three main groups: Stephen Ministries Leaders who recruit, train and guide Stephen Ministers. Stephen Ministers who, under the supervision of Stephen Ministries Leaders, minister to those in crisis. Care receivers receive emotional and spiritual support and care from trained Stephen Ministers. For more information on Stephen Ministries at St Mary's, please contact Tim Malone at 703-527-6800.

Stephen Ministries Executive Director and Founder Kenneth C. Haugk, Ph.D., has just published a book entitled **CANCER - Now What ... Taking Action, Finding Hope, And Navigating The Journey Ahead**. A separate information sheet is provided with information about this new guidepost for patients, caregivers, families and friends dealing with a cancer diagnosis.