

The Healing Ministry of the Church

These projects and activities will help you to be a part of the healing ministry of the Church.

On your own

You don't have to wait until someone gets sick to be a healer. You can make a big difference when friends and family members are tired and discouraged. Check out this action list for lifting spirits. See how many of these actions you can do this week.

- Ask "How are you?" and listen to the answer!
- Help with chores.
- Try to understand.
- Help fix dinner.
- Make a phone call.
- Write a note of encouragement.
- Pray for the person.
- Pray with the person.
- Ask how you can help.

With others

Eucharistic ministers often take Communion to the sick in their homes or nursing homes. Ask them why they choose to minister in that way. Report back to your class.

With your family

Visiting the sick and praying for them are Works of Mercy. If a member of your family is sick or elderly, hospitalized or living in a care center, plan a family visit soon. If the person lives too far away to visit, telephone or send a card, Pray with your family for those who are sick.