

Just as...I AM

Aging Communities

Record and interview an elderly family member or church member about his or her life.

Volunteer to shovel driveways and sidewalks for those who are aging.

Have a skill sharing day at church. Ask elderly members to take turns sharing new skills with youth.

Incorporate grandparents as faith mentors in the confirmation curriculum.

Go on outings with an elderly neighbor.

Offer to complete errands for or with an elderly person.

Invite a speaker to discuss Godly approaches to end of life.

Once a season, visit shut-ins or homebound church members with a pastor. Sing hymns, say prayers, or recite Bible verses and invite shut-ins to sing, pray, and recite with you!

"Remove vexation from your heart, and push away pain from your body, for youth and the dawn of life are vanity." - Ecclesiastes 11:10



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Disabilities

Find ways to include those with disabilities in service to the church. Consider opportunities to serve like collecting, offering, acolyting, straightening up the sanctuary, and helping to fold bulletins.

Lead a fundraiser to supplement the cost of making a home accessible by adding a ramp, handrails in the bathroom, etc.

Educate church volunteers on how to work with those who have learning disabilities.

Research someone in history with a disability and celebrate his or her impact in October (National Disability Employment Awareness Month).

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."

- 1 Corinthians 6:19-20

Research respite care options for caregivers.

Lead a Bible study on how God works through all things for our good.

Celebrate the gifts of those with disabilities and find ways they can be shared with others.

Offer large print bulletins and hearing devices, and speak with families who have children with sensory issues to let them know when loud music might be used, such as trumpets and drums.



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Terminal Diagnosis

Lead or attend a Bible study on grief or the stages of grief.

Pray for the individual with a terminal diagnosis and his or her family. Ask the individual and family for specific prayer requests.

Educate family members about spotting suggestions to "end suffering" with physician-assisted suicide or MAID (Medical Aid in Dying).

Celebrate the impact someone has had on your life by writing him or her a note he or she can re-read.

Look for ways to support caretakers. Offer an afternoon out. Bring a meal. Provide a listening ear. Volunteer to pick up groceries.

Affirm the individual's identity in Christ and his or her value.

Educate others on advance directives and DNR and determine how to use them in a God-pleasing way.

Put together a comfort basket for those in the hospital. Consider adding a blanket, warm socks, Chapstick, Bible verse cards, etc.

"For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us." - Romans 8:18

