

## *Extending a Hand in Friendship*

### Activities

1. Watch for someone you have not noticed before at church, especially if she comes alone. Say "hello" and smile weekly until she responds automatically and does not seem nervous anymore. Talk to her and eventually invite her out for lunch. Say a prayer before starting to eat and thank God for your new friend. Eventually invite her to a council meeting. Go slowly and develop a rapport.
2. Someone sitting alone at mass may be sitting at home alone as well. Invite her to join you and a few other members for coffee. If your church has coffee after mass, take two or three members over to her to introduce yourselves. If she says she is too busy to stay for coffee because she is nervous, put a coffee in her hands without asking. She will find herself drawn in. Offer to keep her in your prayers. Find out if she has any hobbies; perhaps you may know of a group she can join, or you can invite her to your place to do crafts together. Eventually take her to a council meeting.

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3. Invite a new parishioner to join you and a few others to pray for a sick friend. Then conclude with a short visit and a pot of tea. It will help break the ice and help you to make a new friend. If she says she does not know the sick person, tell her it does not matter, that the sick person is in desperate need of prayers; how can she say no? Keep the meeting short and don't overwhelm her with stories.

## *Acts of Kindness*

### Activities

1. When a caregiver is busy caring for her terminally ill partner, make an appointment to visit. After a short prayer, offer to clean the fridge, dust, reline pantry shelves, wash kitchen windows or floors, or straighten shoes in the entrance way. Perhaps drive her to the hospital so she can relax in the car and close her eyes for a moment. Stop at the coffee shop just to chat, or to let her catch up on a bit of shopping. Offer to look after any small children for an hour or two so that she can take a nap.
2. When visiting a patient in the palliative care unit, take along a tea pot with easy to swallow biscuits, and a battery operated candle. Sit quietly with her and hold her hand. Pray silently for, or with, her if she wishes. Let her talk. Wear your League scarf or pin; it could be that others on the ward will notice and ask you to visit and pray for them as well.

