

## **St Elizabeth-the-New-Martyr Parish Health Ministry/Committee**

Inspired by our patron saint, who established the Mary-and-Martha Convent, the St. Elizabeth Parish Health Committee aspires to help parishioners with both physical and spiritual health concerns and to assist Fr. John in his duties. Coordinator is Karen Hadley. Activities have been curtailed by Covid, but we are trying to restart these. Our routine activities are/have been:

- Prayer- Intercessory prayer team- ask for prayers for yourself or others through Fr. John, who will forward the request (anonymously) to the team. Monthly prayer sheets with parishioners' names and special needs/celebrations.
- Blood pressure screenings after liturgy have fallen off, partly due to my being on council. Please ask and I'll check yours.
- Coordinating rides to church, food, and visits to those in need.
- Card ministry. Making shawls for those with illness, praying the entire time for the person (Shawl of prayers).
- Programs on topics of interest have been on hold.
- Please contact us if you know of needs within the parish or if you have an idea for a program of general interest. Further details are in brochures in the narthex.

Jennifer McDonald