

## ***10 Ways to Support the Disability Ministry***

1. **Pray.** Prayer is appreciated and needed. Pray for our ministry, for our children with disabilities, for our parents of children with disabilities, and for other persons with disabilities in our parish and living in our communities.
2. **Share information and news.** Let others know about what we are doing. Forward an email with information, share a post on Facebook, or tell someone you meet about our ministry.
3. **Be aware of persons with disabilities and their families in our communities, in your work setting, and elsewhere.** Each of us taking an extra moment to give someone a warm greeting, to hold a door open, or to listen to someone's story as we go about our day is also ministry to others.
4. **Attend our Mass of Welcoming and Inclusion.** Simply being present at this Mass (at 11:30 on the first Sunday of each month) and extending a greeting to our parishioners and visitors with special needs is helping to build a strong sense of inclusive community at St. John Chrysostom. Consider that a kind smile is something that a parent of a child with special needs has been desperately hoping to receive at Mass.
5. **Attend monthly meetings of our ministry.** This is where we do our discussion and planning of past efforts and future efforts. These meetings are essential for putting our thoughts and ideas into action.
6. **Offer to organize a new activity or project.** Whether it is small or large, if you have an idea and the willingness to pursue it, we would like to support your efforts.
7. **Volunteer for a scheduled event.** Not everyone has the time for planning an event, but many hands at an event are so helpful.
8. **Care for your family.** Our commitments and family stressors change over time. If you need to focus more on your family, please do not feel that you are letting us down. There may be a time where you can do more and a time where you can do less, and it is ok. And you are always welcome to keep in touch by email.
9. **Thank our supporters.** We have been blessed with so much support from many people in our parish, like Theresa Hedlund (PREP), Patti Georges (Worship), Mary Chollet (Ministry Coordinator), Dave Hackett (Head Usher), Barb Fergone (Church Secretary), Father Ed and others. Expressing your gratitude directly to them is so helpful because these folks have been essential for accomplishing our goals.
10. **Invite a friend or neighbor living with a disability.** Look beyond those you see coming to our meetings or to Mass regularly and invite them to our Mass (or any Mass) and to our meetings or events. Some people will say no, but others are just waiting to be invited!

