



If you would like more information about the Wellness Ministry or if you are interested in volunteering, please call the Parish Center

**(973) 338-9190
Extension 20**

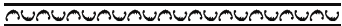
Prayer for

Lord, You invite all who are burdened to come to you. Allow Your healing Hand to heal me. Touch my soul with Your compassion for others; touch my heart with your courage and infinite love for all; touch my mind with Your wisdom, and may my mouth always proclaim Your praise. Teach me to reach out to You in all my needs, and help me to lead others to You by my example.

Most loving Jesus, bring me health in body and spirit that I may serve you with all my strength. Touch gently this life which you have created, now and forever, Amen.



Parish Wellness Ministry



**Saint Thomas the Apostle
Roman Catholic Church
Bloomfield, New Jersey**






MISSION STATEMENT

The mission of St. Thomas the Apostle Parish Wellness Ministry is to continue Christ's work of healing among all the people of God.

This ministry is to serve our Parish and community through the varied skills gifts and experiences present in those who minister.

We respect the dignity of every human life and propose to promote healthy life style choices that enhance the integrity of mind, body and spirit.

The Wellness Ministry is led by a committee of parish nurses who work together with the Parish staff under the direction of the Pastor.



SERVICES PROVIDED BY THE PARISH WELLNESS MINISTRY

- Health Screening
- Health Education
- Assistance with transportation to doctor/hospital/church
- Assistance with access to information about various community agencies
- Provides limited, confidential health counseling
- Runs errands for parishioners such as food shopping
- Makes regular phone calls to homebound
- Assists with Blood Drive
- Shawl Ministry



SERVICES WE DO NOT OFFER

- ◆ Hands-on nursing care
- ◆ Dispense medication
- ◆ Replace the health care provider
- ◆ Provide emergency medical assistance

Call 911 if you are experiencing medical emergency.

VOLUNTEERS ARE NEEDED

- ✓ Assisting with health screenings (BP), Health Fairs
 - ✓ Writing health-related topics for bulletin
 - ✓ Planning for Health Fairs, blood drive
 - ✓ Providing transportation
 - ✓ Running errands
 - ✓ Making brief, regular visits and making telephone calls to homebound parishioners
 - ✓ Clerical help
 - ✓ Shawl Ministry
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