Corporal Work of Mercy for February: Visit the Sick

Visiting and comforting the sick was a central part of Jesus' ministry and has always been a public ministry of the church through hospitals, nursing homes, and pastoral care programs. Parents tend the sick in the care of their children, and children are called to take care of parents as they age. Looking beyond our own families, there are many around us who suffer from illness, chronic disease, and dementia.

Here are some ways to reach out to others through this work of mercy:

- Spend time with an elderly relative or neighbor
- Serve as a Eucharistic Minister to the sick and homebound. Contact Janine Kilgore for more information at (714) 637-4360 x110 or **jkilgore@stnorbertchurch.org**
- Volunteer at a local hospital
- Become a hospice companion volunteer, **www.seasons.org**
- Join our Kirkwood Ministry and serve those living in an assisted living environment. Contact Peter Ricks for more information at (714) 633-0731 or **peterricks@sbcglobal.net**
- Call or send a card to someone who is sick
- Pray for those suffering from illness on the World Day of the Sick, which is on February 11, the Feast of Our Lady of Lourdes. Pope John Paul II initiated the day in 1992 to encourage people to pray for those who are sick and for their caregivers.