



Welcoming Ministry Angels,

Last week, Dave Ruth brought Cheryl home, so that he and their son, Trevor, can care for her themselves. She is not a hospice patient, so this might be a long-term adventure for their family.

Can we come together as a community to help? Here's how:

### **No Visitors Yet**

As much as we want to show our love, what Dave and Trevor need the most is time to get into the routine of caring for Cheryl. It's a 24/7 job, and they use windows of opportunity to rest and nap. Pretty soon, when they catch the rhythm of their days, we will post "visiting hours" where they will be open to receive guests. But for now, they need some time. And your prayers.

And when they are ready for visitors, the most loving thing we can do is arrive on time, and leave after an agreed upon time. Dave is too nice to tell us that we have exhausted him, and his daily schedule is rigid.

### **Dinners**

I have created a **CaringBridge Planner** if you would like to sign up to bring Dave and Trevor dinner. In order to help them the most (and to avoid causing more stress!) please kindly follow these instructions:

- 1 **On the day that you sign up, TEXT** Dave in the morning to let him know what you're cooking and if he'd like dinner that evening. He may say "yes, please!" or he might graciously say, "no, thank you." Please do not call. TEXT.
- 2 **Please only deliver two portions.** Dave and Trevor don't eat leftovers and they don't defrost food from the freezer. Extra food will just wind up in the organics bin.
- 3 **Kindly follow the dietary restrictions** posted on the planner when you sign up.
- 4 **When you deliver,** just leave dinner on the porch. TEXT when you've dropped it off. Please do not knock or ring the bell. They might be in the midst of caring for Cheryl.

5 **Use the planner on CaringBridge**, so that we all do not try to bring dinners on the same day!

### **Shopping Run**

Also posted on the **CaringBridge planner** are Saturday shopping runs. Dave is pretty savvy about ordering online from Amazon and other places. But there's always something, right? So if you happen to be out and about on Saturday morning, text Dave and let him know what stores you're going to and ask if he needs anything while you're out.

HINT: Dave's guilty pleasure is a large Diet Coke from McDonalds with a lot of ice!

### **Greeting Cards**

Likewise, I have posted the "task" of sending an inspirational, uplifting or funny greeting card to let Dave and Trevor know that you're thinking of them. Sign ups are available daily. I'm sure it will be nice to get something beautiful in the mail, instead of another bill!

### **Chores Coming Soon**

Probably within the next couple of weeks, Dave will be in a place where he can assign some routine, daily/weekly household chores to give him some time to go for a walk or take a nap or something. He's still figuring out what needs to be done, but when he's ready, watch the planner on CaringBridge for opportunities to sign up.

### **Prayers**

Most importantly, the Ruth family needs our prayers. Please offer your rosaries, scripture readings, visits to the Blessed Sacrament or your favorite devotion, asking God to grant Dave and Trevor all the graces that they need to perform this enormous act of love for Cheryl.

### **Questions**

Please contact me: 925-667-4051