

FRIENDS HELPING FRIENDS: PASTORAL CARE RESOURCES LIST

The Pastoral Care Committee assembles and sustains a confidential list of offers of help from our Meeting community.

- If you are a regular participant in the Bethesda Friends Meeting community, please contact the Pastoral Care Committee to express a need, either to the Friendly Ear at rise of Meeting, or through your personal friendly ear, or the Pastoral Care clerks (Alex Bell or Pierce Hammond).
- Please also contact any of those people if you want to offer your help, a referral, or your sensitive listening based on your experience.

The topics below reflect the offers of knowledge and experience received thus far from members of our community.

1. **Health**, including physical and mental health care, home and hospice care, and diet.
2. **Family**, including elders, teens, divorce, loss, and foster care.
3. **Home Care**, including downsizing/decluttering, sewing, computers, and handymen.
Note: We continue to seek referrals or assistance in such areas as: carpentry, plumbing, electrical work, and small machine repair.
4. **Learning and Education**, including tutoring, alternative education, college advice, art.
5. **Quakerism and Spiritual Exploration**, including Quaker history, ideas and terms, and Zen.
6. **Legal and Financial Matters**, including referrals and help with taxes, budgeting and careers.
7. **Language and Culture**, including culture shock, relocation, learning French, and helping Spanish speakers.
8. **The Gift of Time for** driving, cooking and care relief for family and animals.