**MPC Notes to Nursing Homes**

### **Background**

While McLean Presbyterian Church has been conducting periodic worship services in several nursing homes, we are not allowed to visit residents during this corona-virus epoch.  So we hope to care for the residents spiritually, as well as to pursue our two goals of (1) encouraging believers and (2) challenging unbelievers with the gospel.

### **Ways to minister**

We ask for you and your family to be part of the Kingdom effort of **praying** for God’s work in the hearts of people who reside, and work, in these facilities. In addition, we ask for you to **write** **notes** **of encouragement** to the residents.  Thank you for being willing to participate!

While some are more comfortable writing notes than others, know that by writing, you are serving Christ, from the perspective of the second commandment.

We recommend that you:

* Pause before writing to pray that God (1) may draw the recipient near and meet the needs of their souls and (2) will use this experience of writing to conform you, yourself more closely to Christ.
* Write naturally to reflect your own personality. You are making an eternal investment, an offering that you are placing in the hand of the King.

### **Context**

**Residents are generally:**

* Elderly (75 years old+)
* Mostly female
* Mostly confined to wheelchairs or beds

**Many residents have:**

* Vision problems, making reading difficult
* Mild to significant cognitive impairment
* Struggles with loneliness, boredom, pain, concentration, regret, or anger
* Unrealistic expectations about regaining health

### **Note Guidelines**

Our aim is to encourage people toward thinking about God, their relationship to Him; as well as to convey our love for them in Christ. **All notes…**

* Must be written **without knowledge of the recipient** (due to HIPPA limitations). *If a resident later gives a name and requests ongoing correspondence, the notes can become tailored.*
* Must be delivered as-is, or in an **unsealed envelope**, so residents can easily open.
* Should be written with **legible font size** as there may be vision impairments.
* Should be able to fit on a single piece of paper (use plain paper or an appropriate greeting card).
* Should include the idea that people at McLean Presbyterian Church are **praying for them.**
* May include a **brief Scripture**, with a short explanation of its application in times like these.
* May include a **bit of general information about the writer**, with particular emphasis on thankfulness for God’s salvation and sustaining grace.
* May involve children. They can create drawings or cards, according to their capabilities.
* May be signed with something like, “With love from your friends at McLean Presbyterian Church, [your name].”  *These notes will coming from MPC, so no personal contact information needs to be included.*

### **Delivery**

Please either mail/drop off your notes to:

* **Steve Brown** (2671 Fanieul Hall Court, Herndon, VA. 20171-2625) (703.715.1027)
* **Hap Arnold** (6505 Beverly Ave, McLean, VA. 22101-5220) (571.249.0617)
* **A rubbermaid box at the MPC porch** (where the rocking chairs are; near fellowship hall entrance)that will be checked every Monday

### **Two Sample Notes**

***IMPORTANT****: Your note may differ, be shorter, and emphasize different points to reflect your own personality.*

*Please do not simply copy these examples.*

Dear Friend,

These are challenging times, with the coronavirus making it difficult for people to visit you.  Although I’ve not met you in person, I know that the days can grow long, and the time can be lonely, sometimes shadowed by regrets about the past, and full of concerns for family, the future (especially as life grows short), and our country.  We miss the times when we could come to conduct worship services for you, and demonstrate our love for you in person.

I thank God that He has not only created the universe we live in – as well as each of us – but also has Himself entered into His creation, experiencing every temptation and knowing the depth of every trouble we experience.  His presence in my life gives me hope, and His love is never-failing.

I want to encourage you to pray, to draw near to God, to remember those things about Him that you may have learned earlier in your life.  People at McLean Presbyterian Church, where I worship, are praying for you, and are ready to pray specifically as you might request.  If you would like personal spiritual encouragement, prayer, or interactions, please contact the activity director or chaplain.  If you ask them to, they will put you in touch with us.

We continue to ask God for His blessing upon your heart, and look forward to the time when we can once again worship together.

With love from your friends at McLean Presbyterian Church,

[Your Name]

Dear Resident,

Warm greetings!  My name is [your name] from [your city] and I am [short description of occupation].

The third Sunday of every month a group of people from McLean Presbyterian Church come to Fairfax Nursing Center to greet the residents and put on a worship services, in which I sometimes participate.  I love to be with you all!

Right now, may people feel lonelier and discouraged because of the worldwide virus.  We can remember that Jesus Christ wanted to be with us.  He died on the cross to pay the penalty for our sins and waits for us to say, “Thank you for dying for *me*.”

Jesus loves you so very much – *you* are precious to Him.  Jesus means everything to me!

I hope you are feeling well today.  I’m sending you a hug!  *You are special*.

With love and best blessings,

[Your Name]