



## Creative Ways to Serve CHRONIC JOY

### PRAYER

- Pray for the mission and ministry of Chronic Joy.
- Pray for those in the Chronic Joy community.
- Visit the Prayer Pond.

### CARD MINISTRY

- Stop by the Prayer Pond and as you read through the requests, when God tugs at your heart, pause and pray, then write a note, card, or letter to encourage that person.

Visit #PenToPaper to request a FREE starter set of stationery.

- Write a card or note to a child, teen, and or young adult in need.  
Request FREE starter stationery for all ages on #PenToPaper page.

### EVEN MORE

- Brighten someone's day by sending encouraging texts, messages, or emails. Find inspiring, free images on our flickr site.
- Write for us. (prayers, prayer prompts, poetry, poetry prompts, or guest posts)
- Knit or crochet prayer shawls to donate.  
Chronic Joy exclusive patterns available.
- Invite a friend to check out Chronic Joy or toss a prayer request in the Prayer Pond, share a post, and/or write a book review.

### INVEST IN CHRONIC JOY

- Give a one time or monthly gift.
- Purchase books or notecards through our website.
- Give a *Gift in Honor* of a special occasion or as a thoughtful gift acknowledging the challenges of chronic illness in someone's life.
- Give a roll of stamps supporting our Card Ministry.

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



## Creative Ways to Serve

- Write cards or letters for those who are hospitalized or homebound. Consider contacting a local church for possible recipients.
- Write to soldiers or missionaries serving overseas.
- Make colorful cards for children's meal trays at your local children's hospital.
- Read to a child or for the visually impaired.
- Knit or crochet prayer shawls, baby blankets, mittens, hats or scarves for those who are grieving, facing surgery or in homeless shelters.
- Bake cookies for a youth event, bake sale, or for someone who is homebound.
- Send birthday cards to nursing home residents.
- Make "care kits" with shampoo, soap, toothbrushes, deodorant, healthy snacks, etc. to donate to the homeless or homeless shelters.
- Start a text, message, and/or email ministry. Send encouraging notes, scripture, prayers to dear ones. Add a beautiful picture for added inspiration. Free images are available on our website (Free Images).
- Make hospital care bags for those in the hospital or their caregivers – healthy snacks, fruit, homemade cookies or breads, a soft blanket, toothpaste, lotion, a book, puzzle or game, gift cards for gas, the hospital cafeteria, toiletries, etc.
- Create "Birthday in a Bag" kits for local children's shelters. Include party hats, plates, cups, napkins, forks, a cake mix, frosting, candles, etc.

*Thrive* in a life with chronic illness.

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