



## *Fellowship Connection During COVID Isolation*

Greetings Santiago Parishioners:

My name is Kanoe Martin and I am a part of the Hope, Health and Wellness Ministry at Santiago De Compostela. During this time of social distancing and quarantine, I am reaching out to ministry leaders to ask if you know of anyone who is in need of a call to check in and connect.

At this time, limiting contact means reducing the transmission of COVID, especially to the high-risk population that include elderly and those with multiple health concerns. However, lack of connection for the elderly whose primary contact may depend on outside social interaction such as Sr. Daycare, time with friends, or attending Mass and spending time in fellowship within our own ministries can impact the level of depression and anxiety they experience. Which in turn, can also have an impact on a person's physical health as well.

We have a few volunteers who are willing to make calls to check in on parishioners who you may know that could use a friendly supportive call. The purpose is to connect and maybe offer prayer and reassurance during this time.

If anyone you know needs this type of outreach, please give them my name, Kanoe Martin, and my email address: [4ckmartin@cox.net](mailto:4ckmartin@cox.net). And I, or another one of your ministry members would be happy to give them a call.

Thank you all for you do for Santiago!

*"Do not fear; I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand." -Isaiah 41:10*

Blessings and Peace Always,  
Kanoe