

## MY MINISTER'S HELP GUIDE

Hi!

This guide has been put together by someone who knows the kinds of things a ministeree might need help with, and the things a minister might be able to do, because I've been both, just like you.

It's SO hard to ask for help.

And it's SO hard for a minister to say, "So you want me to do up your dishes?" Assumed translation, "Geez, why don't you get off your butt and clean up your house?"

Ministers REALLY do want to help, but they don't want to offend, and it may be difficult to suggest what a member might need.

And members don't always know what a minister is able and willing to do when they say, "Let me know if there's anything I can do."

Asking or trying to invent things for ministers to do can sometimes seem like just one more chore.

This guide hopefully will take away some of the angst, and give you both a tool that can help.

Pick something from the list, and go to town!

Self-Care

- Be my walking buddy.
- Go to the gym with me.
- Be an accountability partner.
- Go to yoga class with me.
- Bring us dinner.



- Play music, sing, dance with me.
- Pray with me.
- Help me stretch.
- Do relaxation breathing with me.
- Help me with some meal prep.
- Other\_\_\_\_\_.

Friendship

- Take me out to lunch.
- Popcorn and a movie, out or at home.
- Just visit and talk for a while.
- Read magazines, books, or funny quotes off the internet.
- Study scriptures or any subject with me.
- Go to the library and check out books or audio books.
- Go to the mall and get ice cream.
- Look at photos and share stories.



- Listen to my problems and my victories.
- Be my shoulder to cry on.
- Call me once a week...or whenever.
- Go for a drive up the canyon or to the beach.
- Scrapbook memories with me.
- Other\_\_\_\_\_.

Kids

- Take my kids to your place for a couple of hours.
- Take my kids for an activity like sledding, the park, a movie, on a hike, bike riding, or swimming.
- Play with my kids here, where all their toys are.
- Help my kids pick up their toys.
- Take my kids to school or pick them up after school.



- Attend a sporting event, play, or concert with my son or daughter.
- Give my kids a ride to their practices.
- Teach my kids a craft or hobby.
- Help my kids learn how to wash dishes or sweep the floor.
- Teach my kids a yummy new recipe.
- Help with homework.
- Other \_\_\_\_\_.

Personal and Caregiver

- Sit with my loved one for a while, read or talk.
- Go with me and my loved one to the doctor and take notes.
- Pick me up for church and sit with me.
- Shave my loved one or cut his or her hair.
- Cut or style my hair or paint my nails.
- Help me bathe my loved one.



- Help my loved one do his/her exercises.
- Cut my loved one's toenails
- Help me organize my bills and correspondence
- Shop or pick up an order from the store for me
- Help me feed my loved one
- Be available at any hour for trips to the ER
- Spell me so I can take a nap
- Lift my loved one or something else heavy

Financial from Ward

- Food
- Gas for car, lawn mower, generator
- Classes, school
- Community events
- Diapers - adult or baby



- 
- Clothing
- Toys
- School supplies
- Holidays
- Batteries
- Cleaning supplies
- Other \_\_\_\_\_.

Pets

- Walk my dog
- Bathe my pet
- Take him/her to the groomer
- Scoop poop



- Change the litter box
- Clean a tank, cage, or carrier
- Help me with a vet appointment
- Clip some toenails
- Other\_\_\_\_\_.

## Light Chores

- Vacuum

- Dust something...dusty
- Wash windows, walls or baseboards
- Clean a toilet or bathroom counter
- Wash dishes
- Change a lightbulb



- Fold laundry
- Declutter something messy
- Shop or pick up an order
- Help me hang a picture
- Change some bedding
- Take a trip with me to Goodwill
- Other\_\_\_\_\_.

Heavier Chores

- Wash windows, walls baseboards
- Clean my oven or refrigerator
- Move a piece of furniture so I can clean under it
- Help me dig, water, or harvest in my garden
- Edge, trim, or weed whack



- Help me weed my flower garden
- Mow my yard...at least start the #\*!@# mower
- Tidy up my garage so I can park my car in it
- Paint a room, the deck, door
- Shovel the driveway or sidewalk
- Other \_\_\_\_\_.

### Technical

- Computer help
- Fix a leaky faucet

- Change the filters
- Car maintenance
- Help with taxes
- Change or secure door locks
- Create a disaster plan



- Install room monitors
- Discuss fire safety
- Take care of pests ie: ants, hornets, mice
- Ensure gun safety
- Legal assistance when needed
- Time management help
- Get glasses/hearing aids checked

### A Note to Minister and Ministerees

So that everyone is clear, it's important to note that if any of these needs of assistance are of an ongoing

nature, the minister's role is to hire professional help, and not expect the minister to be an unpaid servant. These ideas are for when you're in a pinch and you need assistance temporarily or right away.

Call your minister and have them help you, then brainstorm a permanent solution for help with ongoing tasks that are too difficult for you, such as bathing a loved one, caring for a pet, or mowing the lawn.

Ministers, no matter how much you care for your families, it's important that they not become dependent on you for too much. You have your own family to care for. Be of whatever assistance you can in helping them to become more self-sufficient, or locating the ongoing help they may need.

Contact the Quorum and Relief Society leaders in your ward for help in lining up some resources in your area.