

## How Can I Help?

UUCF's Caring Coordinators keep a list of congregants who are willing to help in a variety of ways, including with meals and transportation. If you would like to be added to this list, please complete the form on the other side of this page and return it to the UUCF office or email your information to [caring@uucf.org](mailto:caring@uucf.org).

The Caring Coordinators will contact you when a need arises.

The Pastoral Care Committee includes members of UUCF trained to provide a caring presence and spiritual support to congregants experiencing stress and life challenges, or celebrating joyful milestones. Pastoral Care Associates usually serve for 2 years, and there is a short application process. If you are interested in joining the Pastoral Care Committee, please contact Assistant Minister Rev. Christin C. Green, [revchristin@uucf.org](mailto:revchristin@uucf.org).

*Keep this brochure as a ready reference when you or someone you know is in need of a caring community.*

### Caring & Wellness Contacts

- **Linda Clark**, Lay Minister for Caring & Wellness, [llclark53@gmail.com](mailto:llclark53@gmail.com)
- **Caring Coordinator**, [caring@uucf.org](mailto:caring@uucf.org)



**CARING  
FOR EACH  
OTHER  
AT UUCF**

*We're here to offer a hand in times of need.*



### Unitarian Universalist Congregation of Fairfax

2709 Hunter Mill Road, Oakton, VA 22124 Phone:  
703-281-4230 Email: [caring@uucf.org](mailto:caring@uucf.org)  
[uucf.org/caring-support](http://uucf.org/caring-support)



**Unitarian Universalist  
Congregation of Fairfax**

## Grow. Connect. Serve.

The Caring Team at UUCF is here to offer a hand in times of need. Just as each of us must extend a hand to others at times, each also needs a hand reaching out to touch us at some point in our lives - a time when a gift of caring can make a tremendous difference. We might need ...

- Meals delivered when we are facing times of illness, change or crisis.
- A ride to worship services, medical appointments or evening activities.
- Help with a memorial service when we've lost a loved one.
- A support group of caring people to help us cope with life's challenges.

*We might not always know what we need, but we know we need help.*

**We can only help if we know there is a need ...**

**Please ask!**

## Getting Help When You Need It

When you need help, call the UUCF office, 703-281-4230. The staff will respond with care and discretion and refer you, depending on the circumstance, to the ministerial staff, Caring Coordinator or the Pastoral Care Team.

If you would like meals or rides and the UUCF office is closed, you can email the Caring Coordinators: [caring@uucf.org](mailto:caring@uucf.org).

When you have a pastoral care need, our team of Pastoral Care Associates is available. We support people coping with the loss or illness of a loved one, facing a major life change or simply in need of a listening ear and a kind presence. Please contact the team through the UUCF office, the ministers or Lay Minister for Caring & Wellness Linda Clark, [llclark53@gmail.com](mailto:llclark53@gmail.com). You will receive a response within 24 hours. Our ministers are also available for spiritual support. You can email them or, in an emergency or crisis, call the UUCF office and listen to their outgoing message for emergency contact numbers.

- Senior Minister Rev. David A. Miller, [revd@uucf.org](mailto:revd@uucf.org)
- Assistant Minister Rev. Christin C. Green, [revchristin@uucf.org](mailto:revchristin@uucf.org)

## Tell Us How You Can Help

### Check the services you can provide:

- Transportation  van  car
- Prepare and deliver meals
- Memorial service help (usher/setup)
- Grocery shopping
- Emergency child care
- Emergency pet care
- Visiting the elderly, ill or shut-ins
- Caregiver respite breaks
- Connecting others with resources for life challenges:
- Chronic/serious illness (what kind?)

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- Grief
  - Fertility issues
  - Special-needs parenting
  - Substance abuse
  - Other \_\_\_\_\_
- 
- 

### Availability

Weekends: a.m. \_\_\_\_ p.m. \_\_\_\_ eve. \_\_\_\_ Weekdays: a.m. \_\_\_\_ p.m. \_\_\_\_ eve. \_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_  
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