



## OUTREACH The Lourdes Way

The Events Team is spreading cheer, joy, and well wishes to residents living in Senior communities, with a personal touch. Using God's love to touch the heart of someone else, lets them know we care and support them. Here is your opportunity to reach out and send a loving touch:

Please join in by creating cards with artwork to send to A.G. Rhodes Health & Rehab and Legacy Transitional Care & Rehab. With over 200+ residents, we will send cards in June, September, and December. We look forward to your creativity and support! **All are welcome to submit cards.**



### IDEAS FOR CARDS

You can either a) Make a card, b) Purchase a card and add your personal touch, or c) Design a card online. Be creative. Consider using bible verses, inspirational quotes, uplifting words when designing a card. For handmade and purchased cards, please leave the envelope unsealed.

### WHERE TO SEND

**Email** electronic cards to this [Link](#) or **Mail** handmade and purchased cards in an outer envelope to: Our Lady of Lourdes Catholic Church, 25 Boulevard NE, Atlanta, GA 30312

**DUE DATE: July 20, 2020**

*Lourdes Youth*

# TRIVIA NIGHT

Date: Thursday, July 23, 2020  
Time: 7:00pm - 8:00pm  
Location: Zoom link in the evite

## Sign-Up for Lourdes Youth Trivia Night

Beat the summertime blues,  
have fun and see some familiar faces!

RSVP on evite

Or go to [tinyurl.com/OLLYouthTrivia](https://tinyurl.com/OLLYouthTrivia)

Movies

Lourdes

Games

Music

Sports

Prizes for  
Winners!

amazon.com  
gift card



amazon.com  
gift card



**LOURDES EVENTS TEAM**

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**GROCERY  
PICKUP AND  
CURBSIDE  
SERVICE**

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**ESSENTIAL SERVICE FOR  
LOURDES SENIORS AND AT-RISK MEMBERS**



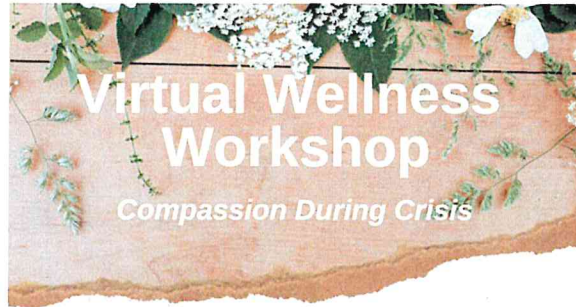
**FOR ADDITIONAL INFORMATION OR  
TO SCHEDULE SERVICE,**

**PLEASE CONTACT:**

**ASHLEY NICHOLS-251.545.7402**

**PATRICE HICKMAN-940.366.4443**

OUTREACH  
The  
*Louderes*  
Way



Learn how Amber navigated  
the deaths of 3 immediate family members  
and an out of state move  
2 months prior to the pandemic.

Wednesday July 15th @ 7:00pm via Zoom

HOSTED BY AMBER BLANDFORD

**Wed., July 15th, 7-8pm EST.**

**Tools of Compassion**

We will explore the specific tools and techniques I utilized to navigate grief and trauma including listening to my body, guided meditation, connecting to support, and journaling.

**Wed., July 29th, 7-8pm EST.**

**Listening To Your Body**

Learn the importance of listening to your body and trusting its wisdom without judgment. You'll be guided through deep breathing exercises, meditation, and gentle relaxation techniques.

**Wed., August 5th, 7-8pm EST.**

**Reaching Out For Support**

During this class, I will explain how staying connected to my deceased family members and those around me continues to support my healing process. I will teach you how to create a personalized support network for your physical, emotional, mental, and spiritual wellness.

**Wed., August 19th, 7-8pm EST.**

**How to Start Journaling**

Journaling serves as a place to "brain dump" and let go of your day. In this immersive class, you'll learn how to select a journal and designate its purpose for gratitude, prayer, artistry, or affirmations. You'll be guided through a variety of reflective journal exercises to get you started.

[Click Here For Workshop Registration](#)