

## HOW YOU CAN BE A HELPER OR BE HELPED

In these challenging times, we are working hard to equip Pilgrims in shared ministry and caring for one another. As a part of this commitment, we have opened up a “Needs Submission” form for anyone who is in need of additional support in light of the pandemic. Your needs can vary from requesting help in preparing meals, to grocery delivery, to receiving a call and check in, or anything in between.

How it works: To **submit a need**, please fill out this form on the Pilgrim website.

**<https://www.pilgrimstpaul.org/needs-submission>**

Your response will go to the Pilgrim office, and we will respond to you within a couple days to confirm your request and determine the best way for it to be filled. Your information will be kept private, and we will ask whether you would prefer for another Pilgrim to respond to you directly, or if you would like us to mediate their response in order to preserve your privacy. Then, your request will be posted on a sign-up that will be available to all Pilgrims. Once someone has signed up to fulfill your need, we will reach out and facilitate the connection between you and that person.

If you are submitting a need on behalf of another person, please get their express consent prior to doing so, and use their information (not your own) for filling out the form.

To view and **respond to needs**, please visit our “Pilgrim Shared Needs” sign-up form.

**<https://www.signupgenius.com/go/805084BA5AC2FA5FB6-pilgrim>**

You may sign up for helping with as many or as few needs as you feel capable of managing. You must include an email address with your sign up. After you have signed up, we will communicate with the person who has made the request and will facilitate the connection between you and that person.

If you would like to respond to a need that must be filled in person (such as preparing and delivering meals), we ask that you maintain proper social distancing and hygiene protocol: Please wash your hands thoroughly before handling any food or material goods, wear gloves and a mask while preparing food or other goods, and maintain a distance of 6 feet from recipients when dropping anything off. If you have been exposed to the novel coronavirus or have been sick with any respiratory infection, please only respond to needs that can be fulfilled without physical contact (e.g., phone calls, grocery delivery through Instacart or Shipt, or financial gifts for the recipient to pay for meal delivery or other goods & services).

If you have any questions, please reach out to Pastor Jen Rome (for ministry-related questions) at [pastorjenrome@gmail.com](mailto:pastorjenrome@gmail.com) or Denika Anderson (for tech-related questions) at [communications@pilgrimstpaul.org](mailto:communications@pilgrimstpaul.org).