Pick Up Your Cross and Follow Me

A Ministry for those with Special Needs and their families.
Who am I and Why Me?

Who am I?

★ Priest Family
★ Active Church Member
★ Educated
★ Teacher
★ Pick Up Your Cross and Follow Me Coordinator
★ Presvytera
★ Mother
★ Advocate

Why Me?

WHY NOT
How we got started
Programs We Offer

- Fall Day Camp
- Special Olympics
- Project Inclusion: Fanari Camp
- Lenten Retreat
- Inclusion Liturgies
- Resources for Families
- Support for Other Metropolis Ministries
- Advocate
Fall Day Camp

- Only for Pick Up Your Cross Families
- 10am-3pm schedule with lunch included
- Clergy Volunteers
- Sensory Based Learning
- Different themes every year
- St. Iakovos Retreat Center
- Volunteers for the event are all experienced
Special Olympics

- Together with Metropolis Jr. Olympics
- 2 days
- Bowling and track events
- Participation medals
- Peer Buddies
- More social for parents
Project Inclusion

-Age appropriate are included into our Summer Fanari Camp Program

-Those under/over age can come up for our Picnic Day

- Provide Additional Aides/Support

- Counselor Training

- Adaptive/alternative activities if needed
Lenten Retreats

- Hosted by different parishes within the Metropolis

- Date changes based on parish availability

- Try to have an Inclusion Liturgy attached

- Teaching opportunity for hosting parish on inclusion
Inclusion Liturgies

- Centrally located parish hosts (that is all accessible).
- Saturday Morning Liturgies
- Clergy volunteered to serve
- Participated in a full Liturgy, in a relaxed, welcoming, and teaching environment.
In church, I can...

- Have quiet hands
- Sit with a quiet body
- Look with my eyes
- Have a quiet voice
- Listen with my ears

Resources for Families

- Social Stories
- Visuals
- Support Group
Social Story on how to receive Holy Unction

I wait my turn in line to see the priest.

I need to have my body and hands ready.

I have my hands out, with my palms facing up.

The priest will anoint me with Holy Oil on my forehead, my chin, my cheeks, and on my hands. The priest will ask me to flip over my hands to make sure the Holy Oil gets on both sides.

It will not hurt me, it may even tickle!

I know I will do a great job receiving Holy Unction!

Here are some pictures of people receiving Holy Unction! The did a great job too!
Support for other Ministries and Advocate

- Sit on committees to help other ministries practice inclusion strategies
- Help train staff for summer camps
- Work with our Metropolis Religious Education Department
- Lead Sessions at Clergy Retreats and Clergy Laity
- Presented for Sunday School Staff on Inclusion Strategies
Presvytera Toni Mihalopoulous
219.765.6349
toni.poteres@gmail.com

Q and A Session......Please ask anything!

Please contact me for anything!