



## Parish Representative Quick-start Guide

### STEP 1 – Get Informed

Stay up to date on IOCC's past and current projects so you can confidently share our work:

- Read the enclosed *News and Needs* newsletter and visit [iocc.org/blog](http://iocc.org/blog) for updates.
- To receive hard copies, contact an Outreach Coordinator at 410-243-9820 or [outreach@iocc.org](mailto:outreach@iocc.org)

### STEP 2 – Raise Awareness

Help make IOCC visible in your parish by:

- Setting up a display or hosting an IOCC Coffee Hour using materials from your starter kit or [iocc.org/take-action/get-resources](http://iocc.org/take-action/get-resources).
- Asking your priest about a bulletin board, bookstore, or bulletin space for IOCC updates.
- Giving a short presentation to the parish, Sunday School, or parish council.
- Sharing IOCC news and updates through your parish bulletin, newsletter, and social media.
- Following @ioccrelief on Facebook, Instagram, X, and LinkedIn.
- Being available to answer parishioners' questions.

### STEP 3 – Plan an Event!

Get involved hands-on by:

- Creating a DIY fundraiser for IOCC ([iocc.org/diy](http://iocc.org/diy)).
- Organizing hygiene or school supply kit drives – great opportunities for youth involvement.
- Working with your Outreach Coordinator to plan local fundraising or awareness events (e.g., tastings, happy hours, TEAM IOCC races).
- Visiting [www.iocc.org/events](http://www.iocc.org/events) for current ideas and inspiration.

### STAYING CONNECTED

Your Outreach Coordinators are Theodora Veronis (Eastern U.S.) and Sophia Kayafas (Western U.S.), available Monday–Friday, 9–5 ET at [outreach@iocc.org](mailto:outreach@iocc.org).

- Watch for the monthly Volunteer Update email with shareable content.
- Use the included annual calendar to plan parish activities throughout the year.
- Reach out anytime for resources, additional materials, or to schedule IOCC speakers.

### SPREADING THE WORD

Know someone who might want to volunteer – especially in another parish? With their permission, share their contact information with us so we can reach out. Our goal is an IOCC representative in every Orthodox parish in the U.S. Your efforts truly make a global difference. Thank you!