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**Long thought of as a Sacrament reserved for the end of life,** Anointing of the Sick is one Sacrament that Catholics can avail themselves of anytime they are in a state of disease or dis-ease.

“I’ve noticed that people will come to me and say, ‘Father, will you anoint me after Mass because I am having surgery this week?’” explained Father Kent Walker, pastor of St. Thomas Aquinas Parish in St. Cloud. “They walk away with that feeling of ‘I’ve been prayed over, I’ve been anointed, I know I’m in God’s hands.’”

After receiving this Sacrament as a patient of St. Thomas Aquinas Medical Clinic in St. Cloud, Rita Delgado felt a similar sense of relief and spiritual healing. “I have faith that I am going to get better,” she said in Spanish.

On several occasions Delgado, a parishioner of St. Catherine of Siena in Kissimmee, has relied upon the services of this free clinic operated by Catholic Charities of Central Florida. In describing the doctors, nurses and other professionals who share their time and talents with these clinics, Catholic Charities Vice President Karen Beary said, **“The medical clinics are a heart-filled ministry.** The volunteers come here after a full day of work.”

In spite of her physical ailments, Delgado’s spiritual health is reinforced by her faith—the same faith that led her to avail herself of the Sacrament of Anointing of the Sick. “Faith is what is most important. If you don’t have faith in God you don’t have life,” Delgado said.

The programs and ministries offered by Catholic Charities of Central Florida are partially funded through *Our Catholic Appeal*.

***Our Catholic Appeal Weekend:***  
**February 11-12**