

What is Stephen Ministry?

Stephen Ministry provides distinctively Christian care through one-to-one relationships for those with a variety of needs both in our congregation and community.

Who are Stephen Ministers?

- ◆ Stephen Ministers are committed Christian men and women who:
- ◆ Express God's love through their lives to others
- ◆ Meet on a regular basis with another person to offer Christian care, support and prayer
- ◆ Listen compassionately without giving advice
- ◆ Pray with and for their care receiver
- ◆ Have received 50 hours of initial training in caring ministry skills
- ◆ Are committed to preserving the confidential nature of the caring relationship
- ◆ Provide referrals as needed
- ◆ Receive continuing education throughout their years of ministry
- ◆ Participate in regular support and supervision under the guidance of trained Stephen Leaders
- ◆ Serve for a minimum of 2 years

Who may benefit from Stephen Ministry?

There are certain seasons and circumstances in all of our lives during which the love and support of a caring Stephen Minister can make all of the difference! Some of these times include but are not limited to:

- ◆ Stress and burnout
- ◆ Relationship problems
- ◆ Family difficulties
- ◆ Divorce
- ◆ Job related stress
- ◆ Unemployment
- ◆ Hospitalization
- ◆ Disability
- ◆ Infertility
- ◆ Pregnancy
- ◆ Birth of a child
- ◆ Adoption issues
- ◆ Financial difficulties
- ◆ Spiritual and faith concerns
- ◆ Facing one's own death
- ◆ Death of a loved one or friend
- ◆ Grief and loss
- ◆ Stress of being a caregiver
- ◆ Mental illness in the family
- ◆ Major transitions in life
- ◆ Loneliness
- ◆ Mild depression, anxiety
- ◆ In need of someone to listen

How do I confidentially request a Stephen Minister?

To confidentially explore whether a Stephen Minister would be helpful for you in your present circumstances, please call one of the following Stephen Leaders for a referral:

Heidi Wayland
303.457.9267

Carol Wise
303.460.8412

What happens after I request a Stephen Minister?

After deciding that Stephen Ministry would be the best avenue of care for you, the Referrals Coordinators prayerfully match you with a Stephen Minister.

Males are assigned to male Stephen Ministers, and females to female.

Sometimes there are no Stephen Ministers immediately available in which case, other options for care will be explored and a Stephen Minister assigned as soon as possible.

How often and where will I meet with my Stephen Minister?

Ordinarily you will meet with your Stephen Minister on a weekly basis for about an hour.

Meetings can be anywhere which is mutually agreeable.

Will anyone know I have a Stephen Minister?

No! Only the Stephen Leaders and Pastor working directly with Stephen Ministry have occasion to know.

Your Stephen Minister will keep your relationship confidential.

You may choose to tell others you have a Stephen Minister...but that's your choice.

How long would I have a Stephen Minister?

You may have a Stephen Minister as long as needed and appropriate. Normally, Stephen Ministry relationships last a few months up to a few years.

Are you interested in exploring becoming a Stephen Minister?

Perhaps, God is calling you to consider becoming a Stephen Minister because you have the necessary gifts and compassion.

For more information, we invite you to contact any of the following Active Stephen Leaders:

Heidi Wayland
303.457.9267

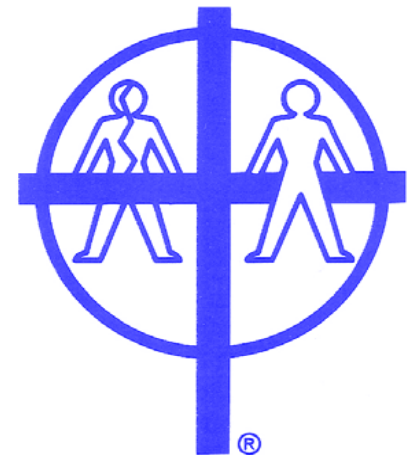
Carol Wise
303.460-8412

***"Stephen Ministers are the Caregivers...
God is the Curegiver."***



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**Stephen Ministry
at
Good Shepherd
UMC**



***Christ caring
for people
through people***