



### **What is Stephen Ministry?**

*Bear one another's burdens, and in this way you will fulfill the law of Christ.* (Galatians 6:2, NRSV). Stephen Ministry is the one-to-one lay caring ministry that takes place in congregations that use the [Stephen Series](#) system. Stephen Ministry congregations equip and empower lay caregivers—called Stephen Ministers—to provide high-quality, confidential, Christ-centered care to people who are hurting.

### **What Is a Stephen Minister?**

Stephen Ministers are laypeople—Christian men and women—trained to provide one-to-one care to people experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, relocation, or separation due to military deployment. A Stephen Minister usually provides care to one person at a time, meeting with that person once a week for about an hour. Twice a month, Stephen Ministers gather with their Stephen Leaders for supervision and continuing education. Becoming a Stephen Minister requires a two-year time commitment.

### **Who Is a Stephen Minister?**

Stephen Ministers come from all walks of life. Their commonality: a passion for bringing Christ's love and care to people during a time of need.

### **Training to Become a Stephen Minister:**

Stephen Ministers are trained by their congregation's Stephen Leaders. The training they receive in the congregation equips them to provide high-quality care to people who are hurting.

- Stephen Minister training teaches principles and skills that equip you to provide high-quality, Christ-centered emotional and spiritual care to others.
- Gain insight into the thoughts, feelings, and actions of people who are hurting.
- Develop relational and caring skills you can apply to all aspects of your life.

- Deepen your faith as the Holy Spirit fashions you into a Christ-centered caregiver.
- Develop a special bond with those in your class—experiencing real Christian community.

Since 1975, more than 600,000 people from more than 13,000 congregations and other organizations have been trained as Stephen Ministers.

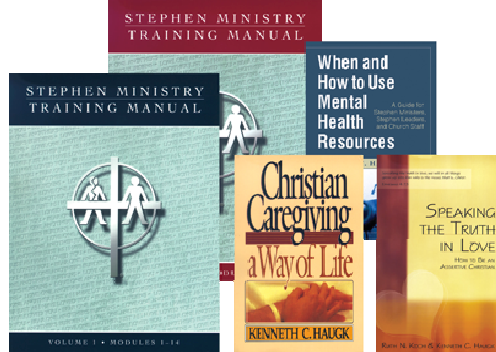
### **How and Where the Training Happens:**

- Takes place at St. Thomas of Canterbury Episcopal Church
- Is led by your congregation's Stephen Leaders who themselves have been trained at a one-week Leader's Training Course. (LTCs are held on specific dates at various locations around the country and led by Rev. Kenneth C. Haugk, Ph.D., staff and faculty from St. Louis, MI)
- Is currently taught on Wednesdays at St. Thomas in approximately 20 weekly sessions (50 hours of training) with some classes meeting 9-12 noon and others 9-3pm. (Wednesday was chosen by the last class for convenience.)
- Combines pre-class reading, devotions, lecture, video presentation, discussion, and skill practice.

### **What Stephen Ministers Do and Don't Do:**

After training completion, a Stephen Minister begins a caring relationship when he or she is matched with a person experiencing a life crisis. Stephen Minister care givers are always assigned to same gender care receivers. The Stephen Minister then meets with that person on a weekly basis to listen, care, encourage, and provide emotional and spiritual support. The caring relationship lasts as long as the person is in need of care. Stephen Ministers do not serve as therapists: this ministry is process-oriented not results-oriented. Stephen Ministers do not take the care receiver to doctor appointments, grocery shop, clean the house, entertain the care receiver or accept gifts/money from the care receiver.

## Cost of materials: Training Package - \$149.99



## Topics Covered in Training:

1. The Person of the Caregiver
2. Feelings: Yours, Mine, and Ours
3. The Art of Listening
4. Distinctively Christian Caring
5. Process versus Results in Caregiving
6. Assertiveness: Relating Gently and Firmly
7. Maintaining Boundaries in Caregiving
8. Crisis Theory and Practice
9. Confidentiality
10. Telecare: The Next Best Thing to Being There
11. Using Mental Health Professionals and Other Community Resources
12. Ministering to Those Experiencing Grief
13. Dealing with Depression: The Stephen Minister's Role
14. Helping Suicidal Persons Get the Help They Need
15. Bringing the Caring Relationship to a Close
16. Supervision: A Key to Quality Christian Care
17. How to Make a First Caring Visit
18. Follow Me (Completion of initial training)

## Continuing Education

19. Ministry to the Dying and Their Family and Friends
20. Caring for People before, during, and after Hospitalization

21. Ministering to Those Experiencing Losses Related to Aging
22. Ministering to Persons Needing Long-Term Care
23. Ministering to Those Experiencing Divorce
24. Crisis of Pregnancy and Childbirth
25. Providing Spiritual Care

## What to do if I am Interested in Becoming a Stephen Minister.

1. You must attend an Introductory Seminar.
2. Applications will only be provided at the seminars.
3. Complete the application and place in the Pastoral Care mailbox in the office (Deb Mitchell).
4. Applications will be reviewed by the Vicar and Stephen Leaders and candidates vetted through references.
5. All candidates will be interviewed individually.
6. Sign up for an Introductory Seminar.
7. Review the Stephen Ministry Website: <https://www.stephenministries.org>
8. Speak with Stephen Leaders/Ministers about your interest in the program. Ask questions and state concerns. (Leaders: Deb Mitchell, Jo Ann Dreyfus; Ministers: Lani-Karyn Jons, Elena Gimple, Suzie Grindle)

## Introductory Seminar Dates: Meetings in Julian Hall

Sunday, October 21<sup>st</sup> – 9:15-10:00

Sunday, November 4<sup>th</sup> – 9:15-10:00; 11:15-12 noon.

Wednesday, November 14<sup>th</sup> – 7:45pm

Additional meetings may be offered if need arises.