

Stephen Ministry Overview

What is Stephen Ministry?

- Stephen Ministry is a one-on-one care ministry that equips and empowers lay caregivers—called Stephen Ministers—to provide high-quality, confidential, Christ-centered care to people who are hurting. At its core, it is a *Ministry of Presence*.

How it Works

- The best way to understand how Stephen Ministry works is to learn about three groups of people involved in this ministry:
 - Stephen Leaders
 - Stephen Ministers, and
 - Care Receivers

Stephen Leaders

- Establish and direct Stephen Ministry in a congregation. They...
 - build awareness
 - recruit and train Stephen Ministers
 - meet with care receivers to assess needs
 - match care receivers with Stephen Ministers
 - provide Stephen Ministers with ongoing supervision and continuing education

Stephen Ministers

- Are trained by Stephen Leaders to offer one-to-one Christian care to people going through tough times.
- Usually provide care to one person at a time, meeting with that person once a week for about an hour.
- Gather with their Stephen Leaders for supervision and continuing education twice a month.

Care Receivers

- Are congregation members and others in the community who receive care from a Stephen Minister.
- These are people struggling through a difficult time in life—experiencing grief, divorce, job loss, chronic or terminal illness, or some other life crisis.

Care Relationship Guidelines

- The relationship between a care receiver and a Stephen Minister is confidential.
- Men are matched with men; women with women.
- Understand limits of care and refer to appropriate mental health professional or other community resource when necessary.

Stephen Minister Training Topics (initial 50 hours of training)

- The Person of the Caregiver
- Feelings: Yours, Mine, and Ours
- The Art of Listening
- Distinctively Christian Caring
- Process versus Results in Caregiving
- Assertiveness: Relating Gently and Firmly
- Maintaining Boundaries in Caregiving
- Crisis Theory and Practice
- Confidentiality
- Telecare: The Next Best Thing to Being There
- Using Mental Health Professionals and Other Community Resources
- Ministering to Those Experiencing Grief

- Dealing with Depression: The Stephen Minister's Role
- Helping Suicidal Persons Get the Help They Need
- Bringing the Caring Relationship to a Close
- Supervision: A Key to Quality Christian Care
- How to Make a First Caring Visit

Continuing Education

- Ministry to the Dying and Their Family and Friends
- Caring for People before, during, and after Hospitalization
- Ministering to Those Experiencing Losses Related to Aging
- Ministering to Persons Needing Long-Term Care
- Ministering to Those Experiencing Divorce
- Crisis of Pregnancy and Childbirth
- Providing Spiritual Care

Training Schedule

- We will offer the 50-hour Stephen Ministry Training again in January 2018
- Mondays from 6pm to 8:30pm plus additional Saturday morning training seminars
- Cost: \$70 per person (includes 2 workbooks and 3 additional books)
- Registration opens in the fall of 2017

There's more than training

- Training will be followed by...
 - Commissioning Service
 - Twice-monthly Supervision & Continuing Education
 - Meetings with your Care Receiver (typically 1 to 1.5 hours per week)
- We are asking for a 2-year commitment

For More Information

- Contact Pastor Mark Henkel at mhenkel@bridgewaychristian.org
- For more information about Stephen Ministry, see their web site at www.stephenministries.org