



*Jesus said, "Take care of my sheep." John 21:16b*

### **Update on the Stephen Minister Training Class**

We are half way through the required training to become a Stephen Minister. We have been meeting weekly since the middle of October and have covered the following topics:

Session One – The Person of the Caregiver

Session Two – Feelings: Your, Mine, and Ours

Session Three – The Art of Listening

Session Four – Distinctively Christian Caring (Part 1)

Session Five – Distinctively Christian Caring (Part 2)

Session Six – Process versus Results in Caregiving

Session Seven – Assertiveness: Relating Gently and Firmly (Part 1)

Session Eight - Assertiveness: Relating Gently and Firmly (Part 2)

Session Nine – Maintaining Boundaries in Caregiving and

Crisis Theory and Practice: Danger versus Opportunity

Session Ten – Confidentiality

Session Eleven – Telecare: The Next Best Thing to Being There

Session Twelve – Using Mental Health Professional and Other community Resources

During the months of January and February, we will complete the following topics:

Session Thirteen – Ministering to Those Experiencing Grief

Session Fourteen – Dealing with Depression: The Stephen Minister's Role

Session Fifteen – Helping Suicidal Persons Get the Help They Need

Session Sixteen – Bringing the Caring Relationship to a Close

Session Seventeen – Supervision: A Key to Quality Christian Care (Part 1)

Session Eighteen – Supervision: A Key to Quality Christian Care (Part 2)

Session Nineteen – How to Make a First Caring Visit

Session Twenty – Follow Me

Once they complete the required 50-hour training they will be commissioned during an upcoming worship service. They will start to attend the Small Group Peer Supervision, in which Stephen Ministers provide support, encouragement, and accountability to one another in their ministry. Supervision ensures that Stephen Ministers provide the best care possible, yet is done in a way that keeps the identity of the care receiver and the details of his or her situation confidential. Please continue to pray for them as they grow in their ability to bring Christ's love and care to those in need on behalf of our congregation.

Our current Stephen Ministers are here to care for you! If you are in need of confidential, one-to-one Christian care – or if you have a friend, neighbor, coworker, or relative who might benefit from this kind of care – talk to one of the Stephen Leaders.

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*Christ Caring for People through People.*