

## **Stephen Ministry at Aldersgate**

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

A ministry in our congregation where trained and supervised laypersons, called Stephen Ministers, provide one-to-one Christian care to individuals facing life challenges. Persons receiving care are from our church or from our local community. Visit [stephenministries.org](http://stephenministries.org) to learn more about Stephen Ministry.

### **Who is involved?**

Stephen Leaders are persons who oversee and direct our Stephen Ministry. They recruit, select, train, organize and supervise our Stephen Ministers. They work to identify people who need care and match them with a Stephen Minister.

### **Stephen Ministers are caregivers**

Completion of 50 hours of training on Christian care giving is required. Training includes listening, feelings, boundaries, assertiveness and using Christian resources. Stephen Ministers meet monthly for peer supervision to receive support to provide the best possible care for their care receivers. No names are used and all information is kept strictly confidential.

### **Care Receivers**

The recipients of Stephen Ministers' care, who are experiencing tough times, such as divorce, grief, job loss, loneliness, hospitalization, or terminal illness. Care receivers are people who have basic coping skills and need support through a caring presence. Stephen Ministers meet with their care receivers once a week for about an hour. Caring relationships continue as long as it is beneficial to the care receiver.

### **What does a Stephen Minister do?**

Stephen Ministers listen, care, pray and help care receivers find healing and wholeness. Stephen Ministers are not counselors, but trained lay caregivers. Their role is not to give advice or solve problems, but allow God to bring about healing. Stephen Ministers are trained to recognize when a care receiver's needs exceed what they can provide. When this happens they work with care receivers to help them get the level of care they really need.

### **Can I trust a Stephen Minister?**

Trust is essential to a caring relationship, and Stephen Ministers are people you can trust. What a care receiver tells his or her Stephen Minister is kept in the strictest confidence.

### **How do I find out more about Stephen Ministry?**

As a Stephen Ministry church, Aldersgate welcomes inquiries about getting a Stephen Minister for care, about becoming a Stephen Minister to give care, or to start a Stephen Ministry program at your church.

## **Stephen Ministry at Aldersgate**

For more information, contact the Stephen Ministry Coordinator or call our church office at 302-478-2575.