

Please Consider Becoming a Stephen Minister

We know that individuals in our congregation have needs and challenges that they currently are facing alone. So we ask you to consider becoming a Stephen Minister to help fill these needs. We are planning a Stephen Minister training course beginning this Fall to provide training for each Stephen Minister. This is a 50-hour course including topics such as listening, feelings, assertiveness, confidentiality, and ministering to people with needs. Stephen Ministers are also trained to recognize when a care receiver's needs go beyond the care a Stephen Minister can provide and how to refer the care receiver for additional care.

If you would like more information or would like to apply to become a Stephen Minister, please contact any of the Stephen Leaders:

- Prudence Wigen, 431-7922, pwigen02@gmail.com

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.

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.

Since 1975, more than 600,000 people from more than 11,000 congregations and other organizations have been trained as Stephen Ministers.

Stephen Minister Training

“The Best 50 Hours of Training You'll Ever Experience!”

Here's why Stephen Ministers frequently say that about their training:

- Stephen Minister training teaches principles and skills that equip you to provide high-quality, Christ-centered emotional and spiritual care to others.
- You gain insight into the thoughts, feelings, and actions of people who are hurting.
- You develop relational and caring skills you can apply to all aspects of your life.
- You deepen your faith as the Holy Spirit fashions you into a Christ-centered caregiver.
- You feel a special bond with those in your class—experiencing real Christian community.
- Stephen Minister training is a lot of fun!

What the Training Covers

Initial training takes place before Stephen Ministers are commissioned and assigned to their first care receivers. Continuing education takes place during the months after commissioning.

Initial 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