

What is “informal” care?

Here are some examples of informal care:

- Driving a friend to a medical appointment
- Taking food to someone who is ill or going through a difficult time
- Contacting someone who was absent from study group or from a meeting
- Talking with someone who is new to the church
- Helping someone move
- Visiting in hospitals, homes, care facilities
- Listening to someone who needs to talk

and more....

When I was sick, you visited me

When I was hungry, you fed me

When I was a stranger, you welcomed me

When I was in need, you responded

We take care of one another in so many ways.

Thanks to the many who offer their gifts in informal ways

What is “formal” care?

At First United there are ministry groups that offer pastoral care in specific ways. There are one or two convenors for each of the groups.

Visiting Ministry

Congregational members visit people in hospitals, homes, and care facilities.

Telephone and Email Ministry

Congregational members make regular phone calls to those who have requested this contact. The purpose is to “connect” and inform the person about events happening at the church. People can also request this information by email.

Prayer Chain

This group responds to prayer requests for people in our congregation and beyond.

Prayer Shawl Ministry

This group prayerfully knits or crochets shawls for others. Creating a prayer shawl is a spiritual practice – a gift from caring hands and an open heart. Participants gather together and/or work alone. Giving and receiving a shawl has the potential of:

Opening the doors of communication,
Reinforcing relationships, and
Inviting understanding, healing and peace.

UCW

The UCW (United Church Women) graciously respond to the needs of their members and others.

Men’s Group

The men of the congregation graciously respond in a variety of ways. When in doubt, “ask.”

How are the ministers involved in pastoral care?

Our ministers are our spiritual leaders. They are our guides and teachers.

Our Ministers visit. They visit in homes, hospital, care facilities and at the church. They visit when there is a specific request and/or when there is a perceived or known need.

Why the shift from personal chaplain to spiritual leader?

Our congregation is too large for the ministers to be our personal chaplains.

Even though we are primarily an “aging” congregation, we are blessed with many gifted and able members. We know how; we have the ability to care for one another

What is the congregation’s responsibility?

- To move away from the notion that only the ministers’ visits “count”.
- To discern our gifts and offer them wisely.
- To recognize that our gifts and our visits “count”.
- To inform Martha, (coordinator) when there is a pastoral care need.

Do you want to know more?

Do you have questions, comments or concerns?

Please refer to the back of this pamphlet

Future Possibilities for Pastoral Care

- Training events
- A group for those who are grieving
- A group for those for those who are experiencing change and loss
- Small group ministry

What is small group ministry?

Here is an example of one type of small group ministry. This is Bruce Sanguin's definition. Bruce is Minister at Canadian Memorial United Church in Vancouver.

“Small group ministry is an intentional program that begins with the training of lay leaders who then seek others to form a small group of 10 to 12 people. Together, the people in a group build spiritual friendships, reflect on the weekly scripture readings, pray for each other, and do some kind of outreach as a group. The group meets once every 2 weeks, either at the home of the leader or at the church. Sessions last 90 minutes, with time divided into 2 periods: 45 minutes for spiritual reflection and 45 minutes for personal sharing and upholding one another in prayer.

“Each group has 2 trained co-leaders. Group leaders act as shepherds or mentors for the group. They have a heart especially for newcomers. When a group grows beyond 12 members, it births another group. One of the co-leaders, with a couple from the existing group, will begin a new group.”

Other Possibilities? Are you interested?

Speak to Martha Scales

Pastoral Care Umbrella

At First United we want to ensure that the whole congregation, all those who receive care, and all those who offer care are well-informed. We want people to know how to access care and how to volunteer in an area of pastoral care. We want to be open to new possibilities, to hear the questions, to listen to concerns, and to celebrate.

PASTORAL CARE VOLUNTEER COORDINATOR

Martha Scales

Phone: 250-832-4119

Email: marbob@sunwave.net

Please contact Martha for the following:

- To request pastoral care for yourself or someone else
- To become a volunteer
- To talk about training
- To explore a new pastoral care program
- To ask questions, make comments

Martha will:

- Pass on appropriate information to ministry group convenors, who will then contact you.
- Work with you to explore training and new programs.
- Hear your questions, concerns etc. that are related to pastoral care.
- Maintain confidences and not pass on information without permission.
- Network with the convenors and ensure the congregation is informed about this ministry.

pastoral Care

at
**FIRST UNITED
CHURCH**

caring from the heart

*Whether we are involved in formal
or informal ways,
we have opportunities
to share our gifts of care
and
to receive gifts of care
from one another*

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