

TOPICS OF STUDY

Initial 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: Danger versus Opportunity
- 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
- Bring the Caring Relationship to a Close
- Supervision: A Key to Quality Christian Care
- How to Make a First Caring Visit
- Follow Me

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 Those Experiencing Long-Term Care
- Ministering to Those Experiencing Divorce
- Crises of Pregnancy and Childbirth
- Providing Spiritual Care

I am interested in becoming a Stephen Minister

Contact a Stephen Leader listed below for more information and to receive an application.



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stephen MINISTRY®

Becoming a Stephen Minister at SHPC



SEQUOYAH HILLS
PRESBYTERIAN CHURCH

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"Bear one another's burdens...and
so fulfill the law of Christ."

Galatians 6:2

What is Stephen Ministry?

A special ministry in which one Christian reaches out to another in time of need.

A structured program of training and preparation for caring relationship.

An opportunity to reach out to others - the lonely, the depressed, the inactive, the bereaved, new people in town, those hospitalized and convalescing, the divorced, the older adults and more.

An on-going helping relationship with scheduled regularity, dependability, and confidentiality.

A meaningful way for our church to fully use our many talents in sharing one another's burdens and joys.

Does Stephen Ministry replace the pastoral ministry of our clergy?

Absolutely not! The Stephen Ministry instead expands their ministry by providing more workers in the Body of Christ. Caregiving is certainly a pastor's job, but is also the work of the entire congregation - a ministry of the laity.

Another part of the pastor's job is to "equip the saints" - all the members of our congregation - to provide this kind of care for one another. In so doing, the pastor greatly multiplies the caregiving that can be done.

How are Stephen Ministers Trained?

Initial training includes approximately 50 hours of instruction based solidly on Biblical testimony and drawing from the best tools of the health and psychological sciences before beginning their caregiving work.

Throughout their service, Stephen Ministers receive continuing education in a variety of related subjects.

What kind of commitment will I have to make as a Stephen Minister?

Obviously, being a Stephen Minister will require a commitment of time and effort in the service of helping other people.

A two-year commitment is necessary. This includes a 50-hour training course over approximately four months, after which you will be commissioned.

After commissioning, in addition to your service as a Stephen Minister, two Sunday meetings a month are held for the purpose of continuing education and guidance.

Being a Stephen Minister brings unexpected blessings into your life:

You will grow in the understanding of your own Christian calling and enjoy the privilege of working closely with others in caregiving relationships.

You will experience the fellowship of a warm, loving, and caring group of people.

You will know you are a vital part of the Body of Christ - the living Church.

The skills you receive as a part of the Stephen Ministry training are applicable in your everyday life experiences and relationships with others as well as the caregiving ministry.

Who are Stephen Ministers?

Lay men and women from our church who have developed their gifts for bringing the concern and care of Christ's community to people in need.

People who come from all walks of life, age ranges, and backgrounds. Caring and sharing Christians desiring to offer help and support to others in time of need.

Trained Christians who have undergone through intensive coursework and who are commissioned by SHPC for confidential, in-depth caring.