



Stephen Ministers Care For People Facing Tough Times

Our Stephen Ministers provide confidential, one-to-one Christian care to people who are:

- Grieving the death of a loved one
- Hospitalized or recovering from hospitalization
- Lonely or discouraged
- Coping with a terminal illness or caring for a family member with a terminal illness
- Dealing with divorce or separation
- Caring for a family member with Alzheimer's
- Unemployed or in a job crisis
- Disabled or caring for a disabled family member
- Moving or relocating
- Anticipating the birth or adoption of a child
- Homebound or institutionalized
- Transitioning into retirement
- Dealing with the crisis of aging
- Experiencing a spiritual crisis
- Victims of a disaster or accident

And for people facing countless other crises or life challenges or who are going through a difficult time and could benefit from the care of a supportive Christian friend.



The Chi Ro, the symbol for Jesus, at the center of the Compass reminds Stephen Ministers that Jesus is the source and power for their caring ministry.

God does not intend for you to struggle alone

If you, or someone you know, could benefit from the confidential, one-on-one care of a Stephen Minister, please contact the Stephen Ministry Team:

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OUR STEPHEN MINISTERS ARE READY TO CARE



CHURCH OF THE HOLY FAMILY

Our parish is a "holy family of holy families" who strive to be the compassionate presence of Christ in this world for others. Stephen Ministry at Holy Family brings that caring, compassionate presence of Christ to others in a one-to-one caring relationship.



What is Stephen Ministry?

- A distinctively Christian confidential caregiving available to people going through difficult times and who are in need of support in their lives.
- It is a Christ-centered ministry, where God is the cure giver.
- It is part of Holy Family's pastoral care ministry.

A Stephen Ministers Is:

- A Holy Family parishioner, man or woman, who has answered God's call to use their God given gifts to follow Jesus' caring footsteps as a Christian care giver.
- Stephen Ministers are carefully recruited, selected, trained for over 50 hours and then participate in regular supervision meetings to provide the best possible care.
- They are prepared to enter into confidential, one-to-one relationships where they will listen, pray, extend acceptance, and provide distinctively Christian care.
- A trustworthy confidant who will keep everything you say—and even your identity—confidential.
- Someone who will “be there” for his or her care receiver, meeting faithfully for about an hour each week, for as long as there is a need.

“Bear one another's burdens, and so you will fulfill the law of Christ.”

(Galatians 6:2)

What Care Receivers are Saying About Their Stephen Ministers

I am forever grateful to my care giver and Stephen Ministry in general. I was having a hard time getting through the loss of a family member. I feel she is not only my care giver but a friend, who is genuinely concerned for my welfare. We have shared and cried. Although she is not a counselor, we just talk. She listens and we talk. She has been a blessing in my life.

When you first hear the word cancer, you wonder if you're going to die. My Stephen Minister couldn't fix or change that. But she let me share my fears, anxieties, and concerns with her. I knew I could always count on her—I wasn't alone.

My Stephen Minister has somehow had the power, with her soft and gentle ways, to show me what the meaning of how calm, slow and steady usually wins the race. Her prayers for me, have been felt and answered! My life is slowly getting better. Not only do I have someone that I can trust while sharing my deepest hurts, but I've also gained a friend. One that I respect and cherish today and forever.

The care and support I received from my Stephen Minister was every bit as important to my recovery as the excellent medical care I received from the doctors and nurses. This is truly a life-giving ministry.

When I needed to vent, my Stephen Minister just listened and reassured me that my feelings were all normal. When I was not calm or patient, she reminded me that I could get to that place again. She has a true gift of being a good listener, supporter and someone who can guide a person along patiently, understanding that whatever challenges the person faces can be dealt with through faith.

My Stephen Minister was there during the darkest of times—patiently listening and trying to understand my pain. Looking back, I can clearly see how my Stephen Minister kept me connected to God when I was falling away.

I've heard the phrase “the peace of God that passes all understanding” many times in church. My Stephen Minister has helped me experience that peace in a very real, very heartfelt way.

You have guided me through the worst of my journey, and I have come out on the other side ready to face life's challenges and enjoy life for myself and children from a whole new perspective. I have learned so much about myself as I have continued to heal emotionally and grow spiritually.

I hesitated at first because I am blessed to have close by family and friends who help me in many different ways. After several visits, I realized the benefits of talking to an impartial listener. And listening is what a Stephen Minister does so well. I was able to say anything without feeling that I was complaining.

I'm so glad I accepted my pastor's offer to match me with a Stephen Minister. I was reluctant at first, but my pastor was right: Having someone I could regularly meet with and talk to really did make a difference.

My Stephen Minister listens—really listens. I never realized how helpful and healing such a simple act can be.

“...whatever you did for one of these least brothers of mine, you did for me.”

(Matthew 25:40)