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stephen MINISTRY

Stephen Ministry is a one-to-one lay caring ministry. Lay caregivers—called Stephen Ministers—are trained to provide confidential, Christ-centered emotional and spiritual support.

Care receivers are people—parish members and others in the community—who receive care from a Stephen Minister. These are people struggling through a difficult time in life—experiencing grief, divorce, job loss, chronic or terminal illness, or some other life crisis.

What Care Receivers Say:

"I always have lots of people around me, and still feel like the loneliest person ever. Everyone I know never hesitates to tell me what they think I should do, but no one ever asks me what I think or wants to hear what I have to say.

My Stephen Minister is very special to me...She has always listened to, cared about, prayed for, laughed with, taught, loved and nurtured me. I have a true sister in Christ with my Stephen Minister.

I look forward to our Thursday meetings. They are the biggest highlight to my usually very and long extremely stressful week."

to feel very comfortable with her and realize she was not there to judge me, or be critical, but to just listen and pray with me. I'm so thankful for this ministry. She, along with God, truly helped me through an extremely difficult time.

**If you think you could benefit from having a Stephen Minister, or would like more information, please call: Tracy Brend
303-243-6468**

What Recipients of the Journeying Through Grief Books Say:

These books have been such a blessing. It seems like they come at just the right times, and help me through each phase of my grieving. Thank you, Stephen Ministry and St. Francis for sending me these books of healing.



Stephen Ministers are parish members trained to offer high-quality Christian care to people going through tough times. A Stephen Minister usually provides care to one person at a time, meeting with that person once a week for about an hour. Twice a month, Stephen Ministers gather with their Stephen Leaders for supervision and continuing education.

What Our Ministers and Trainees Say:

"When I first read about Stephen Ministry in the church bulletin I thought, I could do that, then I began to second guess myself, wondering if it was something I could handle. I was encouraged to try the classes which have been wonderful. We learned immediately that although we provide the care, God provides the healing. What a comfort that was. The class time flies by with great information for interacting with others. I feel I have formed a bond with the other soon-to-be Stephen Ministers. I am looking forward to helping others through rough times with God's guidance."

"To walk with someone as they go through a difficult time is so rewarding. Seeing a care receiver trust God and deepen their faith brings such joy. The training has taught me to be a better listener in my everyday life and how to pray from my heart. The friendships and bonds that develop from trusting one another are very special and last a life time."

"I was interested in becoming a Stephen Minister because I truly love to help people who are in need. I've learned during training that Stephen Ministry provides an opportunity to examine my own feelings, my listening skills, and my spiritual beliefs. In doing so I am growing in a way that I had not expected. Stephen Ministry has been a blessing to me and I look forward to becoming a Stephen Minister."



**If you would like more information about upcoming training classes,
please call Joseph Biancalana, A Stephen Leader at 303-564-2538**