

## **STEPHEN MINISTERS CARE**

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Life is a series of turns and twists, some expected and some not. Job loss, illness of self or loved one, or a strained relationship with a family member, are just some examples of experiences many of us are bound to have at some point in our life.

When such events happen what do we do? Generally we process our feelings by talking to a friend or spouse. This can often move us forward so negative feelings can be released.

How long does it take? Ask someone who has grieved for someone they loved or ask someone who just can't seem to escape the pain of a betrayed trust. There is no time limit on hurting, especially when those feelings don't get the expression they need. The event that caused the pain doesn't change, but the intense feelings of hopelessness or sadness can lessen through talking and being listened to by a trusted, caring friend, and by inviting God into that healing process. Stephen Ministry can provide that kind of a relationship.

Stephen Ministers are caregivers of the soul, and ask for God to provide the healing. It is not reciprocal as in other friendships. This is the care receivers' time to talk and process their feelings. Many times a spouse is enduring pain in the situation as well, or doesn't really understand the scope of their spouses' pain. Friends are well meaning, but they may want to help "fix" the problem by giving advice or after awhile just get tired of hearing about it or get caught up in the demands of their lives.

That is when a Stephen Minister can help. Our church has trained Stephen Ministers, who are ready to listen and to pray with you for God's comfort and healing. If you feel you are ready for this kind of a relationship, please call the church office and leave a message for the Stephen Ministry Referral Coordinator.