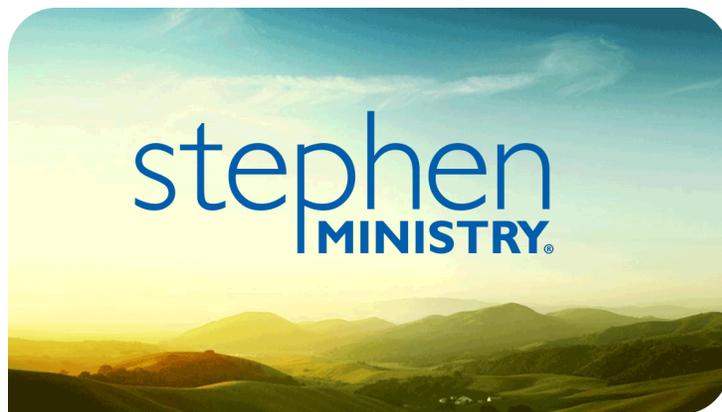


# Stephen Ministry at Bridgeway

## What is Stephen Ministry?

Have you ever gone through a difficult time and wished you had someone to support you and share your burden? Someone to meet with you each week and simply be present with you, to listen to you, to pray with you, and to keep everything you tell them in strictest confidence?

In Galatians 6:2, the Apostle Paul implores us to “Bear one another’s burdens.” Our burdens can look like anything from the loss of a job, divorce, isolation of the elderly or sick, the loss of a loved one, or personal illness.



Bridgeway has a team of Stephen Ministers who are trained as lay caregivers to provide high-quality, confidential, Christ-centered care to people who are hurting. Stephen Ministers are not counselors, mentors or pastors. They are men and women gifted with compassion and mercy and who understand the *ministry of presence*—being with people to love and support them through life’s difficult times.

## How Stephen Ministry Works

The best way to understand how Stephen Ministry works is to learn about three groups of people involved in this ministry: Stephen Leaders, Stephen Ministers, and Care Receivers.

### Stephen Leaders

Establish and direct Stephen Ministry in a congregation. They...

- build awareness
- recruit and train Stephen Ministers
- meet with care receivers to assess needs
- match care receivers with Stephen Ministers
- provide Stephen Ministers with ongoing supervision and continuing education

### Stephen Ministers

- Are trained by Stephen Leaders to offer one-to-one Christian care to people going through tough times.
- Usually provide care to one person at a time, meeting with that person once a week for about an hour.
- Gather with their Stephen Leaders for supervision and continuing education twice a month.

### Care Receivers

- Are congregation 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.

### Care Relationship Guidelines

- The relationship between a care receiver and a Stephen Minister is confidential.
- Men are matched with men; women with women.
- Stephen Ministers understand limits of care and refer to appropriate mental health professional or other community resource when necessary.

### For More Information

- For more information about Stephen Ministry at Bridgeway, see our Stephen Ministry page at: [bridgeway.church/stephenministry](http://bridgeway.church/stephenministry)
- Contact our Stephen Ministry team at: [stephenministry@bridgeway.church](mailto:stephenministry@bridgeway.church)
- Contact Pastor Mark Henkel at: [mhenkel@bridgeway.church](mailto:mhenkel@bridgeway.church)
- For more information about Stephen Ministry, see the Stephen Ministries website at: [www.stephenministries.org](http://www.stephenministries.org)

## **Bridgeway Needs More Stephen Ministers!**

We're looking for men and women who love the Lord, who are gifted with compassion and mercy, who are great listeners, and who can keep confidences. Has God given you a heart of compassion for others? Consider becoming a Stephen Minister. Stephen Ministers receive 70 hours of in-depth training as well as on-going continuing education and supervision. We typically offer Stephen Ministry Training starting in September of each year. We start accepting applications in May through the end of June for Stephen Ministry training in the fall. Sometimes we offer Stephen Ministry training starting in January, in which case the application process begins in the fall of the previous year. The 70 hours of training typically spans about seven months.

### **Training Schedule**

- Mondays from 6pm to 8:30pm for about seven months (we take time off for holidays)
- Plus two Saturday sessions: 8:30am – 1:00pm (one in the fall and one in the spring)
- Cost: \$80 per person (includes 2 workbooks and 3 additional books and a graduation banquet)

### **Stephen Minister Training Topics (70 hours of training)**

- The Person of the Caregiver
- Feelings: Yours, Mine, and Ours
- The Art of Listening
- Distinctively Christian Caring
- A Process Approach to Caring
- Assertiveness: Relating Gently and Firmly
- Maintaining Boundaries in Caregiving
- Crisis Theory and Practice
- Confidentiality
- Caring between Visits: Caregiving and Communications Technology
- Using Mental Health Professionals and Other Community Resources
- Ministering to Those Experiencing Grief
- Caring for Those with Depression: The Stephen Minister's Role
- Understanding Suicide: How to Help People Get the Care They Need
- Bringing the Caring Relationship to a Close
- Supervision: A Key to Quality Christian Care
- How to Make a First Caring Visit
- Ministry to Those Who Are Dying and Their Family and Friends
- Caring for People Experiencing a Major Medical Crisis
- Ministering to Those Experiencing Challenges Related to Aging
- Ministering to People Needing Long-Term Care
- Ministering to Those Experiencing Divorce
- Crises Related to Starting or Adding to a Family
- Advanced Christian Caring

### **There's more than training**

- Training will be followed by a Commissioning Service and then...
  - Twice-monthly Supervision & Continuing Education meetings, Mondays from 6:00-8:30pm
  - Meetings with your Care Receiver (typically 1 to 1.5 hours per week)
- We ask for a *minimum* 2-year commitment!

### **How to Register**

- Complete the Interest Form at [bridgeway.church/stephenministry](http://bridgeway.church/stephenministry) in order to receive application materials. Once you have submitted the application materials, our Stephen Ministry team will set up an interview with you.
- If you are selected, you will then be able to register and pay for the Stephen Ministry Training.

### **For More Information**

- Contact Pastor Mark Henkel at: [mhenkel@bridgeway.church](mailto:mhenkel@bridgeway.church)