



A Job Description of Stephen Ministry at St. Thomas

A **Stephen Minister** is a lay member of St. Thomas Church who is selected, trained and commissioned to provide one-on-one care to another person. Stephen Ministers have the spirituality, personality, relational ability and motivation to excel in their service to others.

CORE QUALITIES

TASK

Committed

Commit: initially to serve for two years, including 50 hours of training.

Meet: once a week with your care receiver for about an hour at a time. You may also check in by telephone, particularly when the care receiver is going through a difficult time, or is far away.

Christian

Pray: for and with your care receiver, and strive to grow in your own faith. Reveal the love of God to those who need it most.

Nonjudgmental

Care: You are assigned to a person in crisis who needs caring support in the midst of moderate difficulties. Your care helps the person resolve difficulty and achieve growth.

Listen: As your care receiver talks through difficulties, you lend an open ear, mind, and heart.

Accountable

Participate: in twice-monthly Small Group Peer Supervision for support and guidance and for your caring relationship.

Trustworthy

Keep confidentiality: in the caring relationship, and encourage other to do the same.

In Stephen Minister training, you will learn to:

Deal with feelings: to reflect content, feelings and ideas and ask open-ended questions to help the care receiver recognize, express and accept feelings.

Share Christian resources: share prayers, Bible verses or stories, or other Christian caring gestures.

Remain process-oriented: not try to fix the care receiver's problems; focus on the process of caregiving and rely on God to achieve results.

Relate assertively: respect both the needs of the care receiver and your own needs.

Maintain boundaries: help the care receiver remain as independent as possible while being there for the care receiver as needed.

Recognize your limits: You will not be trained to care for those who are suicidal, severely depressed, abusive or homicidal, or who are abusing drugs or alcohol. If your care receiver's needs exceed the care you can provide, your training will give you the resources to see that he or she receives professional care.

The cost of the training materials is \$50. You'll receive a training manual and three books (Christian Caregiving-A Way of Life; Speaking the Truth in Love; When and How to Use Mental Health Resources). Financial assistance will be made available to those who request it.

Stephen Ministers may also

- Make referrals—help identify people who would benefit from the care of a Stephen Minister, and refer them to the Stephen Leader team.
- Grow the ministry—help St. Thomas parishioners appreciate this unique ministry, and encourage members to be ministers of referral who help those in crisis receive the care they need.

St. Thomas Stephen Ministry's vision is to serve as Christ to one another by offering quality, on-going care to members of St. Thomas Church, and others in need in our community. Our mission is to train and supervise lay caregivers to provide Christian care to those hurting, troubled, or in need.

