

Stephen Ministers Care for People Facing Tough Times

We all experience challenges in life—times when we could benefit from the support of a caring Christian friend. Stephen Ministers are ready to provide the emotional and spiritual care we need when faced with a crisis or difficulty, such as—

- Loss of a loved one
- Hospitalization
- Divorce or separation
- Loneliness or discouragement
- Spiritual crises
- Unemployment or a job crisis
- A terminal illness
- Incarceration
- Aging
- Birth, adoption, miscarriage, or infertility
- A chronic illness
- Relocation
- Recovery after an accident or disaster
- And many more

Stephen Ministry is a confidential ministry: The identity of those receiving care and what takes place in each caring relationship remains private.

*“Love one another—
as I have loved you.”
John 13:34*

Stephen Ministry in Our Congregation

*St. James-by-the-Sea
Episcopal Church
743 Prospect St.
La Jolla, CA 92037
858-459-3421*

www.stjamesbythesea.org

Stephen Ministry Leaders:

*Cindy Covell
Millie DeBevec
Nan Thomas
Tonya Chavez
Jackie Booth
The Rev. Maryanne Lacey*

Stephen Ministries St. Louis Supports Our Congregation's Stephen Ministry

Stephen Ministries is a not-for-profit Christian educational organization based in St. Louis, Missouri. Founded in 1975, Stephen Ministries provides training and resources to thousands of congregations and organizations worldwide.

Log on to www.stephenministries.org
or call (314) 428-2600 to learn more.

**Hurting? Struggling?
Discouraged? Stressed?
Confused? Broken?**

Stephen Ministers Are Ready to Care



Stephen Ministry
Christ Caring for People
through People

What Is Stephen Ministry?

Our congregation's Stephen Ministry equips lay people to provide confidential, one-to-one Christian care to individuals in our congregation and community who are experiencing difficulties in their lives.

A Stephen Minister Is . . .

- A child of God who walks beside a person who is hurting
- A congregation member with gifts for caregiving, who was carefully selected to serve in this role
- A lay person who has received 50 hours of training in providing emotional and spiritual care
- A caring, Christian friend who listens, cares, prays, supports, and encourages
- Someone who will "be there" for his or her care receiver, meeting faithfully for about an hour each week, for as long as there's a need

"Bear one another's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:2

Stephen Ministry Is Your Ministry

You play an important role in our Stephen Ministry. Here's what you can do:

- **Pray** for God to bring hope and healing to hurting people through our Stephen Ministry.
- **Accept care** from a Stephen Minister during your time of need. God doesn't expect you to bear your burdens alone.
- **Tell a friend**, neighbor, coworker, or relative who is hurting about our Stephen Ministry.
- If you are a good listener and a compassionate person, prayerfully **consider becoming** a Stephen Minister.

Stephen Leaders Are . . .

Trained leaders in our congregation who oversee and direct our Stephen Ministry.

- If you—or someone you know—could benefit from the care of a Stephen Minister . . .
- If you are interested in possibly becoming a Stephen Minister . . .
- If you have any other questions about Stephen Ministry . . .

. . . talk with one of our Stephen Leaders.

"Therefore encourage one another and build up each other."

1 Thessalonians 5:11



The Stephen Series logo symbolizes that we *all* are broken people and that it is only through the cross of Jesus that we are made whole.

Stephen Ministry Multiplies Ministry

Pastors will always be on the front lines of care, especially during times of crisis. But there are always many more needs for ongoing, one-to-one care than pastors can effectively meet by themselves.

Stephen Ministry provides a biblical solution—*equipping God's people for ministry*. Gifted lay people are trained to support and extend the care that pastors continue to provide.

Stephen Ministers reach out with God's love to people who are hurting—both congregation members and nonmembers alike.

"To equip the saints for the work of ministry."

Ephesians 4:12a