



STEPHEN MINISTRY

The Stephen Ministry Symbol reminds us that what we offer in Stephen Ministry is love, God's love. The dominant element of the symbol is the Cross, which stands between the broken and whole person. In Stephen Ministry the cross is an ever present reminder that it is God who is active, transforming broken people into whole people. Our caring is an expression of God's love made real for all. In other words, Christians are responsible for care; God is responsible for the cure.

WHAT IS A STEPHEN MINISTRY?

It is a program that equips lay people to give distinctively Christian Care to those who are experiencing all kinds of life hurts or losses. It is an international interdenominational program that includes thousands of congregations of all faiths in North America, South America, Europe, Australia, and Asia. Currently, First Presbyterian has twenty-five trained Stephen Ministers working in our congregation.

WHO NEEDS STEPHEN MINISTRY?

During a lifetime, virtually everyone will experience periods of stress. One may be grieving over the loss of someone, or something; experiencing the stress of a difficult relationship or just feeling overcome by some anxiety from everyday life. Should you be experiencing such an event in your life, you may find that having someone to talk to, who will listen in a non-judgmental and confidential way, will help you through a difficult time. Talking through problems is one of the most effective ways to relieve pent-up emotions which may be damaging one's sense of well-being.

HOW DOES STEPHEN MINISTRY WORK? WHEN AND WHERE WILL WE MEET?

Once you have been assigned a Stephen Minister (Care Giver), you (Care Receiver) and the Stephen Minister will decide upon when and where you will meet. Meetings usually take place every ten days to two weeks. However, schedules can be flexible. You may be visited in your home, at church, or some other mutually agreeable place. At times, meetings may be planned around a meal taken in a restaurant. Sometimes, a phone call may suffice. The only requirement is that you and your Stephen Minister regularly make contact.

HOW LONG WILL I NEED TO BE INVOLVED IN THE PROGRAM?

It's really up to you. At any time when you and your Stephen Minister believe that your problem has been resolved, and you no longer need the help of a Stephen Minister, you may terminate the relationship. Simply inform your Stephen Minister that you feel capable of coping with the problem that you may have had. You may wish to keep in touch with your Stephen Minister from time to time afterward. If so, the decision is yours.

Please remember, that the relationship with your Stephen Minister is expected to end when you believe that your problem has been resolved or you feel you can cope with it alone. For the Stephen Minister, that point indicates a successful conclusion to the relationship.

WILL WHAT I DISCUSS WITH MY STEPHEN MINISTER BE KEPT IN CONFIDENCE?

Confidentiality is one of the most important aspects of Stephen Ministry. Although common problems facing Stephen Ministers may be discussed at supervisory sessions, only you and your Stephen Minister will know what you have discussed. The names of Care Receivers are never revealed by Stephen Ministers to anyone. Only you can divulge that, or any other information.

**CHRISTIAN MINISTRY!
CHRISTIAN CARE!
CHRISTIAN CONCERN!
CHRISTIAN LOVE!
OUR PURPOSE!**

HOW MAY I GET THE HELP OF A STEPHEN MINISTER?

When facing a situation with which you would like help, first contact, either:

- A. Any of the church ministers
- B. The Director of Christian Education
- C. Any of the Stephen Ministers

With your approval an assignment to a Stephen Minister will then be made.

WHAT ARE THE QUALIFICATIONS OF A STEPHEN MINISTER?

Stephen Ministers must take an intensive training course in approved and psychologically recognized counseling techniques. The course covers a variety of situations and takes six months to complete. In addition, all Stephen Ministers must attend, twice a month, supervision sessions which last for about two hours each. These sessions are held to check on the progress of Stephen Ministers in ministering to Care Receivers and to update techniques and skills.

All Stephen Ministers are approved by the Session and formally commissioned by the church under whose auspices they operate.

STEPHEN LEADERS

Peggy Agardy	Norma McAlhany
Libby Bell	Judi Opalak
Ruby Clark	Paula Taylor
Sandra Cobb	Gail Malone
Elaine Grimes	
Peggy Hammett	

ACTIVE STEPHEN MINISTERS

Kris Abell	Jean Mabe
Peggy Agardy	Gail Malone
Libby Bell	Noma McAlhany
Philip Bell	Judi Opalak
Cleo Chamberlain	Gerald Pitts
Ruby Clark	Jymmie Nell Pitts
Sandra Cobb	Sara Smith
Earl Cowan	Paula Taylor
Tee Cowan	Lorraine Truesdale
John Eichelberger	George Wilson
Kathryn Eichelberger	Pat Wilson
Martha Erwin	Phyllis Zuehlke
Robert Erwin	
Susie Goodwin	
Peggy Hammett	
Harvey Jeffreys	
Scottie Jeffreys	
Jack Jennings	
Beth Justesen	