



*Bear one another's burdens, and in this way you will fulfill the law of Christ  
Galatians 6:2*

### **The mission of Stephen Ministries is to ...**

- help equip God's people for spiritual growth and Christ-centered, practical caring ministry in today's world;
- serve Christ, bringing His love to people in need by walking with them, one-on-one, on their journey through crises and life-changing events;

Stephen Ministers are called by God to extend Christian care to those who are in the midst of trial and stress. Jesus is the model for this loving care. Stephen Ministers are trained to provide caring, confidential, and non-judgmental listening and support. Their role of caregiver allows them to accompany and support their care receiver through difficult times. They are not counselors, nor are they in a position to fix problems.

Some examples where a Stephen Minister can provide caring, spiritual support include (but are not limited to) the following crises and life-change experiences:

- **death of loved one**
- **terminal illness**
- **hospitalization, nursing care**
- **marital separation, divorce**
- **traumatic accidents**
- **loneliness**
- **relocation**
- **physical/emotional abuse**
- **life changes/loss in general (aging, health, coping)**
- **birth of child, parenting challenges**
- **aging children (leaving for college, military, marriage)**

You can be a part of a wonderful ministry, sharing your gifts of caring, compassion and listening skills. After orientation and training, you can be paired with someone who needs a loving heart to journey with them through a difficult time in their life. Care receivers benefit from confidential relationships that allow them to talk and be heard by a Stephen Minister that has been selected just for them.

For more information, contact Pastor Tim or Kim Buehler

## **What is Stephen Ministry about, anyway?**

Looking at people in our community, you might not notice that a lot of people are struggling with something – divorces, deaths, illnesses, violence, hurts, job loses, problems of loved ones. Quite often, we feel brokenness, separation from the life we had, feelings of loss and emptiness. Our Stephen Ministers help bring a word of healing and hope to their Care Receivers. Some people aren't getting the help they need because they don't want anyone to know, but the first and foremost word for Stephen Ministry is "confidentiality". Stephen Ministers, working one on one, listen, build trust, and love in a nonjudgmental, compassionate way as they help their Care Receiver journey toward wholeness.

Stephen Ministers are given support, supervision, guidance and continuing education throughout their years of service.

## **Stephen Ministry at Peace Lutheran**

*Connecting with and serving those in our congregation and community who are hurting and provide support as Stephen Ministers.*

Stephen Ministries is a one-on-one, lay-care ministry developed by Stephen Ministries St. Louis. Through this organization more than 12,000 congregations from more than 170 Christian denominations have been served for over 35 years.

## **Could you or someone you know benefit from a Stephen Minister?**

### **Lonely? Sad? Discouraged?**

Going through a tough time--emotionally or spiritually? Struggling with a crisis in life? Or simply feeling down?

Consider letting a Stephen Minister help. A Stephen Minister is a member of our congregation who is trained to listen, care, encourage, pray, and walk alongside you during difficult times. It's confidential, free, and very helpful.

Please feel free to reach out to Kim Buehler at 303-424-4454 x24, or Pastor Tim Lindeman at 303-424-4454 or email us at [Stephenministry@peacelutheran.net](mailto:Stephenministry@peacelutheran.net) at any time. Our Stephen Ministers are there to care!