



The Caregivers Compass shows that Stephen Ministers are Christ-centered. They know that their calling to care comes from Jesus and that He is the power behind all that they do. Stephen Ministers work on staying connected to Jesus so that they will be able to bring His love to others.

Stephen Ministers are **compassionate** caregivers; they share their care receivers' pain and help them bear it. They embody Jesus' promise to never let us suffer alone.

Stephen Ministers know that trust makes caring relationships possible, so they relate to their care receivers in a **trustworthy** manner. They maintain confidentiality. They show up for visits and follow through on promises. They stick with their care receivers through thick and thin.

By God's grace Stephen Ministers are **full of faith**. They bring Christ's care to their care receivers and trust God to bring results. They pray with and for their care receivers, share Scripture with them, and use other distinctively Christian caring tools in their caring relationships.

Stephen Ministers are **skilled** caregivers. They take their training seriously and are so committed to their care receivers that they strive to care in the right way at the right time. They not only recognize their God-given gifts, but they also work to develop them.

If you have a need to receive the care of a Stephen Minister, or know someone else who might, please speak with Rev. Virginia Fryer at 603/224-0884 or Roseann Nee, Stephen Ministry Leader at 603/428-3282.



505 South Street  
Bow, New Hampshire 03304

T/F: 603/224-0884  
E: [info@bowmillsumc.com](mailto:info@bowmillsumc.com)  
[www.bowmillsumc.com](http://www.bowmillsumc.com)

#### **Worship Services**

Sunday Mornings  
8:00 a.m. and 10:30 a.m.  
Childcare provided

*Open Hearts. Open Minds. Open Doors.*  
**The People of the United Methodist Church®**



**Stephen Ministry**  
*Reaching Out in Love  
to Those in Need*

**The Stephen Ministry Program  
at Bow Mills UMC**



*“Encourage one another and build each other up.”*

—Thessalonians 5.11

## **Stephen Ministry is...**

*a ministry in which one caring person reaches out to another.*

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...

- loneliness and fear
- depression
- terminal illness or hospitalization—your own, a family member, or friend
- grief from the death of a loved one
- unemployment or job loss
- spiritual crisis
- a new baby or blended family
- dealing with disabilities/chronic disease
- separation or divorce
- worry about aging and its effect on lifestyle
- changing jobs or location
- coping with empty nest syndrome
- recovery after an accident or disaster

## **Stephen Ministers Are...**

*caring, supportive Christians who want to bring Christ's love to those who are in times of crisis, grief or other need. They are...*

- A child of God who walks beside a person who is hurting
- A congregation member with gifts for care giving, who was carefully selected to serve in this role
- A lay person who has received extensive 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

## **Stephen Ministers Are Not...**

- Professional Counselors
- Ordained Pastors
- Providers of domestic services such as babysitting, preparing meals or transportation
- Experts in law, finance or church doctrine

## **Stephen Ministers Come Forward...**

*by prayerfully dedicating themselves to expressing Christ's love to others in a caring relationship.*

## **Stephen Ministers Are Committed Christian People Who...**

- complete 50 hours of initial training in vital caring skills, meeting once a week for approximately five months
- pledge 18 months of service, participating in regular support and supervision twice a month under the guidance of trained Stephen Leaders
- visit a care receiver regularly and dependably, offering Christian care and support
- preserve the confidential nature of the caring relationship
- listen and care with unbiased love

