



## Sydenstricker UMC is a Stephen Ministry Congregation

SUMC has been a Stephen Ministry congregation since 1988.

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

### What is Stephen Ministry?

Stephen Ministry is a confidential ministry that provides one-on-one distinctively Christian care to people in our congregation and community.

### Who are Stephen Ministers?

Stephen Ministers are committed Christian people who...

Express God's care through their lives to others

- +Receive 50 hours of initial training in important caring ministry skills and concepts
- +Are commissioned as Stephen Ministers after completing their initial training
- +Visit another person regularly and dependably and offer Christian support and care
- +Participate in regular support and supervision under the guidance of trained Stephen Leaders
- +Are committed to preserving the confidential nature of the caring relationship
- +Receive continuing education and skill building throughout their years of service.

A Stephen Minister is NOT...

- +A counselor or therapist
- +A problem solver
- +A casual visitor

A Stephen Minister's role is to listen and care.

### Who could use a Stephen Minister?

Those requesting a Stephen Minister include, but are not limited to:

- +The terminally ill and their families
- +Those who are hospitalized
- +Those moving into or out of our community

- +Those grieving a death or serious loss
- +The homebound or institutionalized
- +The incarcerated and their families
- +Those with a job crisis
- +The aging and elderly
- +Those with disabilities and their families
- +Those needing the support of a Christian friend
- +Those facing life transitions
- +Those experiencing birth or adoption
- +The separated or divorced
- +Those in spiritual crisis

Stephen Ministry is a confidential ministry; those receiving care can be sure their identity and what goes on in the caring relationship will remain private.

### **How can I learn more about Stephen Ministry?**

You can request a caring relationship with a Stephen Minister, learn more about becoming a Stephen Minister or get more information about Stephen Ministry by contacting Bill Wells, [bill\\_wells@verizon.net](mailto:bill_wells@verizon.net), 703-655-5741, Kathy Phillips, [kmpisme@aol.com](mailto:kmpisme@aol.com), 703-451-9021, or talking to someone wearing a blue Stephen Ministry badge.