



**Care Ministers follow the examples of Jesus by reaching out with meaningful support to our brothers and sisters who are experiencing a time of crisis, loss, illness, or isolation.**

***Care Ministry is a Catholic ministry formation program, sponsored by the Diocese of Green Bay designed to expand the pastoral care dimension offered by the church.***

### **Understanding Care Ministry?**

Care Ministry means serving God by being prayerfully present to others who are hurting or who are in need of spiritual companionship. We follow in Jesus' footsteps as he cared for the sick, lonely and suffering. As children of God we are called to love, and by our baptism, we are called to serve others. As representatives of St. Bernadette Parish, our Care Ministers become an extension of the parish worshipping community, bringing Jesus to those whom they serve.

Care Ministers are specially trained to make pastoral visits to persons who are homebound, lonely, in nursing homes, or experiencing any kind of trauma or crisis such as the loss of a loved one or a serious illness. They bring the presence of Jesus through their care and compassionate listening.

### **Frequently Asked Questions**

***What Does a Care Minister Do?*** Care Ministers visit persons who are sick, lonely or suffering in some way. They care, listen and offer a compassionate heart. They do not counsel or offer advice. Care Ministers are people who care, who listen, who pray with you, who are there for you in your time of need. The nature of the visit is determined by mutual agreement.

***How often does a Care Minister visit?*** Up to one hour each week, or a mutually agreed upon schedule.

***How confidential are these visits?*** Absolutely confidential. What is said during the visit stays with the Care Minister.

***What kind of training does a Care Minister receive?*** Six hours of initial training in listening and communication skills, and six scheduled enrichment sessions annually. These are usually in the form of monthly meetings, where Care Ministers come together to pray, share and learn.

### **Characteristics of a Care Minister**

- Be sensitive to others, respecting their dignity
- Maintain healthy boundaries
- Listen objectively and compassionately without giving advice
- Be non-judgmental
- Trust God in the silence
- Maintain confidentiality
- Maintain a personal healthy lifestyle in mind, spirit and body
- Be reliable, punctual and responsible
- Make good judgements

**The next Care Ministry training will be held Saturday, January 19<sup>th</sup> at St. Bernadette Parish from 9:00 am to 3:00 pm. Deadline for registration is Monday, January 14<sup>th</sup>.**

**If you would like more information about becoming a Care Minister, OR if you or a loved one would like a Care Ministry visit, please contact the parish office at 739-4157 or Gloria Koth, Care Ministry Coordinator at 920-858-3789.**