



OVERVIEW

WHAT IS STEPHEN MINISTRY?

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

Stephen Ministry offers a proven and effective way to organize, equip, and supervise a team of congregation members—called Stephen Ministers—to provide high-quality, one-to-one, Christ-centered care to people in the congregation and the community experiencing life difficulties. You can check out even more details at www.stephenministries.org.

WHO IS INVOLVED IN STEPHEN MINISTRY?

Stephen Leaders are church staff, lay leaders, and pastors trained to provide ongoing leadership for their congregation's Stephen Ministry. They are equipped for this key role through the Bridge Leader's Training Course offered by Stephen Ministries St. Louis.

WHAT IS A STEPHEN MINISTER?

Stephen Ministers are congregation members trained by their Stephen Leaders to offer care to people who are hurting. A Stephen Minister typically has one care receiver at a time and meets with that person once a week for about an hour.

WHAT IS A CARE RECEIVER?

Care receivers are individuals in the congregation or community who are going through a crisis or life difficulty. Potential care receivers first meet with a pastor or Stephen Leader, who assesses their needs for care and matches them with a Stephen Minister. The caring relationship lasts for as long as the need persists.

STEPHEN MINISTRY IS BUILT TO LAST

Stephen Ministry is found in congregations from more than 180 Christian denominations, across the U.S. and Canada and in 30 other countries. Stephen Ministry is built to last—going strong for decades in hundreds of congregations. Since Stephen Ministries St. Louis was founded in 1975: More than 13,000 congregations have enrolled in Stephen Ministry. More than 75,000 pastors and lay leaders from those congregations have been equipped as Stephen Leaders. More than 600,000 laypeople have received Stephen Minister training. More than one-and-a-half-million people have had a Stephen Minister to walk with them, providing one-to-one Christian care during tough times.

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Leadership of Stephen Ministry is coordinated by Stephen Leaders. These leaders have gone through extensive training to coordinate and promote the whole of Stephen Ministry, along with training and supervising the Stephen Ministers. Monterey's Stephen Leaders:

- Tara Souder
- Darra Lansman
- Scott Gwinn
- Joey Drumright

WHAT IS A STEPHEN MINISTER & WHAT DO THEY DO?

Stephen Ministers are lay congregation members trained to provide one-to-one care to those experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, or relocation. Stephen Ministers come from all walks of life, but they all share a passion for bringing Christ's love and care to people during a time of need.

Since 1975, more than 600,000 people from more than 13,000 congregations and other organizations have been trained as Stephen Ministers.

People often ask, "What exactly is a Stephen Minister and what do they do?" One way to put it is that Stephen Ministers are the After People.

Stephen Ministers are there:

- . . . after the phone call you hoped you'd never get.
- . . . after the funeral, when everyone has left and the emotions come crashing.
- . . . after the relationship falls apart and the bottom falls out of your life.
- . . . after the doctor says, "I'm sorry, but there's nothing more we can do."
- . . . after the nursing home director shakes your hand and says, "Welcome to your new home."
- . . . after the last child honks the horn, waves, and drives away.
- . . . after the gavel comes down, the handcuffs go on, and your loved one is led away.
- . . . after the baby arrives, demanding more of you than you ever dreamed possible.

. . . after you find a pink slip with your final paycheck.

. . . after your family and friends have heard your story one too many times.

They are ready to come alongside others—or friends, and provide comfort and support; not to fix and see results, but to walk alongside.

After being matched with a person (men with men/women with women) experiencing a life crisis, the Stephen Minister meets with that person on a weekly basis for approximately one hour a week to listen, care, encourage, and provide emotional and spiritual support. The caring relationship lasts as long as the need for care exists. Stephen Ministers are asked to serve as Stephen Ministers for a minimum of 2 years (barring any life changes).

WHAT IS A CARE RECEIVER?

Stephen Ministers have cared for over one-and-a-half million people in one-to-one caring relationships—and they have touched countless more lives with compassionate understanding and encouragement. A Care Receiver is someone who receives the one-on-one support and care from a Stephen Minister in complete confidentiality. Monterey may be their church home or someone from the community.

When someone is referred to Stephen Ministry and is seeking support, a Stephen Leader then walks that person through a referral process to best understand their needs and if Stephen Ministry is a good option based on those needs. If so, they are assigned a Stephen Minister to begin walking alongside them. For other needs, we connect them with other resources to walk alongside them.

TRAINING TO BECOME A STEPHEN MINISTER

Stephen Minister training features a mixture of presentation, video, group discussion, skill practice, and spiritual growth activities.

Stephen Minister training . . .

- Is led by Stephen Leaders.
- Takes place before Stephen Ministers are assigned their first care receivers.
- Is 50 hours total, typically taught in 20 weekly sessions, approximately 2 ½ hours a session.
- Combines Pre-Class Reading, devotions, presentation, discussion, skill practice, and video.
- Teaches principles and skills that equip you to provide high-quality, Christ-centered emotional and spiritual care to others.
- Gives you new insight into the thoughts, feelings, and actions of people who are hurting.
- Equips you with relational and caring skills you can apply to all aspects of your life.
- Continues throughout a Stephen Minister's service through continuing education.

Ongoing support and supervision for Stephen Ministers takes place through:

- Bi-monthly meetings in supervision groups (1 - 2 ½ hours) . As part of these supervision groups continuing education will be provided during one of the two monthly meetings.
- Stephen Leaders will be assessing the length and frequency of these meeting on an ongoing basis.

WHAT NOW?

If you sense that God might be calling you to serve as a Stephen Minister follow a few steps:

- Be prayerful about this decision.
- Ask any questions you may have to one of the Stephen Leaders or email us at stephenministry@montereychurch.com.
- Apply to be a Stephen Minister. An application is attached to this packet. Once filled out give it to one of the Stephen Leaders. You can also leave it at the church office, care of: Stephen Ministry.
- Ask more questions as they arise.

Contact Us: stephenministry@montereychurch.com