

# Pastoral Care

Over the last year the Pastoral Care Team have continued to visit, telephone, private Facebook message and email as well as meet for coffee or lunch with people. Our continued aim is to keep in touch with as many as possible and to support and come along side those who are struggling with issues whether they be physical, emotional or spiritual.

We recognise that the caring does not stop with the Pastoral Team. I am always pleased to hear of our church family meeting together, praying for one another and being a friend to each other when times are tough or indeed when there is something to celebrate.

All of our activities could be classed as pastoral as I see people talking, praying and supporting one another in church services, House groups, Ladies & Men's meetings, Bring & Share and Prayer meetings as well as our Craft group and Youth and children groups. I am convinced that pastoral care goes on everywhere even in the Crèche on a Sunday morning. Whenever you pray, whenever you ask how someone is, whenever you ask someone to lunch, whenever you meet for a coffee, whenever you make someone a drink in church or find them somewhere to sit, whenever you phone or tweet or leave a facebook message you are caring and doing something pastoral. Pastoral care is just being family and building good relationships together. We will not be perfect in our relationships but we can all be pastoral with one another in some way however small that way is.

If you think you would like to be part of the pastoral team please speak to me about it. I would be glad to consider you for this volunteer but fulfilling role.

## **Team Training.**

I am committed to keeping the team equipped for the role that we have. This year we have considered some of the challenges that come with mental health issues. I am aiming to introduce further training on this and other pastoral care issues over the next year.

## **Counselling and Prayer Ministry.**

This has continued with myself and Hazel Withey. We tend to work together when ministering but appointments can be made 1-2-1 depending on need and availability. Appointments can also be made with us and Pastor Robin for ministry if required. This is a confidential service.

## **Aims for the coming Year.**

- To develop the Pastoral Team both numerically and through training.
- To develop the counselling and prayer ministry through training and seeking other trained individuals to join the team.