

## **Stephen Ministry at Village Church (*SM at VC*) January – March Edition**

**Greetings fellow Stephen Ministers.** The Leadership Team thought you might find it useful to know what's happening in SM at VC periodically throughout the year. So – Here is the winter edition of the **SM at VC** Newsletter! I hope you will enjoy the beautiful winter we have here in the KC metro.



The Leadership Team for 2012 includes the following: Trish Byall, Alice Carrott, Karen Day, Kevin Hennessy, David Howard, Pat Jones, Diane Lawson, Sandy Linson, Annette McLaughlin, Steve Nettles, Carole Pugsley, Neal Sawyer, Ellie Slater, Marianne Weber, Duane White, and of course Meg. Please feel free to contact any of them with questions about Stephen Ministry and your care receiver. Below are the Leadership Team Responsibilities for 2012.

| <b>Position</b>                   | <b>Assigned to:</b>                                 |
|-----------------------------------|---|
| Team Coordinator                  | Diane Lawson<br>Kevin Hennessy                      |
| Team Staff                        | Meg McLaughlin                                      |
| Secretary                         | Trish Byall   |
| Training                          | Pat Jones<br>Duane White<br>Steve Nettles           |
| Referral Coordinator              | Alice Carrott<br>David Howard<br>Annette Mclaughlin |
| Supervision Coordinator           | Ellie Slater<br>Sandy Linson                        |
| Continuing Education Coordinator  | Marianne Weber                                      |
| Recruitment, Awareness, Publicity | Carole Pugsley                                      |
| Newsletter Editor                 | Karen Day   |

## Training:

The new class of eleven Stephen Ministers will complete their training in January. They are: front row (L to R): Ann Bohrn-Wymore, Marilyn Pattison, Amy Case, Helen Taliaferro, Claire Brettell; back row: Jack Foster, Bob Philippi, Don Baird, Tom Brown, Michael Waterford, and Alyce Collins, not pictured.



Following is a list of the upcoming training classes. Please feel free to attend any of the remaining classes to “brush up” on your SM skills. And don’t forget Sunday January 22<sup>nd</sup> – Commissioning Sunday!

|                |   |
|----------------|---|
| Jan 7 Saturday | (T-17) How to make a first caring visit<br>(T-16) Supervision (Part 1)<br>(T-16) Supervision (Part 2) |
| Jan 22 Sunday  | Commissioning, Sunday Services  |

## Telecare:

Please remember that all trained Stephen Ministers can do Telecare, even if you are currently inactive! This is a good way to keep your Listening Skills honed! If you are currently active but without a Care Receiver, Telecare can use you. If you can make calls, please let Diane Cassity know at 913.671.2390.

## Continuing Education for January - March:

| Date        | Topic                                    | Presenter       |
|-------------|--|-----------------|
| January 12  | Stephen Minister Appreciation            | Dave Howard     |
| January 26  | TBA                                      | Meg McLaughlin  |
| February 9  | Care Receivers- Where Do They Come From? | Chuck Hitchcock |
| February 23 | Depression                               | Penny Shaffer   |
| March 8     | Humor                                    | Jay McKell      |

## **Why Village Matters:**

Next year's *Why Village Matters* highlights Stephen Ministry on Sunday, March 25. We want to find two care receivers, each one to speak during two of the four services. If you have a care receiver, past or present, who is willing to be open enough to share their story with the congregation, PLEASE ask them! You have the type of relationship with your care receiver to judge whether they would convey their message with conviction and heart. Last year's presenters brought forth newly interested people, so these messages can be crucial to recruiting both SMs and CRs. Thanks for your help. You are our #1 recruiters!

## **Health and Wellness Service:**

Jay McKell has requested two Stephen Ministers to assist him in the next Hope & Wholeness Service Sunday Jan. 8 at 4:30. This involves doing one of the readings and being attentive to those needing comfort or a listening ear. If you are willing and available to help with this meaningful service, please contact Carole Pugsley soon: [apugsley@kc.rr.com](mailto:apugsley@kc.rr.com) or 913-381-1091.

## **Recruitment, Awareness, and Publicity (the RAPpers):**

Thought you might be interested in what the RAPpers have been doing this past year in the way of new initiatives to raise the AQ (Awareness Quotient) of the Village congregation. We're planting lots of seeds, but time will tell if they bear fruit! We welcome your ideas as well; let us hear from you!

- New informational cards about our programs in the pews
- Brief presentations to virtually every small group in the church (approx. 1500 people)
- Custom notepads as handouts for various purposes
- Streamlined record keeping for recruiting SMs
- Publicity increased in all venues: Good News, Sunday bulletins, website, bulletin boards
- Big screen ad during Wednesday night dinners this fall
- Blurb in all memorial service bulletins will now be standard
- SMs will begin participating in Hope & Wholeness Service with Jay McKell
- Brochures displayed in racks outside Friendship Hall and on the bridge hallway
- Promotional materials placed in packets of Village U classes sponsored by Respite Care
- Article sent to Rev. Tom Are for possibly appearing in his regular e-mail to members
- "Why Village Matters" Sunday each spring to feature SM is continuing
- Drama Ministry has been approached about doing a promotional skit about SM
- Participation in the KC Network of SM Leaders to share information and support
- Actively recruiting people from other congregations to fill our training classes
- Exploring outreach for Care Receivers, such as Aberdeen Village or military families
- Networking with staff such as counselor John Larsen, department heads, support group facilitators for CR referrals
- Devised a questionnaire for new trainees, asking what convinced them to say yes to becoming a SM

**Remember that we are all recruiters for Stephen Ministry.** Please check the Prayer List and as you do, see if there is anyone you know who might need a care giver. If so, please follow up personally or submit the person's name to Meg.

## **SM Leaders KC Metro Network:**

Duane White and Carole Pugsley have connected with this leadership group that meets 3 times per year. Both are on their e-mail roster and will attend their meetings. There are 60+ on the list and represent 34 different KC churches. What a networking opportunity for us (and them). Duane and Carole will keep us up-to-date on this exciting opportunity.

## **Food for thought:**

One of the favorite songs of Christmas is “Do You Hear What I Hear?” about a little shepherd boy. This is a song that can make us pause to think about how we can be so busy at Christmas time that we don’t really “hear” the message of the season. The songs of Christmas all have a special ECHO, which can reverberate in a thousand different sounds, such as: a smile, a kind word, an unexpected gift, a thoughtful act, a handclasp, a pat on the back, a note of thanks, a hug, an invitation, a surprise visit, a warm conversation with friends, a person caring. Help others (and yourself) to hear the sounds of Christmas echoed in our lives.

## **A Quiz on Supervision—and Answers**

- 1. If a Stephen Minister doesn't have a care receiver, he or she doesn't need to attend supervision sessions. True or false?**

False. Stephen Ministers need to be at every supervision session whether they have care receivers or not. If they aren't currently involved in a caring relationship, they provide encouragement, insightful feedback, and support for the other Stephen Ministers in their Supervision Group. Of course, a major goal for your Stephen Leader Team is to assure that all Stephen Ministers are assigned to care receivers as soon as possible.

- 2. Because they need to know and develop great trust in one another in order to share deeply in supervision, Stephen Ministers should remain in the same Supervision Groups. True or false?**

False. The Supervision Coordinator typically reassigns Stephen Ministers to new Supervision Groups:

- when a new class of Stephen Ministers finishes training and those new Stephen Ministers need to be assigned to Supervision Groups;
- when the Supervision Coordinator and/or Supervision Group Facilitators believe that the groups are becoming stagnant and reassembling groups would provide fresh energy and new ideas; or
- when the same Supervision Groups have been meeting for a year.

In assigning new Stephen Ministers to Supervision Groups, the Supervision Coordinator usually includes new and experienced Stephen Ministers in each group so new Stephen Ministers can learn about supervision from the veterans. Reassigning groups often improves the quality of the supervision, too. New people bring different perspectives to issues and can provide fresh insights. Sometimes, too, the Supervision Coordinator needs to move Stephen Ministers from one Supervision Group to another, perhaps to preserve confidentiality (e.g., it's best to place two Stephen Ministers who are caring for a husband and a wife in separate groups). Often that's an ideal time to recompose Supervision Groups across the board.

**3. Supervision Group Facilitators must be Stephen Leaders. True or false?**

False. Supervision Group Facilitators can be Stephen Leaders or Stephen Ministers who have taken the additional five hours of Supervision Group Facilitator training.

**4. The Supervision Coordinator must be a Stephen Leader. True or false?**

True. The Supervision Coordinator learns how to coordinate supervision at the Leader's Training Course and by reading the resources in his or her *Leader's Manual* (file folders S-8 and T-16) and in the *Supervision Group Facilitator Manual*. Supervision Coordinator is one of the six Stephen Leader Team coordinator roles.

**5. Stephen Leaders don't need to take the five hours of Supervision Group Facilitator training because they attended the Leader's Training Course. True or false?**

False. Stephen Leaders who plan to serve as Supervision Group Facilitators need to take the five hours of training, just as Stephen Ministers do, in order to understand and function well in the specific role they're taking on. They don't receive the Supervision Group Facilitator training at the LTC.

**6. The Stephen Ministers who are reporting in depth give their check-in statements last. True or false?**

True. Having them give their check-ins last helps shift the focus of the Supervision Group to those Stephen Ministers who will report in depth.

**7. The check-in time is a good time to discuss one another's caring relationships in more detail. True or false?**

False. Check-in statements are short one- or two-sentence answers to the questions on the form, and a Stephen Minister should take no more than a minute or two to check in. If check-ins for the group take longer than 10 minutes or so, it's time to refocus to make sure that each Stephen Minister isn't doing an "in-shallow" report.

And while the other Stephen Ministers can comment briefly, usually to affirm the Stephen Minister who has spoken, they need to hold off on asking for more information or otherwise discussing that person's relationship until it is his or her turn to present an in-depth report. The only exception is if a Stephen Minister or the facilitator hears something in the check-in that might signal the need for the group to focus immediately on that Stephen Minister's caring relationship.

**8. The in-depth reporter doesn't need to suggest Focus Questions for dealing with his or her report; the Supervision Group Facilitator and the other members of the Supervision Group will do so. True or false?**

False. The final question on both in-depth report forms asks Stephen Ministers to suggest Focus Question Sets and Focus Questions that group members can use to begin discussing the relationship. By taking the time to think about what issues are of major concern in the caring relationship and finding questions that focus that discussion, the Stephen Minister uses his or her "time in the spotlight" to the greatest advantage and shows respect for the others in the group.

Certainly the Stephen Minister can sometimes be too close to the situation to catch problems that are affecting the relationship, such as boundary issues or manipulative behavior; sometimes the in-depth discussion may go in an entirely different direction than he or she has anticipated. But by carefully choosing questions that he or she believes focus on the heart of how he or she can best provide care to this care receiver, the Stephen Minister respects the time and attention the other Supervision Group members are giving him or her.

**9. Stephen Ministers need to write out their answers on the "Check-In Statement Form." True or false?**

True. This discipline helps Stephen Ministers think about their caring relationships and keep their answers brief. Unprepared answers are often rambling and unfocused.

**10. The Supervision Group Facilitator may decide to have a Stephen Minister do an immediate in-depth report, even though he or she wasn't scheduled to do one and isn't prepared. True or false?**

True. The Supervision Coordinator listens during the check-in statements for situations that demand the group's immediate attention. The Stephen Minister may also request immediate supervision if he or she is upset or concerned about the relationship. Some reasons for immediate supervision include:

- The care receiver may be hinting at suicide, homicide, or abuse.
- The care receiver may be threatening to bring premature closure to the caring relationship.
- The care receiver may need a referral for other care.
- The Stephen Minister may be very upset about some aspect of the relationship or of his or her performance as a Stephen Minister.

From [www.stephenministries.org](http://www.stephenministries.org)

**Respite Friend Volunteers Needed!**

If you have been a family caregiver or know someone who cares for a loved one, you know how important it is to have support and a break. Respite Care Ministry needs more Respite Care volunteers now to make home visits to stay with a care receiver while a family caregiver takes time for self. Just as many of us are involved in a variety of interests, activities, commitments and day-to-day responsibilities, family caregivers have the same need for that personal time. Taking time for self is especially important for a caregiver so that his or her spirit, strength, and energy can be renewed.

You may be matched individually with a family or serve on a Respite Friend Team with other volunteers and share a schedule of visits. The time commitment for home visits is six to eight hours per month. Please consider opening the door and your heart to become a Respite Care volunteer. We especially need men to volunteer. To learn more and to apply to go through training, please contact: Gayle Yelenik, Respite Care Coordinator, 913.671.2370 or [gayle.yelenik@villagepres.org](mailto:gayle.yelenik@villagepres.org).

## **Counseling Resource:**

Just a reminder that Dr. John Larsen is on our staff as a Professional Counselor. He is available here at the church on TUESDAYS. If you, someone you know, or a care receiver needs the care of Dr. Larsen, please call him directly at 913-322-4235.

## **Report from Meg:**

It's the New Year.

We've turned the calendar to 2012. So many of us use electronic calendars now, but I confess I love paper calendars. There is a thrill for me in a fresh calendar. The gleaming white pages beckon a new beginning. I look at the pages, all clean and uncluttered, and dream about how best to use the time. What will I try to do differently this year? I wonder what things of meaning, of play, of worship will fill the pages.

It's the New Year.

Perhaps we've written out our resolutions. They often have to do with time, too. Our friends say: I will commit to working out one hour a day. I will pledge to make time for my family. I will begin each morning with prayer time. I will spend less time in front of screens.

It's the New Year.

I've been thinking about time. And here's what I know. Time moves fast. There is nothing we can do to slow it down. There is nothing we can do to get it back. As the old hymn says, "Time like an ever rolling stream soon bears us all away. We fly forgotten as a dream dies at the opening day." Stephen Ministers, I believe, give the gift of time. More than anything else, you give time to your care receivers. You give time amidst the rush of life. You give time even when it feels threatened by death. You give time to people who feel like they have no time for themselves, no time for God.

It's the New Year.

Soon my new calendar will look like my old one. It's the New Year. No doubt some of our most well-intentioned resolutions will be unresolved. But it's the New Year and what I know for sure is that with the time I have been given: I will use to be grateful for you. Happy New Year, friends. Thank you for your time.

