

The Role of the BeFriender

...is to be a companion on the journey through listening, presence, and compassion. BeFriender ministers bring with them the caring presence of God and the community.

BeFriender Minister Training

A BeFriender candidate receives between 20-30 hours of training before becoming a Befriender. The training addresses issues such as grief and loss, spirituality, listening, and confidentiality.

BeFrienders also participate in on going regular small group meetings with the GeFriend3er leadership team.



"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing, and face with us the reality of our powerlessness, that is the friend who cares."

Henri Nouwen—*Out of Solitude*

"Cast your burden on the Lord, and he will sustain you."

Psalms 55:22

"Come to me, all you that are weary and are carrying heavy burdens and I will give you rest."

Matthew 11:28

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Reaching out with a voice of HOPE

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*When you,
or someone you know,
needs someone to listen...*



BEFRIENDER
MINISTRY

A Listening Presence

BeFriender Ministers
are *Caregivers*.

God is the *Curegiver*.

What Is BeFriender Ministry?

BeFriender Ministry is a lay pastoral care program. Specially trained laypersons enter into caring relationships with others at times of special need by visiting with them and bringing emotional and spiritual support.

Who is it for?

- Welcoming a new child through birth or adoption
- Going through marital separation or divorce
- Coping with a disability
- Being seriously ill, hospitalized, or home bound
- Feeling lonely or depressed
- Providing home care for a loved one
- Grieving the loss of a spouse, parent, child, or other loved one
- Empty nest or retirement
- A job loss, career transition, or relocation

A BeFriender Minister is...

...someone who really listens, without giving advice, and who allows others to make their own decisions.

A BeFriender Minister is not...

...a problem solver, a counselor, or a therapist.

What about confidentiality?

BeFrienders maintain a strict policy of confidentiality. They respect the privacy of all who are befriended.

Some Questions You May Have

Q—If a BeFriender visits my family member, does that mean I am not meeting their needs?

A—Not at all. A BeFriender cannot take the place of family or friends in someone's life. For many, though, a BeFriender is a supportive visitor beyond the family.

Q—How often will a BeFriender visit?

A—The frequency of visits will be determined by the people who are visited and the BeFriender. Visits usually take place every week or two and last about an hour.

Q—What if I cannot think of anything to say?

The BeFriender does not come to you to gain information. Rather, she or he will listen and respond, trying to support you at this time in your life—without giving advice or making judgments.

How can you support our congregation's BeFriender Ministry?

Pray for all who are receiving confidential care through the BeFriender Ministry of our congregation.

Tell BeFriender leaders about those who might benefit from the care of a BeFriender—be sure to get that person's permission first!

Tell others in our community about the availability of our congregation's BeFriender Ministry and the care it can provide.

Consider serving as a BeFriender.



Please indicate your area of interest:

- I would like to have a BeFriender visit me.
- I would like to suggest a BeFriender call on:

- I would like information about BeFriender Ministry training.

My name:

Address:

Phone:

Return this form to:

Pastor Dan Nordin
dnordin@oursavioursnc.org
763-434-6117 ext. 129

or place in the offering basket.