



## Stephen Ministry

Stephen Ministry is a one-on-one ministry by trained lay people to walk alongside those we are experiencing periods of difficulty in their lives.

Time commitment involved to be a Stephen Minister:

- Stephen Ministers meet twice a month (via zoom) for mutual support via peer supervision and ongoing education.
- Stephen Ministers commit to at least two years of service after a programme training of 50 hours
- Meet with at least one (perhaps two) individuals for an hour, normally once a week

Stephen Ministers need to be grounded in their Christian faith and walk with Jesus. They must be willing to commit to train and then walk alongside someone: to listen, non judgementally, without giving advice. Attendance at meetings is a priority.

If you are interested in more information about becoming a Stephen Minister or in receiving care from a Stephen minister please contact Peggy Smith at [lettersarebetter@yahoo.ca](mailto:lettersarebetter@yahoo.ca)