

Pastoral Care Program



Unitarian Universalist Congregation
of South County

January 2019

What is the Pastoral Care Program?

We are a team of trained congregation members who assist the minister in caring for members and friends of the congregation who are experiencing times of challenge and transition. We join those who may be suffering significant loss or change; who may be feeling powerless and could use a visit and some spiritual support.

Through compassionate listening, we acknowledge a person's sources of strength, which remain at the core despite whatever current upsets or illnesses are occurring. Together with those we help, we learn ways to constructively face the losses, conflicts and tragedies of life.

We are supervised by the Rev. DL Helfer, our Settled Minister. This is to insure a pastoral ministry that meets the highest standards of ethical conduct and service.

How can pastoral care help?

- We are a caring presence.
- We listen.
- We create a vessel of love and a "holding environment" in which to hear the sorrows and concerns of life.
- We maintain a covenant of respect and confidentiality. We refer to professional care when needed.
- **While we do not provide professional psychotherapy**, we maintain a list of reputable professionals in our area for those who may want or need that option.

Where do we serve?

We offer supportive visitation on the phone, in the home, or in the hospital during acute episodes and during convalescences or extended rehabilitation.

How do you contact us?

Please see pastoral care members' information below:

- Rev. DL Helfer: uucscminister@yahoo.com
- Sally Barney: sbarney07@aol.com
- Barbara Beckwith: barbara.beckwith@gmail.com
- Sky Kimball: skykimball@gmail.com
- Joan Ray: barharjr@gmail.com

