

Background

For many years members of St. Mary's Pastoral Team have visited suffering, housebound and lonely people in our parish. This year, for various reasons, membership of the Pastoral Team has decreased. However, the need for pastoral care remains constant. Would taking the love of God into the lives of lonely, elderly or suffering people, simply through your presence and your listening, be something you might consider? If so, without any obligation at all, you might like to attend this short, well tried and tested course, which will introduce some of the basic skills of pastoral care. The course will be led by Diana Pattison (Lead, Bromley Anna Chaplaincy Hub).

Starting 4th September

Caring Concerns

A short course on Christian pastoral care



More information

Enquiries and booking:

Alan

020 8460 1827 agkeeler@tiscali.co.uk

Anthia

020 8460 1960 anthiapage@gmail.com

Ruth

020 8289 1892 ruthmpeet@gmail.com

When

September 4th, 11th, 18th, 25th
and October 2nd.

7.30pm - 9.30pm

Front Room

St. Mary's Church House
61 College Road, Bromley
BR1 3QG



Just as I have loved you, you should
also love one another.

John 13.34

www.stmarys-bromley.org.uk

 [stmarysbromley](https://www.facebook.com/stmarysbromley)



Why?

As Christians we are called to care for others because we are called to live out the command to love (John 13: 34-35), to bear one another's burdens (Galatians 6:2) and to further the Kingdom of God.

Who is the course for?

For potential and new pastoral care team members or as a refresher for established members.

What?

The Caring Concerns course is a very elementary introduction to pastoral care in the church. It explores such issues as:

- Who we are in Christ
- Listening skills
- Spiritual care of carers
- Coping with stress
- What do we mean by healing?
- Introduction to loss and bereavement
- Boundaries and confidentiality
- Setting up a pastoral care team

When?

The course will run over 5 Tuesday evenings:

September 4th, 11th, 18th, 25th
and October 2nd.

7.30pm - 9.30pm

Front Room

St. Mary's Church House

61 College Road, Bromley, BR1 3QG

WEEK 1: What do we mean by Christian care? What do we mean by active listening? Dr Frank Lake's Cycle of Growth.

WEEK 2: Self-awareness, stress and boundaries.

WEEK 3: Jesus' care in action with examples from John's gospel; healing ministry; caring for carers; real life case studies.

WEEK 4: Loss (not only bereavement but other losses); the Biblical view of loss; what do we believe about death? Stages of grief.

WEEK 5: Looking back; Biblical models of care; care at our church now; what next for individuals and the church?