

THE SPIRITUAL GIFT OF PASTORAL CARE

Pastoral Care or Apostolic Action incorporates the spiritual gifts of mercy, faith, grace, healing, piety, serving, & wisdom. It demonstrates the fruit of the Spirit through the practice of presence. Apostolic activities are meant to be catalysts that initiate a deepening Christian experience, which is always in some way an experience of God and God's family.

Good pastoral care is possible when we leave space in our lives for God's grace. When we do, God will work through us.

People with this gift...

- Are sensitive to others' needs
- Are comfortable praying in the company of others
- Relate to others regardless of their circumstances
- Have a calm mind
- Bring a calming presence to anxious situations
- Are comfortable with silence
- Can listen without judgment
- Can assist people in telling their story through using their gifts of empathy and emotional support
- Are teachable and don't demand their own way
- Keep healthy personal boundaries
- Are discreet and maintain confidences

"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me." - Matthew 25:35-36

Putting your gift into action...

Pastoral care can be put into practice in many places: bedside at home, in hospital, long-term care facilities, or in palliative care homes. Here are some ways you might put this gift into practice:

- Prayerfully support those who are unable to physically attend church
- Call a friend you haven't talked to in a while
- Ask deeper questions when having conversations, and listen carefully
- Prayerfully consider joining the pastoral care team at St. Paul's
- Bring a casserole or send a card to a new mom or to someone recently bereaved
- Volunteer at a local hospital or hospice
- Invite a lonely neighbour out for coffee
- Make a point of introducing yourself to newcomers at church, making them feel at home

To learn more about our pastoral care team at St. Paul's, talk to Lorna Brule or email her at Lorna.Brule@sympatico.ca

To learn more about spiritual gifts and stewardship in the life of the church, or to get involved, please talk to any member of the Stewardship Team: Mark Stalter, Tracy Albert, Francis Christensen, or Kristen VanderHoek; or email us at stewardship@stpaulshk.org