



# PASTORAL CARE RESOURCES

2022-23

**Grace Episcopal Church** ♦ Bainbridge Island, WA

*inclusion service discovery gratitude*

# Contents

- Pastoral Care FAQs..... 2
- Who needs pastoral care? ..... 2
- Who provides pastoral care? ..... 2
- Pastoral Care Leadership Team..... 2
- What is the Home Group’s role in pastoral care?.....3
- The Pastoral Care Liaison's Role.....3
- What Steps Should the PC Liaison Take if Someone in the Home Group Needs Help.....3
- The ABCs of Pastoral Care ..... 3
- Grace Pastoral Care Resources ..... 4
- Other Grace Resources.....7
- Care Resources in the Community.....8
  
- APPENDIX A: Sample email for requesting care from the Home Group ..... 9
- APPENDIX B: Sample email for contacting a Home Group member in need ..... 10
- APPENDIX C: Sample email for supporting Home Group member in an expected or happy transition..... 11
- APPENDIX D: Sample Letter of Introduction of a Pastoral Care Liaison ..... 12

# Pastoral Care FAQs

## Who needs pastoral care?

At one time or another, everyone needs loving spiritual care. People tend to experience spiritual questions and crisis in times of greater stress, and stress is typically linked to significant life transitions.

These might include:

- Death of a loved one
- Physical or mental illness
- Economic uncertainty (loss of job, poverty)
- Birth and adoption
- Marriage and divorce
- Family conflict
- Aging and isolation

## Who provides pastoral care?

Each of us is called by virtue of our participation in Christian Community to care for one another. Likewise, each Christian has special gifts they can use for caring for others: bringing Eucharist to the ill, quiet listening, bringing food to relieve some of the pressure during a difficult time, or offering prayer for those in need. Each of these gifts becomes pastoral care when carried out in the name of Christ on behalf of the community.

## Pastoral Care Leadership Team

The Pastoral Care Leadership Team's main concerns are:

- To ensure that pastoral care needs are met in a timely fashion while protecting desired confidentiality
- To broaden our thinking about what constitutes pastoral care (beyond a visit from clergy)

The Rector of Grace Church oversees and guides the Pastoral Care Leadership Team. Current members:

- Emily Chamberlain | [emchamberlain@mindspring.com](mailto:emchamberlain@mindspring.com)
- Stephen Crippen, Interim Rector | [stephen@gracehere.org](mailto:stephen@gracehere.org)
- Shannon Moore | [shamoo.4311@gmail.com](mailto:shamoo.4311@gmail.com)
- Florrie Munat, Chair | [fmunat@aol.com](mailto:fmunat@aol.com)
- Jim Quitslund | [jquitslund@gmail.com](mailto:jquitslund@gmail.com)
- Rhonda Peacock | [uurhonda@gmail.com](mailto:uurhonda@gmail.com)
- Anne Huffington | [jwillowshollow@yahoo.com](mailto:jwillowshollow@yahoo.com)

Members of the Pastoral Care Leadership Team act as “Shepherds,” supporting the Pastoral Care Liaisons in each Home Group and acting as communications liaisons between the PCLT and Home Groups. They also coordinate care with those not in Home Groups by using friendships and “affinity groups” as sources of care. PCLT members also coordinate various ministries related to pastoral care (see pp. 4-7).

### **What is the Home Group’s role in pastoral care?**

For members of Grace Church who are connected to a Home Group, their group serves as a first tier of pastoral support in times of need.

It’s often hard for many of us to ask for help. One of the best things we can do in our Home Groups is to develop genuine friendships with others. Then when life’s difficulties come our way and we could use some extra support, we’re close enough to reach out to one another more readily, and to offer or ask for help.

Each Home Group has a designated Pastoral Care Liaison, who is partnered with a “Shepherd” from the Pastoral Care Leadership Team. The Liaison, Shepherd, and often the HG Leaders serve together to coordinate pastoral care needs within the HG.

#### **The Pastoral Care Liaison’s role is to:**

- Reach out to provide pastoral care to people in their HG who are in need.
- When appropriate, share information with their Shepherd, HG Leaders, and/or clergy to decide what care can be offered and how best to offer it.
- Create a healthy environment for pastoral care in their Home Group and coordinate the flow of pastoral care to people in need, while being clear about what is reasonable.

### **What steps should the PC Liaison take if someone in the HG needs help?**

When someone in your Home Group needs help, it’s often the Pastoral Care Liaison who will reach out to inquire about needs. Could they use meals delivered to their home after surgery? Do they have transportation needs, or someone to talk to or pray for them? Here are some simple, but essential steps to take when you contact a person with pastoral care needs.

### **The ABC’s of Pastoral Care**

The first step is to **ASK**. Determine what needs the person or family has and what support they desire, if any.

The second step is for both the person in need and the Liaisons to set **BOUNDARIES**. What information is confidential? What can be shared with others, and specifically with whom. This protects the dignity of each person in need.

The third step is to **COORDINATE CARE**. Discern how to implement your plan of assistance. This may involve the Home Group, other Grace affinity groups the person in need is already connected to, and/or friends inside and outside the Grace community.

Whenever you have a question about what is practical or possible, please consult with your Shepherd from the PCLT or Grace's clergy. The church is a village of compassion and care. The Home Group is one family within that larger village. The Home Group Family hopes to ease some of the burden and to express God's love in any number of tangible and intangible ways.

## Grace Pastoral Care Resources

### Clergy Care

Grace's Rector provides pastoral care to members of Grace Church in partnership with Grace's Pastoral Care Team. Whenever possible, the Rector hopes to be present with parishioners at the time of death, and to offer counsel during periods of transition.

#### **When requested, the Rector will:**

- Hear confession and offer the Rite of Reconciliation of a Penitent
- Offer prayers of thanksgiving for the birth of a child, and other family occasions and milestones
- Offer a blessing for a new home

#### **In times of illness:**

The Rector coordinates with the Pastoral Care Team to make regular home Eucharistic visits, or to pray with and anoint those who, due to serious illness or infirmity, are homebound or in a medical facility.

#### **Healing Prayer:**

Grace holds a healing Eucharist service on Wednesdays at 10:30 a.m. that provides an opportunity for prayer and anointing for anyone seeking grace and strength.

#### **In emergencies, including sudden hospitalization:**

Call Grace Church's office | **206-842-9997 Monday-Friday, 9am-4pm**

After office hours, or if you cannot get through to the parish administrator, call:

Stephen Crippen | Interim Rector | **406-422-9908**

Florrie Munat | Pastoral Care Team contact | **206-227-4896**

#### **At the time of death:**

Please contact the Rector as soon as possible when a member of Grace Church becomes seriously ill or is near death.

#### **In other circumstances:**

Call the office during office hours (see above) to make an appointment with the Rector. If you call when the office is closed, please leave a message that will help us clearly understand your needs.

# Pastoral Care Resources

**NOTE: More information on these resources and ministries may be found on the Grace website: [www.gracehere.org](http://www.gracehere.org)**

## **Open Mic for Caregivers**

Features speakers from Grace (often caregivers or former caregivers) and the larger community who address issues of interest and relevance to caregivers. After the opening remarks, questions and sharing from all are welcome. Meets on Zoom the first Fridays of every month. To learn more, contact:  
Florrie Munat | [fmunat@aol.com](mailto:fmunat@aol.com)

## **Spiritual Discernment**

Spiritual Discernment is a process of learning to listen deeply and quietly – in the supportive presence of community – to the spark of clarity and understanding within. Grace has an active Spiritual Discernment Ministry – people who are especially prepared in discernment practices that help bring gentle clarity around life's big and small questions. To learn more, contact:  
Patty Molloy | [pattymolloy5@gmail.com](mailto:pattymolloy5@gmail.com)  
Emily Chamberlain | [emchamberlain@mindspring.com](mailto:emchamberlain@mindspring.com)  
Kim Cockcroft | [kim@gracehere.org](mailto:kim@gracehere.org)

## **Prayer List**

The Grace Prayer List contains names and the concerns of people who have requested (or have given their permission) to be held in prayer by the community. First names of those on the list are read during Sunday worship during the Prayers of the People. Please submit prayer requests (with the permission of anyone named) to:  
[prayerlist@gracehere.org](mailto:prayerlist@gracehere.org)

## **Prayer Shawls**

The Knitting into the Mystery group meets on the fourth Monday of the month to craft shawls of various sizes, styles, and colors for those who could benefit from a tangible sign of God's loving kindness in times of illness, grief, or transition. To volunteer as a knitter or to request a shawl, contact:  
Beulah Downing | [bdowning@seanet.com](mailto:bdowning@seanet.com)  
Susan Lick | [cslick47@gmail.com](mailto:cslick47@gmail.com)

## **Home Communion**

Grace clergy and lay Eucharistic visitors (GEMs) are happy to bring the bread and wine of Holy Communion to anyone who is homebound or temporarily unable to attend Sunday services. Home communion may include other family members or friends, as appropriate. To learn more, contact:

Interim Rector Stephen Crippen | [stephen@gracehere.org](mailto:stephen@gracehere.org)

Ruth Blaney | [r.blaney@usa.net](mailto:r.blaney@usa.net)

Or call the Grace office at 206-842-9997

## **Home Groups**

Home Groups may provide some of the following types of pastoral care:

- Visits, coffee/tea dates
- Phone calls
- Cards (e.g., sympathy, encouragement, congratulations)
- Supportive listening
- Meal preparation
- Transportation
- Babysitting
- Elder care

Contact: Home Group Ministers:

Jeff Bassette | [jeff.bassette@gmail.com](mailto:jeff.bassette@gmail.com)

Greg Abell | [grega@somtg.com](mailto:grega@somtg.com)

## Other Grace Resources

Other resources that may not be within the strict purview of pastoral care but may be useful.

- **Music Circle** A supportive group of people who love making music. This is an easy group for drop-ins and a great way for music-lovers to connect to Grace.  
Contact Jordan Pietre | [jordan@gracehere.org](mailto:jordan@gracehere.org)
- **Earth & Spirit** The mission of The Earth & Spirit Program at Grace is to raise the environmental awareness of everyone in the parish as it connects to our spiritual covenant, to care for all of God's creation, to act to protect and restore its integrity, and to facilitate the adoption of more earth-friendly practices within the parish and in our personal lives.  
Contact Marcy Lagerloef | [mlagerloef@seanet.com](mailto:mlagerloef@seanet.com)
- **Wednesday Morning Bible Study** Small group gathering on Zoom for mid-week Eucharist and Bible study with clergy from 10:30 am to noon.  
Contact Grace Office | [office@gracehere.org](mailto:office@gracehere.org)
- **Mom's Morning Retreat** A trusted place for mothers of children of all ages throughout the school year. 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 9:30 to 11 am. Tuition includes childcare. Scholarships available. Facilitated by Jen Breen.  
Contact Jenny Lange | [langejj@msn.com](mailto:langejj@msn.com)  
Website: <https://momsmorningretreat.com>.



## Care Resources in the Community

### **Island Volunteer Caregivers (IVC)**

Offers support groups (including caregiver support, grief support, women with cancer) in-home visits and help, transportation to shopping and medical appointments, check-ups, phone calls, referrals, and caregiver assistance/respice | [www.ivcbainbridge.org](http://www.ivcbainbridge.org) | 206-842-4441

### **Helpline House**

Provides counseling, food, medical supply loans, crisis intervention, and job counseling [www.helplinehouse.org](http://www.helplinehouse.org) | 206-842-7621

### **Bainbridge Island Senior Center**

Offers companionship, activities, food, clothing, meals, Zoom meetings on Monday, Wednesday and Friday mornings on topics of local interest, and classes for seniors [www.biseniorcenter.org](http://www.biseniorcenter.org) | 206-842-1616

### **North Kitsap Fishline**

Helps North Kitsap residents who need food or emergency services including housing, utilities, transportation, and children's services | [www.nkfishline.org](http://www.nkfishline.org) | 360-779-5190

### **Bainbridge Island Resource Directory**

<https://resourcedirectorybi.org/>

## **ONLINE RESOURCES FOR MEAL SIGNUPS:**

**Meal Train:** <https://www.mealtrain.com>

**SignUpGenius:** <https://www.signupgenius.com> (basic plan is free)

**Take Them a Meal:** <https://takethemameal.com>

## **APPENDIX A | Sample email for requesting care from the Home Group**

Dear members of (Nor'Westers) Home Group,

I am writing to let you know of an opportunity for pastoral care. (Joan Smith), a member of our Home Group, has recently (had surgery.../been diagnosed with...). These are the details she and her family have asked me to share.

(Details as appropriate)

More than anything else, (Joan) asks for your prayers. Please hold her in your thoughts and prayers as she moves through this challenging time, and pray for healing for (Joan) and comfort and support for (her family).

Offerings of meals from the Home Group would also be very helpful. If you would like to provide a dinner, please take a look at the following list and hit "reply all" with the date that works best for you. Once I have a sense of the schedule, I will send that out to you along with additional information about dietary preferences, directions to the house, etc.

**[Alternately, use a Meal Train or other online signup, which manages the signups and reminder emails, thus making it simpler for you! See previous page in this booklet for website addresses.]**

**Friday, Oct. 7**

**Sunday, Oct. 9**

**Wednesday, Oct.12**

**Friday, Oct.14**

**Sunday, Oct.16**

Finally, cards and other expressions of support can be sent to (her/them) at (address).

On behalf of (Joan and her family) many thanks for your willingness to be of service!

With warmth and gratitude,  
(Pastoral Care Liaison)

**Note: Signups can be simplified by using websites like mealtrain.com (see previous page for website addresses)**

**Key Ideas** (1) Identify self as representative of Grace, (2) Share authorized details, (3) Emphasize prayer and listening, (4) Include any necessary details of concrete help such as address, schedule, and directions.

## **APPENDIX B | Sample email for contacting a Home Group member in need**

Dear Joan,

My name is (Alice Jones) and I am the pastoral care liaison for the (Family) Home Group at Grace Church.

I was very sorry to hear about your (loss, illness, transition). Please know that the members of the (Family) Home Group and myself are holding you in our hearts and prayers during this difficult time.

Our Home Group members are ready to help – as much or as little as you wish – and we would be honored to do so. Some possibilities are for us to (prepare meals for you, take you to doctor's appointments, be compassionate listeners over coffee, ride the ferry with you to treatment appointments, weed your garden, walk your dog, etc.).

I will phone you in a day or two to discuss these ideas or any other that you think would be comforting and helpful to you. I look forward to speaking with you.

With sympathy/blessings/warmth and gratitude,  
Alice

**Key Ideas** (1) Identify self as representative of Grace, (2) Extend thoughts and prayers, (3) Offer help in ways that are feasible for your Home Group, (4) make clear that offers of care may be accepted or refused by the addressee, (5) include a timeline for follow-up.

## **APPENDIX C | Sample email for supporting Home Group member in an expected or happy transition**

Dear (Sally and Sam),

Hi, my name is Alice Jones and I am the pastoral care liaison for the (Downtowners) Home Group at Grace Church.

I've just heard the wonderful news about the birth of your first child. You must be thrilled about your new baby – what terrific news! On behalf of (Downtowner) Home Group, I send you congratulations and a big welcome for little (Penelope/Cornelius).

I want you to know that (Alder) Home Group members are ready and eager to help as you transition into your new roles as parents, so please feel free to contact me should needs arise. Some ways we could help are: (preparing and delivering dinners, visiting, running errands and buying groceries, etc.).

If things are fine for now, that's great! I'll call you in a few days after you've gotten settled to see how things are going. And please know that we are here to help you if and when you need it.

Blessings on your new family,  
Alice Jones

**Note:** You might send this note in a New Baby greeting card.

**Key Ideas** (1) Identify self as representative of Grace, (2) Extend good wishes, (3) Offer help in ways that are feasible for your Home Group, (4) make clear that offers of care may be accepted or refused by the addressee, (5) include a timeline for follow-up.

## **APPENDIX D | Sample Letter of Introduction of a Pastoral Care Liaison**

Dear [Peninsula North] Home Group Members,

For those of you who don't know me, I'm Alice Jones, and I have agreed to be our Home Group's pastoral care liaison. Let me explain a little about what that means. Have you ever read the words "Ministers: All of Us" at the top of Sunday's bulletin? That's a good summary of our vision for pastoral care at Grace. Pastoral care is not something only administered by our clergy; it's a ministry in which all of us can become active participants.

The Pastoral Care Leadership Team has operated for several years now at Grace. One of their goals is to build and strengthen caring connections within each Home Group. I'd like to share a few points the PCLT has shared with me. Keep in mind that the lay pastoral care is always evolving. If you have any questions, suggestions, or comments, please feel free to talk to me, or to any of the Pastoral Care Team members. We want to grow this vision together!

### **Point 1: *Who needs pastoral care?***

At one time or another, everyone needs loving, spiritual care. People tend to experience spiritual questions and crisis in times of greater stress, and stress is typically linked to significant life transitions. These might include: death, physical or mental illness, economic uncertainty (loss of job, poverty), birth, marriage and divorce, family conflict, aging and isolation.

### **Point 2: *What is the Home Group's role in pastoral care?***

The Pastoral Care Leadership Team works with the Home Groups to implement and refine the vision of pastoral care. I've agreed to be Peninsula Home Group's "go-to person," or liaison. If you hear of a Home Group member in need, please encourage him or her to talk with me. If you are a particular friend of this person, the first response may come from you. Or I am happy to make first contact and find out how or IF (important!) this person needs or wants help. If they do, then we'll find out what kind of help is desired. The next step is for me to share the situation with the Home Group and action will be taken, if needed. We will be respectful regarding the amount and type of information the "person in need" wants to share with the Home Group.

Home Group responses might include: meal preparation, home visits, coffee dates, providing rides to appointments, babysitting or elder care, sympathy cards, supportive listening, and prayers.

Point 3: **We're not providing answers; we're providing support!**

I think that this was a particularly good (and relieving!) point. None of us are here to solve each other's problems, but there's nothing like a hand to hold, someone to talk to, or just knowing someone cares about you when you are in a time of need. We've all been there, or we will be.

So let's go to it – caring for each other with tenderness and respect.

With affection,  
Alice

**Key Ideas** (1) Identify self as representative of Grace, (2) Explain role as Home Group pastoral care liaison, (3) Suggest ways in which pastoral care can be offered within the Home Group, (4) Explain possible pastoral care responses and the need to obtain permission before employing them, (5) Emphasize a team/family approach.

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