

# Exploring Pastoral Care



PARTICIPANTS' PRE-COURSE NOTES

June 2019

In response to God's immense love for us, we seek to be God's people living and telling the story of Jesus:

Dear God, supreme Storyteller,  
thank you that our lives gain meaning  
in the pages of your unfolding story.  
By the inspiration of the Holy Spirit,  
help us to live the story of Jesus  
so that others can see it;  
to tell the story of Jesus  
so that others can grasp it;  
and be part of the new chapter that  
you are writing in your enduring  
love story to the world.

**Amen**

Lord in this course we come to you to learn  
about your Kingdom, your love and your world.  
May your Holy Spirit be our teacher and guide  
and may we be listeners  
to the voices of each other,  
to the voices within us,  
and most of all, to your awesome and gentle voice.  
You sent your Son to earth from heaven,  
the Word for his time, the Word for all time.  
May we be people of your eternal Word,  
spreading your love through our lives each day.  
As we take part in this course,  
may your Church be encouraged, our ministries enhanced,  
and all our lives enriched by the blessing of your Spirit.  
Amen

## Introduction to the Course

"I was sick and you took care of me,  
I was in prison and you visited me." Mt 25

Pastoral care is a sign of the life of Christ in a church community. It is to be hoped that all disciples will care and support, not only each other, but the people they encounter day by day. However, the gift of caring does not always come naturally and can always be improved through appropriate training. The need for pastoral care in any community is always greater than the church can address. This course is designed to provide training for a parish, benefice or deanery to hone your pastoral skills so you can share this crucial task with church leaders (lay and ordained).

This course also provides the foundational training for most Lay Pastoral Assistants (LPAs). However, doing this course does not mean you have to become a Lay Pastoral Assistant. Informal pastoral care can and should be offered by all without specific authorisation. The commissioning of Lay Pastoral Assistants enhances rather than inhibits the pastoral ministry of all people. Lay Pastoral Assistants have a specific ministry to offer pastoral care on behalf of the church. As such they also need further training in addition to completion of this course. This course serves as a discernment process for those who are wondering if they are called to serve as LPAs.

### Objectives for the Course

- To offer an understanding of the distinctiveness of Christian pastoral care
- To provide training in the basic skills of pastoral care
- To refresh and/or improve participants' listening skills
- To provide basic skills for parish visiting

### Anticipated Outcomes for the Course

The course will enable you to:

- Increase your confidence in basic pastoral skills
- Extend the care and support you can offer your community
- Potentially become part of a pastoral team
- Have the foundational training necessary to consider becoming a Lay Pastoral Assistant

The website for the course is:

<http://www.bathandwells.org.uk/exploring-pastoral-care/>

Further resources for participants and worship leaders are available on the LPA Ministry page:

<https://www.bathandwells.org.uk/ministry/local-ministries/lay-pastoral-assistants/>

Please recommend any useful material for the Resources page!

## Sessions

The course consists of 6 core sessions plus a minimum of 2 additional sessions chosen by the leader in the light of the ministries needed by your church and deanery.

Core sessions:

- Session 1: Foundations of Christian Pastoral Care
- Session 2: Called to Care: who am I and what do I bring to Pastoral Care?
- Session 3: Essential Listening Skills
- Session 4: Further Listening Skills and Self-Awareness
- Session 5: Pastoral care across the life stages
- Session 6: Visiting – why and when?

Sessions 7 and 8 will be chosen by your facilitators to meet local needs and may cover subjects such as:

- Bereavement and caring for the dying
- Visiting the Sick
- Mental Wellbeing
- The Elderly and Dementia Care
- Hospital Visiting
- Supporting Schools
- Prayer and healing ministry
- Pastoral care for those of no faith and other faiths.

## Course Details

Your facilitators are:

Contact details:

Dates and times of sessions:

## The ministry of Lay Pastoral Assistants (LPAs):

Lay Pastoral Assistants play an important part in their communities by visiting and caring for those in need, in the name of the church. As such they need safeguarding training and further discernment in addition to completion of this course. They will also need a ministry specification and a greater commitment to accountability and ongoing training. It may be helpful to leave the start of this discernment process until part way through the course so you can begin to get a feel for whether this ministry is for you. You do not need to decide whether to apply until the end of the course. The final discernment needs to be between you, your incumbent, and your PCCs. A session 9, which is a one-to-one session with your incumbent at the end of the course, will provide guidance on this process.

Course Participants and LPAs may be involved in:

- Welcoming newcomers to both our churches and our communities
- Visiting people in their homes [not just the elderly and housebound]
- Taking home communion
- Visiting families before and after baptism
- Work with children and young people
- Marriage preparation
- Hospital visiting
- Supporting the bereaved
- Prayer and healing
- Hospitality
- Training and nurture, including confirmation preparation & home groups
- Evangelism, e.g. Pilgrim Course; Alpha groups

The **Guidance on becoming an LPA** handout (given later in the course and available on the website) is designed to help with the discernment process. For those who do feel called to become LPAs, commendation by the Bishop requires:

- Completion of the course with a positive recommendation by the course facilitator
- Approval by their church's incumbent and PCCs
- Completion of safeguarding requirements
- Preparation of a ministry specification with the local church (template provided)
- A solo visit followed by a debrief with a supervisor appointed by the incumbent

The benefits of the commended LPA role include:

- Increased confidence and authority as a result of the commendation
- Recognition in the Diocese and inclusion in Diocesan events
- Enhanced commitment and accountability as set out in the ministry specification

If you wish to become an LPA and your incumbent is not one of your facilitators do make sure he or she receives the Incumbent's notes from your facilitator

## Before the course begins

We are delighted that you wish to participate in the Exploring Pastoral Care course and pray that it will be a time of enrichment and growth for you.

The learning on the course will be undertaken in a variety of ways, such as

- work in pairs or small groups
- group discussions
- drawing on personal experience
- watching videos
- case studies
- role play

We ask that you be as open and willing as possible to participate in all the activities and each of the sessions as this will enhance others' learning as well as your own. If some of the material touches on sensitive matters in your own life and you feel you need to take a break for a few minutes, please do so and let your facilitators know. We will assume you are okay to do this on your own, but if not please ask someone to go with you.

It will be useful to bring a Bible with you. A bibliography is provided with some reading material. This is for interest only and you are not required to read any books for the course. Sometimes there will be preparation to do for the next session. We recommend that after each session you spend a short while reflected on your learning and how it has impacted you. There are some pages at the end of these notes for you to record your reflections. If you wish to become a Lay Pastoral Assistant, then you should share these pages with your incumbent. Particularly personal or sensitive material should, therefore, be recorded separately.

## Resources

The LPA Hub on the Bath and Wells Diocesan Website has the most up to date website resources.

<http://www.bathandwells.org.uk/lpa-hub>

The following are reading material that will take you further in your thinking and reflecting. You are not expected to read anything on this list for the course, but as you meet concerns in ministry you may find it helpful to come back to this list for help.

### General

Billington, W., *Growing A Caring Church: Practical Guidelines for Pastoral Care* (Oxford: Bible Reading Fellowship, 2010).

Carmichael, L., *Friendship: Interpreting Christian Love* (London: T&T Clark 2004).

Doehring, C., *The Practice of Pastoral Care: A Postmodern Approach* (Louisville: Westminster John Knox Press, 2015).

Hurding, R., *Five Pathways to Wholeness: Explorations in Pastoral Care and Counselling* (London: SPCK, 2013).

Lyll, D., *Integrity of Pastoral Care* (London: SPCK, 2001).

Moore, A., *The Puzzle of Pastoral Care* (London: Kevin Mayhew, 2019).

Pattison, S., *Critique of Pastoral Care* (London: SCM, 2000).

Patton, J., *Pastoral Care in Context: An Introduction to Pastoral Care*. (Louisville: Westminster/John Knox Press, 2005).

Vanier, J., *Becoming Human*. (Toronto: Anansi, 2008).

Wells, S., *Incarnational Ministry: Being with the Church* (Norwich: Canterbury Press, 2017).

### Biblical images of pastoral care

Dykstra, R.C., *Image of Pastoral Care: Classic Readings*. (Saint Louis: Chalice Press, 2005).

Hopkins, D.D. and M.S. Koppel, *Grounded in the Living Word: The Old Testament and Pastoral Care Practices*. (Grand Rapids: Eerdmans, 2010).

Tidball, D., *Skilful shepherds: Explorations in Pastoral Theology*. (Leicester: Intervarsity Press, 2003).

### Addiction

Roberts, N., *Addiction and Pastoral Care*. (Norwich: Canterbury Press, 2018).

Waters, S.E., *Addiction and Pastoral care: From Resistance to Change*. (Grand Rapids: Eerdmans, 2019).

### Bereavement and Loss

Carter, M., *Helping Children and Adolescents think about Death, Dying, and Bereavement*. (London: Jessica Kingsley Publishers, 2016).

Lendrum, S. and G. Syme, *Gift of Tears*. (London: Brunner-Routledge, 2004).

Wilcock, P., *Spiritual Care of Dying and Bereaved People*. (Oxford: Bible Reading Fellowship, 2013).

Winter, D., *God of the Valley: A Journey through Grief* (Oxford: Bible Reading Fellowship, 2003).

## Grove Booklets Cambridge

- Adams, T., *Developing Dementia-friendly Churches*. (P153)
- Major, E. and T. Hodgett, *Miscarriage and Pastoral Care: Ministering to Sufferers of Pregnancy Loss* (P141).
- Rugen P. and S. Dawson, *Loneliness: Reaching Out to the Elderly and Isolated*. (P143).
- Waller, J., *Caring for the Carers*. (P142).

## Health and Healing

- Archbishop's Council, *A Time to Heal: The Development of Good Practice in the Healing Ministry*. (London, Church House Publishing.
- Parker, R., *Healing Wounded History: Reconciling Peoples and Healing Places*. (London, SPCK, 2012).
- Rohr, R., *Breathing Under Water Companion Journal - Spirituality and the Twelve Steps*. (London: SPCK Publishing, 2016).
- Webster, A., *Wellbeing*. (London: SCM Press, 2002).

## Hospital and Hospice

- Evans, S. and A. Davison, *Care for the Dying: A Practical and Pastoral Guide*. (London: Canterbury Press, 2014).
- Cobb, M., *The Hospital Chaplain's Handbook: A Guide for Good Practice*. (Norwich: Canterbury Press, 2005).
- Kirkwood, N.A., *Pastoral Care in Hospitals*. (Harrisburg: Morehouse Publishing, 2005).
- Nolan, S., *Hope beyond Recovery: Chaplains, Presence, and Spiritual Care at the End of Life*. (London: Jessica Kingsley Publishers, 2012).
- Whorton, B., (2015). *Voices from the Hospice: Staying with Life through Suffering and Waiting*. (London: SCM Press, 2015).
- Woodward, J., *Befriending Death*. (London: SPCK, 2005).

## Interfaith

- Disbrey, C., *Listening to People of Other Faiths*. (Oxford: Bible Reading Fellowship, 2004).

## Listening

- Jacobs, M., *Swift to Hear: Facilitating Skills in Listening and Responding*, 2nd edn. (London: SPCK, 2000).
- Kirkpatrick, B., *The Creativity of Listening: Being There, Reaching Out*. (London: DLT, 2005)
- Lindahl, K., *Practising the Sacred Art of Listening: A Guide to Enrich your Relationships and Kindle your Spiritual Life*. (Glasgow, Wild Goose Publications, 2005).
- Mitton, M., *A Heart to Listen*. (Abingdon: Bible Reading Fellowship, 2004).

## Mental Health

Swinton, J. *Spirituality and Mental Health Care: Rediscovering a "Forgotten" Dimension*. (London: Jessica Kingsley Publishers, 2001).

## Pastoral care across the stages of life

Balswick, J. and K. Balswick, *The Family: A Christian Perspective on the Contemporary Home*, 4th edn. (Grand Rapids: Baker Books, 2014).

Beck-Gernsheim, E., *Reinventing the Family: In Search of New Lifestyles*. (Cambridge: Polity, 2002).

Woodward, J., *Valuing Age: Pastoral Ministry with Older People*. (London: SPCK, 2008).

## Visiting

Steven, S., *Practical Caring: A Handbook for the Pastoral Visitor*. (Edinburgh: Scottish Christian Press, 2004).

*Guidelines for the Professional Conduct of Clergy* (London: Church House Publishing, 2015)  
<https://www.churchofengland.org/more/policy-and-thinking/guidelines-professional-conduct-clergy/guidelines-professional-conduct>

## Vocation

Jones, S.H., *Listening for God's Call: Discipleship and Ministry*. (London: SCM Press, 2014).

Mourant, J., *Listening to your Life: 30 ways to Discern Direction for your Future*. (Norwich, Canterbury, 2016).

## Older and out of print books worth reading if you have the opportunity:

Lewic, C. S., *A Grief Observed*. (London: Faber & Faber, 1966).

Long, A. *Listening*. (London: Daybreak, 1990).

## Access to books

Local libraries may be able to source many of these titles on inter-library loan.

Alternatively, individuals can become members of Sarum College Library (Salisbury) or Trinity College (Bristol) for a fee. This will include online catalogue access.

## Other Training Courses

These resources have been drawn on for developing the Course and may give you further aid:

Diocese of Salisbury *Lay Pastoral Assistants' Course* – available from the Diocese

*Exploring Pastoral Care – Course Guide* by Pastoral Care UK see [www.pastoralcareuk.org](http://www.pastoralcareuk.org) to order copies

*Just Listen!* DVD and Handbook by Acorn – a self-guided introduction to effective listening. See [www.acornchristian.org/resources/](http://www.acornchristian.org/resources/).

## Course Details

The following is a brief overview of each session and intended learning outcomes

### Session 1 Introduction and Foundations of Pastoral Care

As a result of this session participants should:

- Be getting to know each other and creating a covenant for working comfortably together.
- Be able to articulate Christian pastoral care is as part of the mission of the Church.
- To be aware of the many activities of care
- To reflect on the origins of self-worth and be aware of their own

### Session 2 Called to Care: Who am I and what do I bring to Pastoral Care

As a result of this session participants should:

- Be starting to discern their vocation to care within the context of discipleship
- Reflect on their life experiences, gifts and skills and how these contribute to their caring
- Be aware of the importance of being able to receive from others as well as give
- Have greater awareness of personal motivations for caring

### Session 3 Essential Listening Skills

As a result of this session participants should have

- An understanding of the healing power of attentive listening
- Developed attentive listening skills

### Session 4 Further Listening Skills and Self-Awareness

As a result of this session participants should have:

- Acquired skills to enable reflecting of feelings and open questioning
- Explored their barriers to effective listening

### Session 5 Pastoral Care Across the Life Stages

As a result of this session participants should have:

- An understanding of the needs of people across the stages of life
- How Christian pastoral carers may respond appropriately

### Session 6 Visiting

As a result of this session participants should have:

- Considered who to visit, the purpose and formality that is appropriate
- Explored necessary boundaries and issues about safety.

### Session 7 and 8 Specialist Local Sessions

As a result of these sessions participants should have:

- Explored issues in pastoral care that are particularly relevant to their local area

### Session 9 Individual Session

This session is undertaken by the Incumbent through a one to one session with the participant

As a result of this session participants should have

- Discussed their calling and the nature of their future discipleship and ministry.

Those participants who wish to become LPAs should have

- Drafted a first attempt at a Ministry Specification.
- Prepared an Application form.

## Review of sessions

If you wish to become a Lay Pastoral Assistant then you will need to share this with your incumbent in session 9. Personal and sensitive material should be kept on a separate page and need not be shared.

Date & theme of session.	Things I wish to remember.	Things I found uncomfortable.	When was I aware of God?	How did I feel at the end of the session?	Things I want to follow-up, or questions to ask.

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