

## A Culture of Mutual Support

Together with our Ministers, the PCAs offer groups, classes, and presentations to share resources and provide support. Recent and ongoing programs and topics include:

- Grief and loss
- End of Life Planning
- Women's Cancer Support
- Mental Illness / Depression
- "What to say when you don't know what to say"
- Autism and Asperger's
- Addiction and Hope
- Suicide Support
- Principled Commitment for Couples
- Caring for Loved Ones with Memory Loss



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## White Bear Unitarian Universalist Church

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# White Bear Unitarian Universalist Church

## Pastoral Care Program



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## Our Caring Community

Our **Pastoral Care Program** offers a ministry of support for members and friends in times of illness, stress, transition, or special need. Our program consists of four components:

- Counsel and support provided by the Ministers
- Support provided by volunteer Pastoral Care Associates
- “Helping Hands” ministry
- A culture of mutual support among members and friends of the congregation

## The Minister

Our **Senior Minister** provides short-term counseling, spiritual direction and crisis care, as well as referrals to community resources. Our Minister can help you decide whether a match with a volunteer Pastoral Care Associate would be helpful.

## Pastoral Care Associates

The **Pastoral Care Associates (PCAs)** are volunteers invited to serve on a small team in collaboration with the Senior Minister. They are trained to meet with members and friends one-on-one, to listen compassionately, respond skillfully and to hold in confidence what is shared with them. Their work is intended to complement, and not replace, the pastoral care offered by our Ministers.

This is a ministry of “being” present and quietly listening, rather than “doing” or “fixing.” PCAs are not professional counselors. They are trained individuals who understand that everyone needs help sometimes. They provide short-term support in addition to that received from family, friends, the minister, or other professionals.

You might request the services of a PCA for yourself or a loved one in these kinds of circumstances:

- An important life transition (new baby, a major move, retirement, death)
- Surgery, serious illness, or chronic health conditions
- Loneliness
- Work or home problems
- Grief, pregnancy loss, terminal illness

- Job loss, divorce, or other loss or crisis
- A personal struggle or dilemma for which a compassionate and impartial “listening ear” would be welcome

## Helping Hands

**Helping Hands** are untrained volunteers who provide more tangible services to members in time of need. This is a ministry of “doing”—caring for each other in concrete ways. Here the purpose is temporary help for members going through a difficult time until the need passes or linkages can be made to community resources. Examples are:

- Fixing meals
- Giving rides to church or appointments
- Occasional childcare
- Helping with yard work or housework
- Serving at memorial services
- Walking dogs/pet care

