

A young man with short brown hair, wearing a grey hoodie, is sitting and talking to an older woman with blonde hair, wearing a blue patterned cardigan. They are outdoors, with a stone wall and some greenery in the background. The man is on the left, and the woman is on the right. They are both looking at each other and appear to be in a conversation.

Learn

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PASTORAL CARE CONFERENCE

24 June 2017

The Vine Conference Centre
Dunfermline



The Church of Scotland

SESSION III

HOW Pastoral Care?



AIM

- We shall investigate a range of issues in an attempt to answer the ‘how’ do we practice Pastoral Care question.
- We shall consider various models of care, some practical ideas, the importance of presence and active listening, the role of the Bible and of prayer and the significance of community in the support and help we seek to offer others.
- Finally, we shall think about how we look after ourselves in a caring ministry.



PLAN

1. The Fruit of the Spirit
2. Models of Pastoral Care
3. Practical Ideas
4. Being Present and Active Listening
5. The Bible and prayer in Pastoral Care (Place of Lament)
6. Community
7. Self Care



FRUIT OF THE SPIRIT

THE SOCIAL VIRTUES:

- Patience
- Kindness
- Goodness / Generosity



MODELS OF CARE

- Traditional District / Elder model
- Modern models



GROUP DISCUSSION I

- What model of pastoral care do you use in your church?
- What are its strengths and its weaknesses?
- How could it be improved?



PRACTICAL IDEAS

Small acts of kindness



BEING PRESENT & ACTIVE LISTENING

- Paraphrasing for sake of clarification
- Asking Clarifying Questions
- Appropriate Self Disclosure



THE BIBLE & PRAYER IN PASTORAL CARE

PLACE OF LAMENT

- The Bible in Pastoral Care
- Prayer in Pastoral Care



PSALM 13

¹ How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

² How long must I bear pain in my soul,

and have sorrow in my heart all day long?

How long shall my enemy be exalted over me?

³ Consider and answer me, O LORD my God!

Give light to my eyes, or I will sleep the sleep of death,

⁴ and my enemy will say, “I have prevailed”;

my foes will rejoice because I am shaken.



PSALM 13

⁵ But I trusted in your steadfast love;
my heart shall rejoice in your salvation.

⁶ I will sing to the LORD,
because he has dealt bountifully with me.



GROUP DISCUSSION 2

- What is the relative importance of the bible and prayer in your practices of Pastoral Care?



BUILDING A COMMUNITY OF CARE

- ‘You shall be to me a kingdom of priests.’ (EXODUS 19.6)
- ‘One Another’ Statements
- Malawi
- Here, today, among us now



BUILDING A COMMUNITY OF CARE

Alastair Campbell,

‘The carer and the cared for are not on two sides of a divide which must be bridged by some form of expertise on the part of the one who cares. Pastoral care is grounded in mutuality, not in expertise... it is no more [and no less] than sharing with another in the experience of grace, a surprising, unsought gift.’



SELF CARE

Three dreaded Ds: Discouragement, Disillusionment & Despair

- Take Myers Briggs or enneagram personality profiling test so that you can become more self-aware and more conscious of the different ways in which people think, live
- Listen to your body, pay attention to the physical symptoms of stress
- Have a healthy diet, exercise regularly, sleep well, keep Sabbath



SELF CARE

- Be realistic and reasonable in what you expect from yourself
- Find a spiritual director or a trusted friend in whom you can confide
- Live with the Psalms and allow them to inform your pastoral imagination
- Exercise your spiritual disciplines and stay close to Jesus, remember He is our Shepherd
- Finally, let others care for you too



GROUP DISCUSSION 3

- How do you take care of yourself and seek to avoid the risk of 'burn out'?



CONCLUSION

- Recognise the importance of patience, kindness and goodness in our Pastoral Care.
- Consider the different models of care that may be used within our churches.
- Think about the importance of small acts of kindness.
- Reflect on the importance of presence and active listening.
- Discuss the use of the Bible and prayer in Pastoral Care.
- Examine the significance of being in community as we care for one another together.
- Review how we look after ourselves as we care for others.

