

## Support Groups

First Pres hosts two support groups at this time – the Caregivers' Support group, and a Grief Conversation Group. For information on meeting times and how the groups are coordinated contact the Church Office at 662-4466.

## Parish Nursing/Wellness Coordination at First Pres

Aspects of a parish nurse/wellness coordinator ministry include:

- Health promotion - through programs and education;
- Care coordination – as a health team member, discussing health issues, assessing needs, exploring potential avenues of assistance, and identifying ways the church may be able to support the individual or family;
- Collaboration – working with other churches, agencies, and resources to strengthen relationships in our community. As part of the pastoral care team, offer support and serve as a resource for our pastors and residents.
- Health advocacy – through listening and support, actively work to obtain care that is in the congregant's best interest and incorporates a holistic perspective.
- Spiritual care – this is what sets a parish nurse apart from much of the medical world. We as individuals are made up of 'body, mind and spirit'. The parish nurse seeks to promote health and care of all aspects of the human being, holistically.



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**FIRST  
PRESBYTERIAN**  
Ann Arbor | Michigan

# 2021

## Pastoral Care & Parish Nursing



[www.firstpresbyterian.org](http://www.firstpresbyterian.org)

## What is Pastoral Care?



Pastoral Care is how we reach out to one another in love and compassion in the midst of hardship, illness, and uncertainty. It is the way we, pastors, members, and friends, tend to the grieving, hurting and anxious among us, and how we accept the tender care of others when we are vulnerable. We "rejoice with those who rejoice, and grieve with those who grieve." (Romans 12:15)

The apostle Paul calls us to live in this way as Christian people. At First Pres, we take this call seriously. Caring for one another, and serving one another, is what makes us a church family, more than a group of Christian people who gather for worship together.

## Care from the Pastoral Staff

Our clergy are gifted in listening and caring for members of our church and community. It is our priority as pastors to care for you and make ourselves available. Pastors have many duties - preaching, teaching, and organizing - but to be a pastor, to care for those in need, is our highest calling. Some members of our staff have advanced training or experience in counseling. All have resources to offer for those seeking a referral for a counselor, therapist, Stephen Minister, or spiritual director.

Each day, Monday through Friday, hospital and rehabilitation center visits are made by an ordained staff person. A non-ordained lay volunteer visits those in the hospital and rehab centers on weekends. When you enter the hospital, please inform them you are a member of our church. It is also helpful if you ask a family member or friend to call the Church Office (662-4466) to let us know we may visit and pray for you. Our church family can help in tangible ways during a crisis or your recovery from illness, but first we must know the need and assess with you what is most helpful.

Pastors are available for personal prayer and spiritual consultation. A faithful group of church members prays daily for needs shared with them on the prayer list. Simply call the church to be on the prayer list, or to speak with a pastor. On Sundays, the prayer team - two members trained in prayer - meets after the 9:30 and 11:00 a.m. worship services in the Hillegonds Chapel. Those who desire prayer for themselves or others can gather with the prayer team and they will pray for the need. Following the 8:00 a.m. service, a pastor will be at the Communion Table after worship to pray for any in need.



## Helping Hands

God calls us to care for one another. To make it easier to care for each other, we organized that "call" and named it Helping Hands. Are you able to make a meal for a senior who has just come home from the hospital, or perhaps a family who recently lost a loved one? Can you help those who can't drive with a ride to the doctor's office, or a church service?

Maybe you'd like to help pack boxes for an elderly couple moving into senior living? You can sign up for any of the listed areas, and when a need arises, you'll get an email with details (along with everyone else on the list). If you can help, all you need to do is respond.

If you are in need of something helping hands volunteers can do, please contact one of the Parish Nurses or Rev. Melissa Anne Rogers. It will be our blessing to discern how we can help you in any situation of need.

## Care from Deacons and Stephen Ministers

Fifty-five deacons serve small sections of the congregation called chapels. If you are a member, you are already assigned a deacon who wishes to know of any burden you are bearing and ascertain how the church can best support you. Deacons deliver flowers to our sick and shut-in members on Sundays after worship, and on special holy days including Easter and Christmas Eve. They also bring home communion to those who are unable to be present for the Sacrament of Holy Communion in worship. Communion in homes occurs once a month, on a Sunday afternoon. Deacons reach out to you in joy and in sorrow. To contact your deacon, call the Church Office.

Stephen Ministers are women and men with particular gifts for caregiving. They have over fifty hours of training, and great expertise in the ministry of listening and care. They are confidential, and are assigned to those who request their care. To get more information, or request a Stephen Minister to meet with you once a week, call 662-4466, or email [sministry@firstpresbyterian.org](mailto:sministry@firstpresbyterian.org). For more information on Stephen Ministry, visit the the national website, [www.stephenministries.org](http://www.stephenministries.org), or our church website, at [www.firstpresbyterian.org/stephenministries](http://www.firstpresbyterian.org/stephenministries). If you are feeling called to possibly become a Stephen Minister, get in touch with the Leader Team, through Rev. Rogers, to inquire about applying.

