

Pastoral Care

Why we need clarity on this topic:

- * Chaplains v. worship leaders for other religions
- * applicant churches who proselytise

Introduction

- What is Pastoral Care?
- How is it supposed to be done?
- Questions/comments from the floor
- Discussion in groups (after the break)
- Report back from groups on any issues that need resolution

Topics of Discussion

- What is Pastoral Care?
- What it is not
- How does it differ from other things?
- How is it supposed to be done?

Topic One

- What is Pastoral Care?
 - ◆ A recognised role
 - ◆ Undertaken by Christians
 - ◆ Representing their Church
 - ◆ Motivated by their faith/theology
 - ◆ Offering themselves to another
 - ◆ Aimed at achieving some clear “psycho-spiritual” state for the beneficiary

What does “psycho-spiritual” state mean?

- Being *healed* (spiritually)
- Being *helped* through some existential crisis
- Being *guided* in the spiritual dimension (especially in matters of reconciliation)
- Being *reconciled* with God, or to someone, or something
- Being *nurtured* to grow spiritually

How does Pastoral Care differ from other things?

- It is free
- It is usually a “cold call” at first
- It is done 1-2-1
- It is not disinterested counselling
- It is not a confronting behavioural change technique
- It is not intended to help the beneficiary to get early release

How does it differ? (cont'd)

- It is about “meaning-making” at the most fundamental level of one’s being
- It is about self-help, not a therapeutic intervention by someone else to fix a problem
- No case notes
- Absolutely private
- Safe space

Topic Two

- How is Pastoral Care supposed to be done?
 - ◆ by *being present* for the beneficiary
 - ◆ By using empathetic *listening* techniques
 - ◆ By initiating and sustaining a *conversation* at a spiritual level

How is it done? (cont'd)

- ◆ By helping the beneficiary to plumb their own spiritual resources and to use those resources to address whatever is troubling them
- ◆ By encouraging the beneficiary to grow to their full potential, spiritually.

Topic Three

- What Pastoral Care is not:
 - ◆ Not just a social visit
 - ◆ Doesn't offer to fix immediate needs
 - ◆ Not recruiting Church members
 - ◆ Not teaching the Bible (per se)
 - ◆ Not just offering the Sacraments
 - ★ But this may be a very important part of it

Real Life Considerations

- I have to be *invited* into conversation
- It's not what I want, but what they feel they need that matters

They don't have many spiritual resources

Many of them have mental health problems

There just isn't enough time

Next Steps

- Any questions/comments?
- Split into five groups and identify issues that need resolution
- Report the issues to the full forum