



CHINESE BIBLE CHURCH OF MARYLAND  
APPLICATION FOR STEPHEN MINISTER TRAINING  
馬利蘭中華聖經教會司提反關懷使者申請表

Name: \_\_\_\_\_ 中文名字: \_\_\_\_\_

Address 地址: \_\_\_\_\_ Phone 電話: \_\_\_\_\_

Email 電郵: \_\_\_\_\_ Application Date 申請日期: \_\_\_\_\_

(Please answer the following questions. If needed, use back page.) 請回答下列問題, 如有需要, 請用背面.

1. What is your motivation to become a Stephen Minister? 是什麼促使您想要成為司提反關懷使者?
2. What gifts and experiences do you bring to the Stephen Ministry? 您有甚麼屬靈恩賜或經驗可以幫助您在參與司提反關懷事工上更有裨益?
3. In what ways do you think you would personally benefit from your training and service as a Stephen Minister? 您覺得在司提反關懷事工的訓練上, 有那些方面可以讓您獲益更多?
4. Are you willing to make a 24-month commitment beginning on Sep. 11, 2017 (中文於 10 月 15 日開始) (This includes the 50 hours training program as well as approximately 19 months of service as a Stephen Minister involving weekly visits to care receivers and twice per month supervisory sessions. The average time involved will be 9 hours per month.) 您是否願意從 9/11/2017(英文), 或 10/15 日起 (中文) 起委身\*兩年(\*英文)(當中包括 50 小時的訓練、近 19 個月的服事[每週一次的探訪及每月兩次的督導訓練], 平均一個月要花 9 小時在這事工) Yes 是 \_\_\_\_ No 否 \_\_\_\_

	Yes 是	No 否
5. Are you a member of CBCM? 您是 CBCM 的會員嗎? (中文第三期需要是會員)	_____	_____
(if no, would you be willing to become a member? 若不是, 您願意成為會員嗎?)	_____	_____



6. List all languages you can use to care for others: 請寫下有甚麼語言您可以用在司提反關懷事工上:  
\_\_\_\_\_
7. Name of Pastor you have spoken to who recommends you for Stephen Ministry: 有牧師推薦您成為司提反關懷使者嗎? 牧師的名字: \_\_\_\_\_
8. Please describe briefly your relationship with Jesus Christ. Please complete this application and give it to Elder John Lei or Ellen Lei by 8/27/2017 (English). You will be contacted for a short interview.  
請簡略描述您與主耶穌的關係(可用背面填寫), 填好申請表後, 請於 9 月 1 日(中文) 將表格交與司提反關懷事工領導人雷應遠長老 ([john.lei@cbcm.org](mailto:john.lei@cbcm.org)) 或雷唐維麗姊妹 ([ellen.lei@cbcm.org](mailto:ellen.lei@cbcm.org)).

# BECOMING A STEPHEN MINISTER

## 成爲一個司提反關懷使者

### A 24-month Commitment 一個廿四個月的承諾

Introduction: Stephen Ministry is a church-sponsored lay caring ministry in which trainees are given training and supervision to provide one-on-one care for those in need. 介紹: 司提反關懷事工是教會推行屬於關顧的事工。被訓練的肢體將接受特別的訓練與督導, 並以一對一的形式去關懷有需要的人

#### I. Training Sessions (about 5 months with holiday breaks) 訓練課程 (接近五個月的時間-除假期外)

English Network Trainings: Monday Thursday evenings, 7:30-9:45 PM starting 9/11/2017 at different network churches including Chinese Bible Church of Maryland.

中文課程訓練: 逢週日下午 2-5 時, 10 月 15 日開始, 在馬利蘭中華聖經教會上課。

#### II. Service Opportunities (about 19 months) 第三階段服事機會 (約十九個月)

- 8-9 total hours per month 每月八至九小時
- 4-5 of these hours in personal caring (average 1 hour per week) 在當中有四至五小時是在個人的關顧上 (平均每週一小時)
- 2 of these hours in supervisory sessions and continuing education (two 2 hour evenings per month) 另外有二小時是關於被督導的項目與延伸課程 (每月有兩小時的晚上)

#### III. Topics of Study 學習題目

##### A. Care Topics 關顧題目

1. What to Do in the First Helping Contact 在初接觸所需要提供的幫助
2. Feelings: Yours, Mine, and Ours 感覺: 您的、我的、我們的
3. Relationship Exercise 關係練習
4. The Art of Listening, part 1 聆聽的藝術, 第一部份
5. The Art of Listening, part 2 聆聽的藝術, 第二部份
6. Effective Use of Spiritual Resources of Christianity 基督教屬靈資源上的有效運用
7. Telecare: The Next Best Thing to Being There 遠程關顧: 另一樣最重要的
8. Assertiveness Training: Relating Gently and Firmly, part 1 肯定態度的訓練: 溫柔而堅定的接觸, 第一部份
9. Assertiveness Training: Relating Gently and Firmly, part 2 肯定態度的訓練: 溫柔而堅定的接觸, 第二部份
10. Assertiveness Training: Relating Gently and Firmly, part 3 肯定態度的訓練: 溫柔而堅定的接觸, 第三部份
11. Confidentiality 保密
12. The "Small Step" Approach 一小部的接觸
13. Process versus Results in Caregiving Utilizing Community Resources 利用社區的資源來作關顧的進程與結果
14. Crisis Theory and Intervention 危機的理論與介入

##### B. Specialized Topics 特殊的題目

1. Stress of Hospitalization 住院治療的壓力
2. Ministering to Those Experiencing Grief 服事那些經歷哀慟的人
3. Ministering to Depressed Persons (1S-17 may include additional caring topics) 服事有憂鬱症的人 (1S-17 將包括額外的關顧項目)
4. When and How to Bring Closure to a Caring Relationship 何時並如何結束一段關顧關係
5. Supervision: A Key to Quality Christian Care, part 1 督導: 如何學習有質素的基督化關顧, 第一部份
6. Supervision: A Key to Quality Christian Care, part 2 督導: 如何學習有質素的基督化關顧, 第二部份

#### IV. Financial Costs (for materials needed) 財務費用 (講義/教科書)

Costs will be covered by CBCM for those who completed the 50 hours of training. 中文完成第三期的費用將由教會支付。

#### V. Timeline 限期

- All applications must be submitted to John Lei ([john.lei@cbcm.org](mailto:john.lei@cbcm.org)) or Ellen Lei ([ellen.lei@cbcm.org](mailto:ellen.lei@cbcm.org)) by Sunday, August 27, 2017 for English, 中文申請表 需於 2017 年 9 月 1 日前交給雷應遠長老 ([john.lei@cbcm.org](mailto:john.lei@cbcm.org)) 或雷唐維麗姊妹 ([ellen.lei@cbcm.org](mailto:ellen.lei@cbcm.org))
- All interviews of applicants to follow in September for all English Stephen Ministry track. 所有以英語申請者將於九月面試, 中文在第二期結束後, 第三期司提反關懷使者申請人才需面試。

## QUESTIONS AND ANSWERS ABOUT STEPHEN MINISTRY

### 關於成爲司提反關懷使者(事工)的問與答

The following questions have been asked by one or more people and this is an attempt to give some answers that may help you in your decision as you consider your involvement as a Stephen Minister.

以下是一些人常問的問題, 希望我們的解答能幫助對此事工有興趣的肢體更容易作出決定。

Question: 問 How much of my time will it really involve? 我真正要投放的時間?

Answer: 答 The actual training involves 50 hours and may include several retreats. The Involvement as a Stephen Minister will include one visit (approximately one hour) per week as a Stephen Minister for whom you are caring. You will also be expected to attend one meetings per month for support and ongoing opportunities to learn new updated information. 全面訓練的時間是大概五十小時(包括幾段緩衝的時間), 司提反關懷使者每週需要花一小時與被關顧者接觸。每個月需要參加一次聚會以支持並持續的學習最新的資料。

Question: 問 How much money will this cost? 參與此課程所需的費用?

Answer: 答 The cost of the training manuals and reference books is about \$55 and Chinese Bible Church of Maryland will reimburse the cost when you have completed the training. You can keep the textbooks. 此課程的訓練手冊與參考書籍大概需要 55 元, 但若您完成整個課程後, 教會將退回您們所支付的費用, 而教科書就歸您們所有。(中文退費限第三階段成員)。第一第二階段費用爲大約\$34。(不退費)。

Question: 問 Will I have to spend money on the person for whom I am caring? (We call this person the "care receiver" and you, the Stephen Minister, are the "caregiver.") 除了參加課程所需繳付的費用外, 我是否仍要在我所關懷的人身上花費金錢?(我們稱我們所關顧的人爲「被關懷者」, 而我或司提反關懷使者則稱「關懷者」)

Answer: 答 No, you are not expected to spend any money whatsoever on the care receiver. You are also not expected to personally provide any other needs such transportation, babysitting, etc. As the caregiver, you may at times assist the person to make contacts in order to arrange for such services. 不需要, 您甚至不應該爲被關懷者支付任何費用, 如交通費、保姆費等。作爲一個關懷者, 您需要適時爲被關懷者提供及協助所需的服務。

Question: 問 Will my phone be ringing constantly? 我的手機會不停的響嗎?

Answer: 答 Each Stephen Minister normally works with only one care receiver at a time. Therefore, contacts are really at a minimum. The Stephen Ministry training will assist you in managing too many phone calls or excessive demands in a loving, assertive manner, if that situation would arise. It probably won't though. 每一位司提反關懷使者應每次只需要關顧一位的被關懷者, 故此, 真正需要接觸的不會很多, 司提反事工訓練也會協助您用關愛與篤定的態度及界線去處理過多的電話或需索。

Question: 問 Will our pastors still help and counsel people? 我們的牧者仍會協助和輔導有需要的人嗎?

Answer: 答 Most definitely! The Stephen Ministers will expand the caring ministry of the pastors by providing more workers in the church. Care giving is an important pastor's function, but the pastor often does not have enough time to minister effectively to all of the needs of the congregation. Another part of the pastor's job is to "equip the saints" - all of the members of the church - to provide this kind of care for one another. 當然會! 司提反關懷使者可以爲教會提供更多的關懷同工, 以拓展教會的關懷事工。關懷事工是牧者所看重, 卻又往往沒有足夠時間並很有效的去進行-適切會眾的各種需要。「造就信徒」是另一項牧者所注重的的工作之一, 盼望教會的肢體都能夠彼此關顧。

Question: 問 What if I get in "over my head?" For instance with a person who threatens suicide?

倘若有被關懷者威脅要自殺, 我們應該怎麼辦?

Answer: 答 The Stephen training helps you to know exactly when and how to request professional help and to terminate a relationship, when necessary, in a gentle manner. The ongoing support group, the Stephen Leader, and the pastors are also there to help you to make such decisions. Also, you will not be assigned people who might be in those situations. 司提反事工訓練可以幫助您知道怎樣尋求專業幫助, 並知道甚麼時候需要和被關懷者中止關係。司提反事工的領導人、支持團隊及教會牧師會幫助您作合適的決定。同時, 也不需要擔心會再被安排不適合的被關懷者給您。

.....(Continue 續)

- Question: 問 How will I personally benefit from this experience? 我如何在這些學習過程中得著益處?  
Answer: 答 You will learn many skills which will be invaluable in your personal life as well to you as a Stephen Minister. Also, you will have the enormous satisfaction of helping another person. 在您學習成爲一個司提反關懷使者的過程中, 您會學到很多寶貴的功課. 是在我們平常生活中學不到的. 而在整個關顧的過程中, 您會得著很大的滿足和喜樂.
- Question: 問 Do I have to stop being a Stephen Minister after 2 years? 期滿兩年後我必須停止成爲司提反使者嗎?  
Answer: 答 No, many people decide to recommit after two years. Some people take a year off and then begin again. That will be a decision made by you and the Stephen Leader. 不一定. 許多人決定兩年後繼續作司提反關懷使者; 或者休息一年後再繼續. 視乎您自己和司提反事工領導人的意見而決定.
- Question: 問 Who will be the care receivers? 誰是那需要被關懷的人?  
Answer: 答 Members of this congregation who are experiencing times of special need and also other people within our community who may turn to us for help. Thus, Stephen Ministry is also a way to reach out to others as well as our own members. 在會眾中或我們所服事的社群中, 如有人經歷人生的低谷或困難的時候, 他/她都可以是這事工的關懷對象. 所以司提反關懷事工也是一個容易接觸教會以外不信者的途徑.
- Question: 問 What if the care receiver doesn't want me to help? 我怎樣知道我的關懷對象是否想要我的關懷?  
Answer: 答 Our pastors or the Stephen Leaders will make the initial contact and the care receiver will agree to meet with you and will be waiting for your first visit. 我們的牧師或事工領導人會先去探訪那關懷對象. 等到那關懷對象同意後, 您才會作第一次的探訪.
- Question: 問 Are other people as scared as I seem to be about this undertaking? 是否有人和我一樣不確定自己是否能夠勝任去關懷別人?  
Answer: 答 Probably so! But the training will eliminate much of this fear because you will not only learn "what to say, but also, how to listen, how to response." 可能會! 但經過裝備後就可去除很多的擔心和恐懼. 因爲我們不只需要學習「說甚麼」, 還需要學習「如何去聽」, 「如何回應」.
- Question: 問 How does Stephen Ministry fit into our church's mission? 司提反關懷事工如何與教會的使命配合?  
Answer: 答 One of our church's Vision Focus is Service - demonstrating God's love to all people in all facets of life by: 教會其中的一項異象是社區關懷-在我們生活的各層面中, 向所有人展現神的愛  
1 seeking to serve others humbly 謙卑服事眾人  
2 using our spiritual gifts freely and joyfully 以喜樂和開放的態度來運用我們的屬靈恩賜  
3 offering our prayer, resources and time generously 無私的獻出我們的禱告、時間和資源  
Stephen Ministry fits perfectly into that Vision. 司提反關懷事工與我們的異象相配合
- Question: 問 Who else in our church are Stephen Ministers? 教會中還有誰是司提反使者?  
Answer: 答 Ever since this ministry began in 1992, there are more than eighty (80) CBCM members from all congregations have received the training and served. Some of the current ones are: Shyuer-min Wang (王馮學敏), Jessie Chew (周帶群), Eugenia Chiu (焦林恩澄), Geoffrey Wong, Stanla Hua (華幸代珍), Esther Lau (劉雷正怡), Ming Hsieh (謝路明), Debbie Hsu, Albert & Joy Lok (陸著偉&陸何惠瑜) 等 and many more. 自 1992 年教會開展這事工以後, 陸續有超過 80 位教會成員被委任爲教會的關懷使者. 並開始在教會或群體中服事. 現有的關懷使者是王馮學敏、周帶群、焦林恩澄、黃興進、華幸代珍、劉雷正怡、謝路明、許王桂蓉、陸著偉, 陸何惠瑜等, 在此不一一列出.
- Question: 問 How do I apply? 如何申請?  
Answer: 答 Fill out an application form in your information packet. In the meantime if you have additional questions, contact Stephen Leaders: Elder John Lei ([john.lei@cbcmgroups.org](mailto:john.lei@cbcmgroups.org)), or Ellen Lei (301-924-4855x100, [ellen.lei@cbcm.org](mailto:ellen.lei@cbcm.org)). 填寫申請表格, 如何任何疑問, 請與司提反關懷事工領導人雷應遠長老 ([john.lei@cbcm.org](mailto:john.lei@cbcm.org)), 或雷唐維麗姊妹. (301-924-4855x100, [ellen.lei@cbcm.org](mailto:ellen.lei@cbcm.org)) 聯絡.