

average time involved will be 9 hours per month.) 您是否願意從 **9/9/2018 (英文),10/06/2018** 起 (中文) 起委身*兩年(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 (stephen.ministry@cbcmgroups.org) by **8/18/2019 (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29日(中文)** 將表格交與司提反關懷事工領導人雷應遠長老 (stephen.ministry@cbcmgroups.org)

BECOMING A STEPHEN MINISTER

A 24-month Commitment

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.

I. Training Sessions (about 5 months with holiday breaks)

- 🕒 Thursday evenings, 7:30-9:45 PM starting September 15, 2016 at different network churches including Chinese Bible Church of Maryland.

II. Service Opportunities (about 19 months)

- 🕒 8-9 total hours per month
- 🕒 4-5 of these hours in personal caring (average 1 hour per week)
- 🕒 2 of these hours in supervisory sessions and continuing education (two 2 hour evenings per month)

III. Topics of Study

A. Care Topics

1. What to Do in the First Helping Contact
2. Feelings: Yours, Mine, and Ours
3. Relationship Exercise
4. The Art of Listening, part 1
5. The Art of Listening, part 2
6. Effective Use of Spiritual Resources of Christianity
7. Telecare: The Next Best Thing to Being There
8. Assertiveness Training: Relating Gently and Firmly, part 1
9. Assertiveness Training: Relating Gently and Firmly, part 2
10. Assertiveness Training: Relating Gently and Firmly, part 3

11. Confidentiality

12. The "Small Step" Approach

13. Process versus Results in Caregiving Utilizing Community Resources

14. Crisis Theory and Intervention

B. Specialized Topics

15. Stress of Hospitalization

16. Ministering to Those Experiencing Grief

17. Ministering to Depressed Persons (1S-I7 may include additional caring topics)

18. When and How to Bring Closure to a Caring Relationship

19. Supervision: A Key to Quality Christian Care, part 1

20. Supervision: A Key to Quality Christian Care, part 2

IV. Financial Costs (for materials needed)

Costs will be covered by CBCM.

V. Timeline

- 🕒 All applications must be submitted to Elder John Lei (john.lei@cbcmgroups.org) by **Sunday, August 18, 2019.**
- 🕒 All interviews of applicants to follow in September.

QUESTIONS AND ANSWERS ABOUT STEPHEN MINISTRY **(“the real truth”)**

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.

Question: **How much of my time will it really involve?**

Answer: 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 two meetings per month for support and ongoing opportunities to learn new updated information.

Question: **How much money will this cost?**

Answer: The cost of the training manuals and reference books is about \$55 and Chinese Bible Church of MD will reimburse the cost when you have completed the training. You can keep the textbooks.

Question: **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.”)**

Answer: 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.

Question: **Will my phone be ringing constantly?**

Answer: Each Stephen Minister normally works with only one care receiver at a time (often for six months or more). 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.

Question: **Will our pastors still help and counsel people?**

Answer: 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.

Question: **What if I get in “over my head?” For instance with a person who threatens suicide?**

Answer: 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.

Question: **How will I personally benefit from this experience?**

Answer: 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.

Question: **Do I have to stop being a Stephen Minister after 2 years?**

Answer: 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.

Question: **Who will be the care receivers?**

Answer: 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.

Question: **What if the care receiver doesn't want me to help?**

Answer: 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.

Question: **Are other people as scared as I seem to be about this undertaking?**

Answer: 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."

Question: **How does Stephen Ministry fit into our church's mission?**

Answer: One of our church's Vision Focus is Service - demonstrating God's love to all people in all facets of life by:

- 1 seeking to serve others humbly
- 2 using our spiritual gifts freely and joyfully
- 3 offering our prayer, resources and time generously

Stephen Ministry fits perfectly into that Vision.

Question: **Who else in our church are Stephen Ministers?**

Answer: 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: Christina Chi, George Lunking, Pauline Ng, Shyuer-min Wang, Ruth Lee, Jessie Chew, Eugenia Chiu, Geoffrey Wong, Wendy Lei, Karen Yu, John & Ellen Lei, Johnny Luen, Linda Phu, Nelson & Yang Li, Albert & Joy Lok, Stanla Hua, Esther Lau, and many more.

Question: **How do I apply?**

Answer: Fill out an application form in your information packet. In the meantime if you have additional questions, please contact one of the Stephen Leaders for details:

- Elder John Lei (john.lei@cbcm.org),
- Ellen Lei (ellen.lei@cbcm.org)
- Guan Hsong Hsu (guan-hsong.hsu@cbcmgroups.org)
- Debbie Hsu (Debbie.hsu@cbcmgroups.org)