

What do we do now and with whom? Examples:

- telephoning and visiting the elderly, chatting at Sunday services
- visiting the housebound and taking home Communion
- supporting the bereaved
- providing meals for new mums
- visiting those who are ill, in hospital and at home
- listening to those who are worried
- supporting the lonely
- praying for each member of the congregation once a year
- welcoming newcomers, through newcomers evenings at the Vicarage, our Welcome Desk and sidespersons
- organising outings to museums, garden centres, cafés
- encouraging participation in Church social events
- supporting the Night Shelter and Teas for the Elderly

Pastoral Care Group

The Pastoral Care Group works closely with the Clergy Team. Its main aims are

- to support our culture of welcoming and networking
- to co-ordinate, oversee, develop and train the visiting team
- to encourage participation in outings and social events

The Pastoral Care Group is part of our organisational structure helping to achieve our strategic aims, see Christ Church Highbury Mission Action Plan www.christchurchhighbury.com

For more information contact

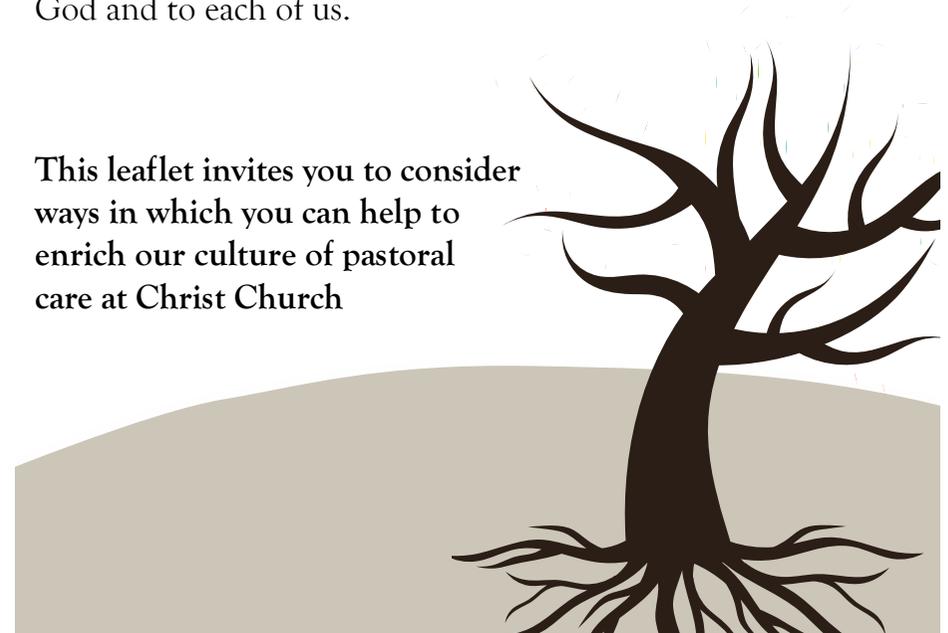
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Pastoral Care Visiting and Networking at CHRIST CHURCH HIGHBURY

We are a living, praying, worshipping community in the heart of Highbury. We aim to be a Christ centred and growing community (Roots Down) and to be an outward looking and serving community (Branches Out).

We care for one another as we ‘bear one another’s burdens’ and as we befriend those outside our natural circles of friendship. Young and old and everyone in between matter to God and to each of us.

This leaflet invites you to consider ways in which you can help to enrich our culture of pastoral care at Christ Church



What is pastoral care?

Pastoral care embraces a wide range of activity in support of one another, in and beyond the church. It can include being a comforter, joining in prayer, giving practical help and guidance.

Pastoral care can involve listening, encouraging, comforting, helping people in times of crisis, loss or personal hurt, offering information, visiting people in their own homes.

Pastoral care encourages welcoming, involvement and support, so that we all feel actively involved in Christ Church in some way.

Who provides pastoral care, when, where and how?

- all of us in the Christ Church community in our interactions with each other
- formally - the clergy
- informally – all of us in everyday relationships
- ourselves as individuals or in small groups, eg home groups
- through a particular ministry/ministries, e.g. prayer
- through outreach and mission
- in the church setting – and in the wider community, our workplace, our families.

What are the benefits of pastoral care?

- the feeling of belonging, of being supported in times of need
- a problem shared
- an appreciation of the need to both give and receive pastoral care
- a way of deepening our understanding that the love of Jesus finds practical expression in our caring for those in need
- help in our journey to become more mature in our Christian faith
- the understanding that being involved in pastoral care helps us all to grow in our faith
- a way of enabling Christ Church to grow in its engagement with the Highbury community

What would we at Christ Church like to do more of?

- help everyone become more aware of the pastoral care and support networks that we already have
- widen the existing networks to enable more people to become involved in our church's activities
- develop the welcome we offer to newcomers
- build on the activities that already exist, such as bring and share Sundays, newcomers events, meals for new mums and outings
- develop our visiting arrangements for those who are housebound or elderly
- develop our personal skills of listening to each other
- help our church community improve our internal communications

HOW YOU CAN HELP

- Become more aware of those who may need pastoral care - alert a member of the clergy if you have concerns
- Link with a newcomer, bring a neighbour or friend
- Chat in Church on Sundays to someone who is on their own
- Invite someone to coffee in a café or at home
- Come to bring and share lunches, or join a home group
- Participate in social events, encourage a newcomer or an elderly person to be involved
- Chat on the phone, send emails or text messages to someone who is troubled or unwell
- Look overleaf to see more examples of ways you can help