



THE BEFRIENDER

NEWSLETTER OF THE BEFRIENDER MINISTRY NATIONAL OFFICE

THE SAINT PAUL SEMINARY SCHOOL OF DIVINITY OF THE UNIVERSITY OF ST. THOMAS

PART 5 IN OUR SERIES ON MINISTRY AND FAITH REFLECTION:

Vulnerability The Risk That Opens Doors

“When someone shares with us the intimate details of his or her life, we are on holy ground. When they allow us to help bear one of their burdens, we are given a sacred trust. Moreover, when trusted with the raw materials of someone’s life, we have been enormously affirmed. We have been told, ‘I trust you. I can count on you. I believe in you.’ Few gifts rival the gift of trust.”¹ - *Rev. Richard C. Meyer*

BeFrienders are familiar with the terrain of “holy ground” both in befriending and in ministry reflection. By inviting someone to tell his or her story, a BeFriender is, in part, inviting the person to risk vulnerability. When the details of the other person’s life are shared, the BeFriender receives a tremendous gift, that of trust. In ministry reflection, BeFrienders, too, give each other a gift of trust when they choose vulnerability by presenting, responding to the presenter’s story, and sharing what they’ve learned.

Vulnerability, an integral part of befriending and, therefore, ministry reflection, happens in a relational context – that is, in relationship to another person or to God. By risking vulnerability, the person sharing a story or perspective is opening the door to a relationship with the listener. By sharing authentic responses out of his or her own assumptive world, the listener enters that open door and also risks vulnerability.

The Risk

It *is* a risk to be vulnerable to another. We wonder if we’ll seem weak. We worry that we’ll be liked less. We fear looking foolish or being hurt. And what if we’re “wrong?” It often seems safer to keep our guard up.

In their book, *Jesus Wept*, Vanessa Herrick and Ivan Mann observe that “... it is one thing to acknowledge that God sees through our masks and yet loves us; it is another to allow others (or even ourselves) to see through those masks *and believe that we might still be loved* [authors’ emphasis].”² If we keep our guard up or keep our masks on, then, we have a lot to lose – being loved for who we are.

God’s Love and Vulnerability

God, all-powerful, *so loved* the world that God chose love over power by sending Christ to earth to experience human vulnerability. Trust in such a loving God can give us the “strength to risk following on the path of compassion and vulnerability, to think what it means to live lives whose first priority is love.”³ BeFrienders, who serve as a living reminder of God’s love to those they befriend, draw from that strength.

Vulnerability in Ministry Reflection

BeFrienders risk vulnerability when sharing thoughts and feelings in ministry reflection. It is an opportunity to walk in the shoes of a befriended person and experience vulnerability first-hand, which can deepen BeFrienders’ capacity for empathy. Even in

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OUR MISSION

BeFriender Ministry educates, forms and supports women and men as leaders for a listening ministry of care. Based on a model of mutuality, this national and ecumenical ministry heals hearts, energizes communities and transforms a suffering world.

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the safe environment of ministry reflection, though, it's difficult to give up the defenses that protect us. Vulnerability requires surrender.

Surrender

Christ risked mockery, temptation, betrayal, pain, and death. He gave voice to his vulnerability in the garden when he asked that the cup be taken from him and again from the cross when he cried, "My God, my God, why have you forsaken me?" Yet he surrendered, not just to those who would crucify him, but to God's will. "There is a depth of surrender which is pure gift," say Herrick and Mann, "which makes us content to live with change, even with chaos, never being overwhelmed but prepared to sit still and trust, to wait until God reveals his new beginning."⁴ If there are risks in vulnerability, there are also rewards. The revelation of a new beginning is one. The reward of being loved is another. The risks in ministry reflection may not equal Christ's, yet they are real. Each person engaged in the process has choices to make: "Am I willing to risk vulnerability? Am I willing to forgo the rewards if I don't take the risk? What learning and insight will be lost if I don't allow myself to be vulnerable?"

Focusing on ourselves and our feelings can make us feel very vulnerable ... "What if I can't find or identify anything inside me?" or "What if what I see inside is unacceptable to me or to others?"
- "Vulnerability," Page III.47, Coordinator Manual

Humility

Vulnerability also requires humility, which "is not about meek submissiveness but rather about commitment to the lifelong process of knowing and accepting our true selves and, in the process, of becoming as well as in the being."⁵ When we are vulnerable, we are not only *being* ourselves, but *becoming* ourselves. How wonderful to know that we are still *becoming*, that we have more to learn about ourselves, our friends, our faith and our God! Willingness to be vulnerable in ministry reflection can help in the process of becoming.

Available to God

Through vulnerability we "consent to be available to God."⁶ Could there be any higher privilege? Not only does vulnerability open us to *self*-knowledge and *self*-growth, but God's purpose also may be to use our vulnerability in the healing and growth of others. When we hold back or are reluctant to risk vulnerability, we might be withholding someone else's opportunity to grow. We never know what gifts others may receive through our willingness to be vulnerable! ■

¹ *One Anothering, Volume I: Biblical Building Blocks for Small Groups* by Rev. Richard C. Meyer, Innisfree Press, Inc., 1990.

² *Jesus Wept: Reflections on Vulnerability in Leadership*, Vanessa Herrick and Ivan Mann, London: Darton, Longman and Todd Ltd, 1998.

³ *Narratives of a Vulnerable God: Christ, Theology, and Scripture*, William C. Placher, Louisville: Westminster John Knox Press, 1994.

⁴ Herrick and Mann.

⁵ Meyer.

⁶ Meyer.

A Word to You

From Susan Niemi, Director of BeFriender Ministry

Whenever I hear or read the "Parable of the Talents" in Matthew 25, I get bogged down by the "weeping and gnashing of teeth" at the end of the story. The master seemed so angry when the third servant played it safe and buried his master's money rather than multiplying it like the other two servants.



It's hard to think about taking risks, especially with what belongs to someone else, but that's what God wants us to do.

Like the master in the story, God is trusting and generous and wants us to use what God has given us. I think about the master differently when I realize he turned over everything to his three servants – after all, a talent was more than 10-15 years wages. And God has turned over everything to us so that we can use our talents in endless possibilities to serve and care for others in the name of Jesus.

Our talents can be many things, but do include our time and our money. Friends of BeFriender Ministry have given generously of both. Gifts of money continue to support our workshops and programs so a listening ministry of care can be available to as many people as possible. And your gifts of time have been amazing! According to our recent survey, 70% of the leaders of local BeFriender Ministry programs are volunteers. These leaders have in turn trained thousands of volunteers. To honor our volunteers, we are announcing an annual volunteer recognition program (see Page 7 for more information).

Take another look at the "Parable of the Talents" beginning in Matthew 25:14. Think about the many opportunities you have to extend the work of the kingdom. Take a risk and do something new. But don't play it safe. You don't need to because God has already given you everything you need. ■



The BeFriender is published quarterly by BeFriender Ministry, The Saint Paul Seminary School of Divinity of the University of St. Thomas, 2260 Summit Ave., St. Paul, MN 55105-1094; phone (651) 962-5775; fax (651) 962-5790; BeFriender@stthomas.edu; www.BeFrienderMinistry.org.

Editor: Joanne Hansen

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Workshop Descriptions

Core Course

Foundations for BeFriender Ministry is the core course of the program.

Foundations for BeFriender Ministry

Audience

- Clergy and pastoral staff members with responsibility for lay ministry
- Lay volunteers called to pastoral care

Program

This 35-hour workshop is the basic course for your lay ministry leadership team (clergy, pastoral staff and/or lay volunteers). It provides comprehensive leadership training, formation and program components for implementing and maintaining a lay ministry of pastoral care. It also furnishes an important foundation for any outreach (3.5 CEUs).

Objectives

- Learn the theological and philosophical basis for this ministry
- Learn and practice respectful communication and listening skills
- Learn, practice and facilitate a process for reflecting on your ministry
- Receive tools and learn the steps for organizing, implementing and maintaining your local BeFriender Ministry
- Develop insights into the kinds of situations encountered by lay ministers

Focus Courses

Focus courses explore in more depth topics covered in Foundations.

Listening: The Heart of Ministry

Audience

- BeFrienders
- BeFriender coordinators
- Pastoral staff members
- Anyone interested in improving his or her active listening skills

Program

This communication skills workshop is for all who are interested in building, strengthening and enhancing their listening and communica-

tion skills. Although taught in the context of BeFriender Ministry, the skills and concepts are transferable to other settings. You do not need to be a participant in a BeFriender Ministry program to attend (0.7 CEUs).

Interviewing with Mutuality: Strengthening Your BeFriender Ministry

Audience

- BeFriender coordinators
- Pastoral staff members

Program

"Interviewing with Mutuality" will help BeFriender Ministry coordinators and pastoral staff members conduct the interview process for BeFriender candidates and prospective coordinators.

Workshop participants will practice interviewing and giving feedback based on the model of mutuality. Using a behavior-based method, participants will discover how to determine whether candidates' attitudes, behaviors and skills match or differ from those essential to an effective BeFriender Ministry (1.4 CEUs).

The Model for Ministry Reflection

Audience

- BeFriender coordinators
- BeFrienders who are working with their coordinators to become facilitators
- Anyone interested in a reflection process for learning and growth in small group ministry, small Christian communities, and other groups

Program

Do you want experience working with the materials for ministry reflection? Are you struggling with the process? Do you want feedback on your facilitating skills now that you've been working with the model for awhile? Would you like to learn a reflection model to support ministry in your setting, but you're not a BeFriender? Whether this reflection model is new for you or you are seasoned in the process, this workshop will enhance your ability to understand, facilitate and communicate its use (1.4 CEUs).

New One-Day Format!

Workshop dates are listed by location on Pages 4 and 5.

BeFriender Day in St. Paul

BeFriender Days are offered at several locations throughout the country. Contact the regional convener nearest you (see Page 5) for the schedule in your area.

Fall 2003 - November 1

Audience

- BeFrienders and BeFriender coordinators
- Anyone interested in the topic (open to the public)

Topic: Issues of Aging - Senior Depression and Caregiver Burnout

On BeFriender Day, join us to explore two issues that can arise in the care of elders: senior depression and caregiver burnout.

Senior depression. There is a widespread belief that depression is a natural consequence of aging rather than a treatable source of disability and suffering. While depression is an illness that affects many older people, it is not a part of the aging process. Learn how to recognize it and how geriatric depression differs from other types. Appreciate the painful feelings that seniors have when depressed. Understand ways in which contact with BeFrienders can help.

Caregiver burnout. Senior depression is just one issue family members and others encounter in providing care for older adults. Caregiving can be stressful and caregivers often neglect their own needs, affecting both the caregivers and the ones they care for. Learn how to recognize burnout and ways to address it. Gain insight into befriending caregivers who are nearing burnout. Assess your stress level and leave with strategies for taking care of yourself.

Presenters

Deb Seaberg and **Gretchen Scheffel**, from Circle of Life Aging Services, are licensed social workers who hold Master's degrees from the University of Minnesota. Each has over 10 years of experience working with the elderly.

Seaberg's experience includes nursing home social work, case management, training and education, and program development. In addition, Seaberg assisted in the development and implementation of a 13-county caregiver support project, which included recruiting, training, and supervising older adult volunteers.

Scheffel also has experience working in nursing homes and in county social work with older adults and persons with mental illness. She has

Continued on Page 6

Workshops and Events in St. Paul, Minn.

Registration Form for St. Paul, Minn., Events and Workshops

Use this registration form for workshops and events in St. Paul, Minn. Contact the appropriate regional convener to register for workshops at other locations. *Please copy this form for each event and for each person registering. Thank you!*

List the title and date of the workshop for which you are registering:

Title _____

Location: **St. Paul, Minn.** (Call the appropriate regional convener listed on Page 5 to register for or inquire about workshops at other sites.)

Date(s) _____

Your name _____

Preferred mailing address for BeFriender Ministry mailings:

The address above is my:

home work church or agency

Home Phone _____

Work Phone _____

Fax _____

E-mail _____

Church/agency: If the name, mailing address and phone number of your church or agency are not listed above, please provide that information here:

Name _____

Address _____

Phone _____

Denomination _____

Special needs: If you have special needs for the workshop (dietary, access, etc.), please check here. Someone from the BeFriender Ministry staff will contact you.

Your current role (check all that apply):

- Professional staff
 Volunteer minister
 Trained BeFriender
 Trained BeFriender coordinator
 Other _____

Your program (check all that apply):

- A paid professional with BeFriender coordinator training is on staff at my church/agency. Staff person's name: _____
 New BeFriender Ministry program
 Existing BeFriender Ministry program
 To be determined

Lodging: See note at the bottom of this page. If you would like lodging at the seminary residence, please complete the following.

Female Male

Number of nights lodging requested _____

Arrival date and time _____

Departure date and time _____

If attending the two-weekend Foundations workshop, please list arrival and departure dates and times for the second weekend:

Arrival date and time _____

Departure date and time _____

PAYMENT

Total due: \$ _____

- A check in the amount of \$ _____ is enclosed (payable to BeFriender Ministry)
 Please charge \$ _____ to my credit card (complete the information below):
 MasterCard VISA

Name on card (please print)

Card number

Expiration date

Signature

CORE COURSE

Foundations for BeFriender Ministry

Location: St. Paul, Minn.
(Course description on Page 3)

Cost and Deadline:

- \$550 if we receive your registration and deposit at least 14 calendar days prior to the first day of the workshop.
- \$600 if we receive your registration and deposit fewer than 14 calendar days prior to the first day of the workshop.

Deposit Due: A non-refundable deposit of \$100 is due when you register to reserve your space in the workshop. The remaining balance is due at the start of the workshop.

- **October 30-November 1 and November 6-8, 2003**
(You must attend both weekends)
 Thu.: 6-9:30 p.m.; Fri.-Sat.: 9 a.m.-5 p.m.
- **January 26-30, 2004**
 Mon.-Fri.: 9 a.m.-5 p.m.
- **April 22-24 and April 29-May 1, 2004**
(You must attend both weekends)
 Thu.: 6-9:30 p.m.; Fri.-Sat.: 9 a.m.-5 p.m.
- **June 14-18, 2004**
 Mon.-Fri.: 9 a.m.-5 p.m.
- **July 12-16, 2004 NEW DATES!**
 Mon.-Fri.: 9 a.m.-5 p.m.

FOCUS COURSES

Listening: The Heart of Ministry

(Course description on Page 3)

- **Sat., October 18, 2003**
 9 a.m.-5 p.m.
- Location: University of St. Thomas, St. Paul, Minn.
- \$120 per person

Listening: The Heart of Ministry

(Course description on Page 3)

- **Wed., February 4, 2004**
 9 a.m.-5 p.m.
- Location: University of St. Thomas, St. Paul, Minn.
- If registered on or before **January 21:**
 \$95 per person
- If registering **after January 21:**
 \$120 per person

Lodging is available in St. Paul, Minn., at The Saint Paul Seminary residence on a limited basis. The seminary lodging consists of one air-conditioned room (single occupancy) with a shared bath. More details about the accommodations will be included with your confirmation packet, which you will receive two weeks before the workshop. Room fees for the seminary residence are as follows:

- 1-4 nights \$45 per night
- 5-7 consecutive nights \$225
- 4+ non-consecutive nights (applies to 2-weekend Foundations) \$45 per night

Workshop Cancellations: BeFriender Ministry

Information by Location

The Model for Ministry Reflection

(Course description on Page 3)

- **March 3 and 10, 2004**
(You must attend both days)
Tuesdays: 9 a.m.-5 p.m.
- Location: St. Paul, Minn.
- If registered on or before February 20:
\$220 per person
- If registering after February 20:
\$250 per person

Interviewing with Mutuality: Strengthening Your BeFriender Ministry

(Course description on Page 3)

- **May 11-12, 2004** **NEW DATES!**
Tue.-Wed.: 9 a.m.-5 p.m.
- Location: University of St. Thomas,
St. Paul, Minn.
- If registered on or before April 27:
\$220 per person
- If registering after April 27:
\$250 per person

BEFRIENDER DAY

Fall 2003 BeFriender Day

(Description on Page 3)

- **Sat., November 1, 2003**, 9 a.m.-noon
- "Issues of Aging: Senior Depression and Caregiver Burnout" presented by Deb Seaberg and Gretchen Scheffel from Circle of Life Aging Services.
- Location: Northwestern Hall Auditorium, Luther Seminary campus, St. Paul, Minn.
- If registered on or before Oct. 20: \$20 per person (\$17 each for groups of 10 or more from the same church or agency)
- If registering after Oct. 20: \$25 per individual or group member.



Spring 2004 BeFriender Day

(Description on Page 6)

- **Sat., March 27, 2004**, 9 a.m.-noon
- "Storytelling" presented by Dr. Nick Nissley, Chief Learning Officer and Director of Organization Development, Milton Hershey School, Hershey, Penn.
- Location: University of St. Thomas, St. Paul, Minn.

Workshops and Events at Other Locations

To register for a workshop listed below or to get more information, contact the regional convener listed. Workshop costs will vary somewhat from region to region.

MICHIGAN

Foundations for BeFriender Ministry

(Course description on Page 3)

- **October 30-November 1 and November 20-22, 2003**
(You must attend both weekends)
Thu.: 6-9:30 p.m.; Fri.-Sat.: 9 a.m.-5 p.m.
- Location: Saginaw, Mich.
- For more information or to register:
Leona Sullivan, (989) 797-6671

REGIONAL CONVENERS

Regional conveners are a source of ongoing support for BeFriender coordinators outside the Twin Cities area of Minnesota. They host Foundations for BeFriender Ministry workshops and provide continuing education opportunities in their regions.

Colorado - Colorado Springs

Mary Jo Bay.....(719) 776-8242

Iowa - Sioux City

Kay Morrissey.....(712) 233-7532

Michigan - Lansing

Judy Scharf.....(801) 229-8624

Michigan - Saginaw

Leona Sullivan.....(989) 797-6671

Minnesota - Crookston

Bernadette Dunn.....(218) 281-4533

Minn./Wisc. - Duluth/Superior

Dick Frost.....(218) 724-9111

Missouri - Kansas City

Sr. Alice Smitherman.....(816) 753-5155,
Ext. 304

Montana - Helena

Sharon Amor.....(406) 442-7842

Nebraska - Omaha

Rev. Grant Story.....(402) 891-8300

Ohio - Toledo

Louis Cocchiarella.....(419) 244-6711

Texas - Austin

Barbara Budde.....512-836-1213,
Ext. 203

Virginia - Richmond

Dennis Beeman.....(804) 359-5661

Wisconsin - Green Bay

Mary Sherman.....(920) 437-7531,
Ext. 8300

You can register on the Web
for workshops and events
in St. Paul, Minn.



www.befrienderministry.org

reserves the right to cancel or reschedule any workshop or event at any location.

Workshop Descriptions

From Page 3

consulted on projects related to elder abuse. Their company, Circle of Life Aging Services, offers services to the elderly and their families and to persons exploring long-term care insurance. They also provide training and project support to organizations and professionals.

Date

More information for Fall 2003 BeFriender Day in St. Paul, Minn., is on Page 5.

Spring 2004 - March 27

Audience

- BeFrienders and BeFriender coordinators
- Anyone interested in the topic

Topic

Storytelling. Details to be announced later.

Presenters

Dr. Nick Nissley is the Chief Learning Officer and Director of Organization Development, Milton Hershey School, Hershey, Penn. Nick completed his doctoral studies at the George Washington University, Graduate School of Education and Human Development, in Washington, DC. Prior to joining the staff at the Milton Hershey School, Nick was a professor at the University of St. Thomas in St. Paul, Minn. His background also includes work in the mining and healthcare industries.

While at the University of St. Thomas, Nick taught courses on organizational storytelling in the doctoral program in organization development and the Center for Nonprofit Management. His research interests are in the area of how the arts inform our understanding of organizational life.

He has consulted and presented to a variety of client organizations, including: schools, government, for-profit, non-profit, and faith-based communities. He seeks to help organizations understand the power of story in organizational life. Nick's passion is grounded in helping people give voice to their story.

Nick has performed semi-professionally with Playback Columbus, which uses a form of improvisational theater in which the audience members tell stories from their lives and watch them enacted on the spot.

Date

More information for Spring 2004 BeFriender Day in St. Paul, Minn., is on Page 5. ■

National Office News

Staff News

Program manager Julie Berg will be a featured presenter at the 2003 Minnesota Facilitators Network Showcase on October 21. Her presentation is on "Savvy Facilitation: A Framework for Accelerating Understanding and Encouraging Participation." The keynote speaker at the Showcase will be Dr Peter Vaill, an internationally recognized innovator in the field of management, leadership, and change, and the acclaimed author of *Learning as a Way of Being: Strategies for Survival in a World of Permanent White Water*.

During the 2003-04 academic year, Julie also will provide instruction on the Myers-Briggs Type Indicator (MBTI) to first- and fourth-year seminarians at The Saint Paul Seminary, St. Paul, Minn. Seminarians will use the MBTI as a tool for understanding various styles of communication, relationship-building, and leadership.

Earlier this year, Julie did a presentation on accelerated learning for the Twin Cities Chapter of the American Society for Training & Development. ■

Materials Order Form

Mail: BeFriender Ministry, 2260 Summit Ave., St. Paul, MN 55105
Fax: (651) 962-5790
Phone: (651) 962-5775
Web: befrienderministry.org

YOUR NAME _____

SHIPPING/BILLING ADDRESS (no P.O. boxes):

The address above is my: home church/agency

Phone number: (____) _____

Items
____ Pins @ \$5\$ _____
____ Candles @ \$15\$ _____
____ Tree rings @ \$12\$ _____
____ Glass cups @ \$5\$ _____
____ Gift box for glass cup @ 20¢ ...\$ _____
____ Note cards, boxed set of 10
with envelopes @ \$8/set\$ _____
____ Candidate training manuals:
1-10 @ \$20; 11+ @ \$18.50\$ _____

SUBTOTAL\$ _____

Shipping and handling fee (call
651-962-5775 if pre-paying by check).....\$ _____

TOTAL DUE\$ _____

PAYMENT

- Send the invoice with the materials
- I have enclosed a check for \$ _____
(payable to BeFriender Ministry)
- Charge my credit card for the total due
(complete the credit card information at the right)

SHIPPING AND HANDLING

Please allow 2 weeks for processing and shipping. Most orders are shipped via UPS Ground. If faster delivery is requested, you will be billed for any additional charges. Prices are subject to change. Shipping/handling costs depend on the total weight and size of the order.

If your church or agency has a trained BeFriender coordinator, an invoice will be sent with your shipment. If you prefer to pre-pay by check, call (651) 962-5775 to determine the amount of the shipping/handling fee.

CREDIT CARD INFORMATION

To pay the total due by credit card, please provide the following:

Master Card VISA

Name on card (please print)

Card number

Expiration date

Signature

The First Annual BeFriender Ministry Volunteer Recognition Awards



Volunteers are the lifeblood of BeFriender Ministry. Over the years, they have devoted countless hours to living out their call to this ministry of listening presence. We want to be sure they are recognized for their contribution. We are pleased to announce the first annual BeFriender Ministry Volunteer Recognition Awards.

We are grateful for each person who volunteers. We invite you to nominate someone who exemplifies the skills and attitudes needed to provide a listening presence. We hope you will take the time to tell us about a BeFriender Ministry volunteer whom you believe deserves special recognition.

Guidelines for Nominating a Volunteer BeFriender, Leader, or Group

Who Can Be Nominated

Anyone who volunteers for BeFriender Ministry.

Categories

- Outstanding BeFriender
- Outstanding BeFriender Leader
- Outstanding BeFriender Group

Who Can Nominate

Nominations in all three categories can be from BeFrienders, coordinators, pastors, or church staff. Self-nomination also is acceptable.

Selection

A national office staff member, an advisory committee member, a BeFriender, and a coordinator will serve on the selection committee.

Award

The recipient in each category will receive a certificate and a framed print.

Deadline for Nominations

Monday, February 9, 2004. Recipients will be announced in April.

The Nomination

Include the following:

- Your name, address, phone number, and relationship to the nominee (*this information will remain confidential and will not be disclosed to nominees*)
- The nominee's name, address, and phone number
- The name and address of the nominee's church or organization
- A statement of 500 words or less describing the nominee's service to BeFriender Ministry (see "Points to Consider" at left)

Send your nomination to the address below or submit an on-line form at befrienderministry.org.

BeFriender Ministry
2260 Summit Avenue
Saint Paul, MN 55105

Questions

If you have questions, please call (651) 962-5775 or 1 (800) 328-6819, ext. 25775. ■

Points to Consider

Volunteers demonstrate their support for BeFriender Ministry and its mission in many ways.

Attitude is demonstrated by a willingness to learn and grow, mutuality, teamwork, and going above and beyond the assigned role.

Skills are demonstrated by active listening, nonjudgmental communication, and the ability to become aware of one's assumptive world and grow from that awareness.

Program support is demonstrated by seeking opportunities to befriending, expanding the program within your setting or beyond, finding innovative ways to publicize BeFriender Ministry, and regularly evaluating the program for the purpose of improvement.

Let us love, not in word or speech,
but in truth and action.

- I John 3:18 (NRSV)



BEFRIENDER MINISTRY
 The Saint Paul Seminary School of Divinity
 University of St. Thomas
 2260 Summit Ave.
 St. Paul, MN 55105-1094

Nonprofit Organization
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 University of St. Thomas

Join BeFriender Ministry's Circle of Supporters

Your support today will help meet the ever-growing need for pastoral care.

Name: _____
 Address: _____

The address above is for my:

Home Church or Agency Other _____

I am a: BeFriender Coordinator
 Staff person Friend

I want to give a gift today in the amount of:

\$25 \$50 \$100 \$250 \$ _____

Check all that apply:

- A check is enclosed (payable to BeFriender Ministry)
- I have also enclosed my employer's matching gift form
- Charge my credit card. *Complete the information below:*

VISA MasterCard

Name on card _____

Credit card number _____

Expiration Date _____

Signature _____

Your gift to BeFriender Ministry is tax-deductible.

- LISTENING CIRCLE
\$1-49
- BEFRIENDING CIRCLE
\$50-99
- HEALING CIRCLE
\$100-249
- CARING CIRCLE
\$250-999
- LEADING CIRCLE
\$1,000-4,999
- ENERGIZING CIRCLE
\$5,000-9,999
- TRANSFORMING CIRCLE
\$10,000 & OVER

**THANK YOU FOR
YOUR GIFT!**

Expressing Faith

We, as Christians, are called to ministry, to express our faith in action.

Your financial gifts *are* ministry, because they are used for action. Your gifts ...

... widen communities' circles of care,

... ensure that God's love and presence are felt by those who are experiencing pain and sadness,

... provide opportunities for BeFrienders – and those they befriend – to grow in faith,

... promote one-to-one caring relationships based on mutual respect and understanding.