



# THE BEFRIENDER

NEWSLETTER OF THE BEFRIENDER MINISTRY NATIONAL OFFICE

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

## Honoring St. Joseph Catholic Church in Hopkins, Minn. Let It Shine!



*In October 2002, St. Joseph Catholic Church in Hopkins, Minn., celebrated the 10th anniversary of its BeFriender Ministry program. Audrey Borash, pastoral minister and a BeFriender coordinator at the church, sent this letter to Barb Schwery and the rest of the staff:*

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Dear Barb and BeFriender Ministry National Office staff,

St. Joseph's BeFriender Ministry in Hopkins wanted to let you know how we celebrated our 10th anniversary and to thank you for your support. Sunday, October 13, was designated as "BeFriender Sunday" in the parish. That date coincided with the commissioning ten years ago of the first BeFrienders at St. Joseph's.

- ◆ To give thanks to the roots of our ministry, we requested that the second Sunday loose plate collection be designated for the BeFriender Ministry National Office. \$1,426.94 was collected that weekend.
- ◆ Bulletin inserts were used for two weekends to tell our 10-year history and to share the joys of ministering to others. Bulletin board displays helped to tell our story.
- ◆ BeFrienders presented "Ministry Minutes" at all the Masses that weekend and gave recognition to the BeFrienders present at those Masses.
- ◆ The Knights of Columbus were hosting a pancake breakfast in the parish, so all of the BeFrienders were treated to a free breakfast. We added to the celebrating by serving an extra treat of anniversary cake at the breakfast for all the parishioners.
- ◆ A display table showed our history with photo boards, brochures and a beautifully decorated scrapbook of pictures and quotes done by two of our gifted and creative BeFrienders.

It was a wonderful celebration! We want to thank all of you for giving us the support over the years to keep us interested, inspired and confident to carry on the journey of the BeFriender program at St. Joseph's.

With our blessings and prayers,

*Audrey Borash*

Pastoral Minister and  
Coordinator of St. Joseph's BeFriender Ministry

### 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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## More About St. Joseph

In October 1991, two parishioners were trained as coordinators at the University of St. Thomas in St. Paul, Minn. Since the inception of the program, five training sessions have been conducted and 49 parishioners have been commissioned as BeFriender ministers. The first group of 17 was commissioned in October 1992.

## A History of Long-Term Service

Five members of the original group are still active in the ministry, and they are not alone in their dedication! Of the 29 BeFrienders who are currently active at St. Joseph, most have served for several years:

- Four have served since 1994
- Seven have served since 1996
- Six have served since 1999
- Seven have served since 2001

During the past 10 years, 10 BeFriender ministers have attended the “Foundations for BeFriender Ministry” workshop. Six coordinators are part of the current leadership team at the church.

## The Sophia Group

Included among the current BeFrienders is the “Sophia group,” formed in 2001. The 10 BeFrienders in this group are women over the age of 70. Think of it! Their group represents more than 700 years of service, faith and wisdom.

## To Be a BeFriender

The current BeFrienders at St. Joseph shared their thoughts about what BeFriender Ministry means to them. Among their comments:

- “BeFrienders has helped me re-prioritize my life ... I feel blessed for the friendships made in the group as well as the ones made during my visits.”
- “A rewarding way to serve members of the ... parish community.”
- “An opportunity to connect spiritually and compassionately with someone who is in need ... I always learn

## How to Contact Us

Phone (651) 962-5775  
Fax (651) 962-5790  
befriender@stthomas.edu  
www.befrienderministry.org

BeFriender Ministry  
Mail #SOD  
2260 Summit Avenue  
St. Paul, MN 55105

lessons of courage and great faith and this strengthens my own faith.”

- “As a result of sharing with other BeFrienders and ‘BeFriedees,’ I have been brought closer to God.”
- “I consider it a great privilege ... to be there for those whom I befriend, and I enjoy being the beneficiary of their love and friendship.”

Since St. Joseph is located in the Minneapolis-St. Paul metropolitan area, the BeFriender Ministry national office has also benefited from the proximity of this remarkable group of BeFrienders. Several of them volunteer twice each year to help host our semi-annual BeFriender Day in St. Paul. Audrey Borash is a member of the advisory committee for the national office, and Audrey and some of the other coordinators have been presenters at Foundations workshops in St. Paul to provide guidance to new coordinators in implementing and maintaining a program.

Congratulations to the current and past BeFrienders and coordinators at St. Joseph Catholic Church! ■

*In each issue of The BeFriender, we would like to highlight a local BeFriender Ministry that has something to celebrate. Whether you are celebrating longevity or have just commissioned your first group of BeFrienders, we want to help you “let your light shine!”*

*If you are willing to be interviewed by someone from our staff, please contact us.*

## A Word to You

From Susan Niemi, Director of BeFriender Ministry

“I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you” (Philippians 1:3-4).



The apostle Paul begins his letter to the Philippians with words of thanks for them followed by prayers that they may continue to grow in faith. I begin with words of thanks as well. I thank you all for being friends of BeFriender Ministry in whatever role you play – BeFriender, coordinator, pastor, or someone who has been befriended through the listening presence of another.

In particular I thank those of you who have contributed financially to BeFriender Ministry this past fiscal year, which ended June 30. All of your names are included in our Circle of Supporters on Page 7 of this newsletter. By celebrating your faith through your financial support, you are helping to provide a listening presence to someone who is experiencing pain, sadness, or discouragement. Workshop fees and product sales cover only 35% of our annual budget; the other 65% comes from generous supporters of the ministry.

I pray that your experience with BeFriender Ministry is one of deepening relationships within our Christian community and an opportunity for your growth in faith. ■



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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### 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

#### Dates

Dates for workshops are listed by location on Pages 4 and 5.

**See the special double-flyer insert for more on "Interviewing with Mutuality: Strengthening Your BeFriender Ministry" (August 19-20) and "Listening: The Heart of Ministry" (October 18).**

**Register early! Space in each workshop is limited.**

### Focus Courses

Focus courses explore in more depth topics covered in Foundations.

### 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).

#### Dates

Dates for workshops are listed by location on Pages 4 and 5.

### Listening The Heart of Ministry

#### Audience

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

**New One-Day Format!**

#### Program

This communication skills workshop is for all who are interested in building, strengthening and enhancing their caring and communication 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).

#### Dates

Dates for workshops are listed by location on Pages 4 and 5.

### The Model for Ministry Reflection

#### 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).

#### Dates

Dates for workshops 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

Aging. Details to be announced later.

#### 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. Both have had 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

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## 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.

- **July 21-25, 2003**  
Mon.-Fri.: 9 a.m.-5 p.m.
- **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 19-23, 2004**  
Mon.-Fri.: 9 a.m.-5 p.m.

### FOCUS COURSES

**Interviewing with Mutuality:  
Strengthening Your BeFriender Ministry**

(Course description on Page 3)

- **August 19-20, 2003**  
Tue.-Wed.: 9 a.m.-5 p.m.
- Location: University of St. Thomas, St. Paul, Minn.
- If registered on or before August 4: \$220 per person
- If registering after August 4: \$250 per person
- See the flyer included in this issue of the newsletter for more details

**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:

- 1-3 nights ..... \$45 per night
- 4-7 consecutive nights ..... \$180
- 4+ non-consecutive nights ..... \$45 per night

Workshop Cancellations: BeFriender Ministry

# A Befriender Ministry Focus Course



## Interviewing with Mutuality: Strengthening Your BeFriender Ministry

### Course Description

This workshop is for BeFriender Ministry coordinators and pastoral staff members who need skills and tools for conducting interviews for prospective BeFrienders and coordinators.

### By the end of the workshop, you will:

- Apply a behavior-based method for determining whether a candidate's attitudes, behaviors and skills are a match to those essential for an effective BeFriender Ministry.
- Use mutuality to assist in determining the match between the candidate and BeFriender Ministry.

### During the workshop, you will:

- Develop skills for interviewing such as using open-ended questions, paraphrasing and giving feedback respectfully.
- Develop skills for recognizing attitudes, behaviors and skills that are compatible or incompatible with BeFriender Ministry.
- Practice giving non-judgmental feedback based on information gathered in the interview.

### When

- Tue.-Wed., Aug. 19-20, 2003
- 9 a.m.-5 p.m. each day

### Where

- University of St. Thomas, St. Paul, Minn.
- Confirmation packets will be sent approximately 2 weeks prior to the workshop.

### Cost and Registration Deadline

- \$220 per person if registered and paid on or before **Mon., Aug. 4**
- \$250 per person for late registrations (after Aug. 4). Payment for late registrations is due on the first day of the workshop.
- Workshop fee includes continental breakfast each day.

### To Register

- Use the registration form on the reverse or register at [www.befrienderministry.org](http://www.befrienderministry.org).

### Questions

- Call (651) 962-5775

### Lodging

- Lodging on campus is available on a limited basis. Cost is \$45 per night for a single room with a shared bath.

**Deadline  
for registration:  
Aug. 4**

## Workshop Leader



Barb Schwery is a member of the BeFriender Ministry national office staff in St. Paul, Minn. She serves as a consultant to parishes and agencies and is a certified BeFriender Ministry workshop presenter. Barb holds a bachelor's degree in social work from the College of St. Catherine and a Masters of Ministry from Seattle University. In her 22 years of ministry experience, Barb has successfully initiated, developed and maintained BeFriender Ministry programs. As a pastoral minister, she provided direct pastoral care as well as training and ongoing supervision for a variety of volunteers, including BeFriender ministers. Barb has served on the

Hopkins Health Care Center Advisory Board and is a member of the National Association for Lay Ministry and the Association of Pastoral Ministers.

## Interviewing with Mutuality: Strengthening Your BeFriender Ministry

Special features of the workshop include ...

- A behavior-based interviewing tool specifically designed for BeFriender Ministry.
- A manual with materials that support interviews for volunteers or paid staff members.
- Interviewing skills that are transferrable to other interview situations.
- Practice sessions and sample interviews as valuable learning tools.

A coordinator in Kansas City found this workshop to be so helpful in strengthening her church's BeFriender Ministry that she said, "I think it is a 'must' for all coordinators!"

### Registration Form for Interviewing with Mutuality

Please copy this registration form for each person registering.

Your name: \_\_\_\_\_

- If you have any special needs (e.g., access, dietary) please check here. Someone from our office will contact you.
- Check here to reserve lodging in the seminary residence, then list your arrival and departure dates and times:

Arrival \_\_\_\_\_  
Date \_\_\_\_\_ Approx. Time \_\_\_\_\_

Departure \_\_\_\_\_  
Date \_\_\_\_\_ Approx. Time \_\_\_\_\_

Preferred mailing address for BeFriender Ministry mailings:

- Send c/o my sponsoring church/agency (address at right)
- Send to the address listed below:

\_\_\_\_\_  
\_\_\_\_\_

Home phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Work phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Fax: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail address \_\_\_\_\_

Your role:

Coordinator  Pastoral staff  Other \_\_\_\_\_

Sponsoring church/agency:

\_\_\_\_\_

Address (street, city, state, ZIP):

\_\_\_\_\_

\_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Area Code

Denomination: \_\_\_\_\_

**Registration:** \$220 per person if registered and paid on or before August 4. \$250 for late registrations (after Aug. 4). Payment for late registrations is due on August 19.

**Lodging:** \$45 per night

TOTAL DUE: \$ \_\_\_\_\_

A check for \$\_\_\_\_\_ is enclosed (payable to BeFriender Ministry)

Charge my credit card for the total due. Complete the following:

VISA  MasterCard

Name on card \_\_\_\_\_

Credit card number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Mail your registration form and payment to BeFriender Ministry, 2260 Summit Ave., Mail #SOD, St. Paul, MN 55105

fax the registration form to (651) 962-5790, or register online at [www.befrienderministry.org](http://www.befrienderministry.org). Click on "Register for Workshops in St. Paul."

BeFriender Ministry reserves the right to cancel or reschedule any workshop or event.

# A Befriender Ministry Focus Course



## Listening: The Heart of Ministry



### Course Description

This communication skills workshop is for BeFrienders, coordinators, pastoral staff, and others interested in strengthening their ability to listen to and connect with others. Although taught in the context of BeFriender Ministry, the knowledge and skills are transferable to other settings. You do not need to be a participant in a BeFriender Ministry program to attend.

### By the end of the workshop, you will:

- Understand the key components of effective listening:
  - respect for the sacredness of another person
  - willingness and ability to check your assumptions
  - willingness and ability to demonstrate empathy
- Acquire the skills of a caring listener.

### During the workshop, you will:

- Describe how empathy helps us care for, rather than cure, another person.
- Explore the nature of emotions and how to identify and respond to them.
- Recognize emotional triggers and assumptions and how they impact your listening.
- Practice a variety of active listening skills such as paraphrasing and asking open-ended questions.
- Practice responding respectfully by using "I feel ... when ... because I ..."

## Workshop Leader



Julie Berg is the program manager for BeFriender Ministry. She joined the staff at the national office in December 2002. Julie has 15 years of experience as a training specialist and organization development consultant in healthcare, manufacturing and technology companies such as HealthPartners, BlueCross BlueShield, Ceridian and ADC, The Broadband Company. She is a certified facilitator for Seven Habits of Highly Effective People, Myers-Briggs Type Indicator, DISC, PDI Profilor and DDI Interaction Management. She has served as a management development coach and teambuilding consultant. Julie has presented to numerous management groups and professional associations on topics such as change and transition, humor in the workplace, leadership and communication. Julie holds a master's degree in Human Resources Development and a bachelor's degree in Journalism/Speech-Communication from the University of Minnesota-Twin Cities. She currently resides with her family in St. Paul.

### When

- Sat., October 18, 2003
- 9 a.m.-5 p.m.

### Where

- University of St. Thomas, St. Paul, Minn.
- Confirmation packets will be sent approximately 2 weeks prior to the workshop.

### Cost and Registration Deadline

- \$95 per person if registered and paid on or before **Fri., October 3.**
- \$120 per person for late registrations (after Oct. 3). Payment for late registrations is due on October 18.
- Workshop fee includes continental breakfast.

### To Register

- Use the registration form on the reverse or register at [www.befrienderministry.org](http://www.befrienderministry.org).

### Questions

- Call (651) 962-5775

### Lodging

- Lodging on campus is available on a limited basis. Cost is \$45 per night for a single room with a shared bath.

**Deadline  
for registration:  
Oct. 3**

## What previous participants have said about Listening: The Heart of Ministry

"... a warm, personal [time] of being made aware of God's calling to me to be an effective listener."

"I was affirmed in my listening abilities and received clarity on what I can work on."

"[I feel] encouraged that I am capable of being a better listener and caregiver."

"I have received some simple, doable, concrete techniques to employ."

"... a comfortable learning environment."

"... well worth it."

## Save \$30

**Listening: The Heart of Ministry** is being offered for the first time on Sat., October 18, in a new one-day format. You can attend the workshop in St. Paul, Minn., at a special price of \$95 per person. This introductory price also applies when the workshop is offered again on February 4.

After the first two offerings, the regular price of \$125 for the workshop will go into effect.

### Registration Form for Listening: The Heart of Ministry

*Please copy this registration form for each person registering.*

Your name: \_\_\_\_\_

- If you have any special needs (e.g., access, dietary) please check here. Someone from our office will contact you.
- Check here to reserve lodging in the seminary residence, then list your arrival and departure dates and times:

Arrival \_\_\_\_\_  
Date \_\_\_\_\_ Approx. Time \_\_\_\_\_

Departure \_\_\_\_\_  
Date \_\_\_\_\_ Approx. Time \_\_\_\_\_

Preferred mailing address for BeFriender Ministry mailings:

- Send c/o my sponsoring church/agency (address at right)
- Send to the address listed below:

\_\_\_\_\_  
\_\_\_\_\_

Home phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Work phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Fax: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail address \_\_\_\_\_

Your role:

- Coordinator  BeFriender  Pastoral staff  Other \_\_\_\_\_

Sponsoring church/agency:

\_\_\_\_\_

Address (street, city, state, ZIP):

\_\_\_\_\_  
\_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Area Code

Denomination: \_\_\_\_\_

**Registration:** \$95 per person if registered and paid on or before October 3. \$120 for late registrations (after Oct. 3). Payment for late registrations is due on October 18.

**Lodging:** \$45 per night

**TOTAL DUE:** \$ \_\_\_\_\_

- A check for \$\_\_\_\_\_ is enclosed (payable to BeFriender Ministry)

- Charge my credit card for the total due. *Complete the following:*

- VISA  MasterCard

Name on card \_\_\_\_\_

Credit card number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

**Mail** your registration form and payment to BeFriender Ministry, 2260 Summit Ave., Mail #SOD, St. Paul, MN 55105  
**fax** the registration form to (651) 962-5790, or **register online** at [www.befrienderministry.org](http://www.befrienderministry.org). Click on "Register for Workshops in St. Paul."

**BeFriender Ministry reserves the right to cancel or reschedule any workshop or event.**

# Information by Location

## 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.
- If registered on or before October 3: \$95 per person.
- If registering after October 3: \$120 per person
- See the flyer included in this issue of the newsletter for more details, including information about this special price!
- *This course will be offered again on **Wed., February 4, 2004!***



## 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

## BEFRIENDER DAY

### Fall 2003 BeFriender Day

(Description on Page 3)

- **Sat., November 1, 2003**, 9 a.m.-noon
- "Aging" presented by Deb Seaberg and Gretchen Scheffel from Circle of Life Aging Services.
- Location: University of St. Thomas, 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., Mar. 27, 2004**, 9 a.m.-noon
- "Storytelling" presented by Dr. Nick Nissley, Assistant Professor of Organization Learning and Development, University of St. Thomas
- 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

### VIRGINIA

#### Foundations for BeFriender Ministry

(Course description on Page 3)

- **September 29-October 3, 2003**  
Mon.-Fri.: 9 a.m.-5 p.m.
- Location: Richmond, Va.
- For more information or to register:  
Margaret Johnson, (804) 266-2715

### REGIONAL CONVENERERS

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

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

## Workshop Descriptions

### From Page 3

homes and in county social work with older adults and persons with mental illness. She has consulted on projects related to elder abuse.

Their company, Circle of Life Aging Services, offers services to the elderly and their families, to persons and couples exploring long-term care insurance, and to organizations and professionals needing education, training or assistance with special projects.

### 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 a professor at the University of St. Thomas, in the School of Education, Department of Organization Learning and Development. Nick completed his doctoral studies at the George Washington University, Graduate School of Education and Human Development, in Washington, DC. Prior to entering academia, Nick worked in the mining and healthcare industries.

Nick teaches courses on organizational storytelling in the University of St. Thomas's doctoral program in organization development and the university's 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 (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

### Curriculum Review

As many of you know, this past spring focus groups and surveys were conducted with coordinators and BeFrienders regarding their experience with the Foundations workshop and BeFriender Minister training. The staff at the BeFriender Ministry National Office extends a heartfelt "thank you" to everyone who took the time to give us feedback. Your responses were thoughtful and thorough and are a valuable contribution to the review of our course offerings. Watch for updates on our progress!

We also have been privileged to have Cindy Edwards, a graduate student in Organization Learning and Development at the University of St. Thomas, working with us since February. She has been instrumental in the preliminary stages of the curriculum review.

### Regional Convener News

We are grateful to Sr. Alice Smitherman, who has offered to serve as the interim regional convener for the Kansas City, Mo., area. Thank you to the outgoing regional convener, Melodee Rudolph, for her service in that role. Melodee hosted a Foundations workshop in Kansas City in March of this year, and it was filled to overflowing!

We also thank Colleen Pasnik, who until recently was the regional convener in Dubuque, Iowa. We wish her well in her new ventures.

### Volunteer News

Thank you to Sr. Lynette Friesen, SSND, from Mendota, Minn., who assisted us with a recent mailing. ■

<b>Materials Order Form</b>	<b>Mail:</b> BeFriender Ministry, 2260 Summit Ave., St. Paul, MN 55105
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## Creating Caring Communities

We thank all of you who contributed financially to the ministry in the last fiscal year, which ended on June 30. Your financial support helps create caring communities wherever BeFrienders touch the lives of those who need to be listened to and respected. Every donation makes a difference.

If you made a contribution to BeFriender Ministry between July 1, 2002, and June 30, 2003, and your name does not appear below, please accept our apologies for the omission. We ask that you contact our office, (651) 962-5775, so that we can include your name in the next edition of the newsletter.

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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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*Special insert in this issue ...*

- *Flyers for upcoming focus courses.*

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### Expressing Faith

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... 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,

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