

# ~~~~ Health & Wellness Ministry ~~~~

~ Stephen Ministry ~ Peace Pals ~ Cancer Mentors ~

~ Prayer Shawls ~ Servant Heart ~

## ~ Peace is a Stephen Ministry Congregation ~

There are times when every one of us experiences difficulties. God never intended for us to go through these experiences alone. That's why God has brought us together as a congregation, and why we have Stephen Ministry.



Stephen Ministers are members of Peace who have received 50 hours of care-giving training to minister to people experiencing a crisis, facing a challenge, or simply going through a tough time. A Stephen Minister will meet with you, privately and confidentially, on a weekly basis to listen, care, encourage, support, and remind you of Christ's presence in your life.

~ If you'd like to learn more about Stephen Ministry for yourself or someone you know, please contact Pastor Marty or Jan Faulkner, our Parish Nurse. ~



## ~ Peace Pals: Care for Others ~



**Who needs a pal?** - Whether we are 10 or 100, everyone needs a pal. A pal can be a best friend, a spouse, a child, someone we work with, or even a cuddly pet. A pal can be any gender or age, and is an important part of life. Biblically, a pal should be an image of God and His relationship with the Trinity. He lives in fellowship with the Trinity and He invites us to have a relationship with Him and each other.

Unfortunately, there are people among us who reach a point in life where a real pal is nowhere to be found. They may be living alone, or in an unfamiliar environment, where the people who once supported them are gone. Sometimes circumstances have made it difficult to engage with others as they once did.

**Peace reaches out** - This is where we, as God's children, have an opportunity to help our brothers and sisters. We are especially blessed at Peace to have a program call Peace Pals to reach out with the love we have received from God, and pass it on to those who need His touch.

Peace Pals is a program that matches a shut-in with a member of our congregation to relay the message that they are not alone or forgotten. The requirements of a Peace Pal are simple - visiting shut-ins periodically, coming with a smile, sitting and talking. Most importantly, letting them know that they are loved!

**Care to join us?** - We have several members of Peace who are serving in this way. Would you consider joining them in this wonderful ministry? **If you would like more information, please contact Cheryl Esmail, Peace Pals Coordinator, through the Church Office (630-627-1101).**



## ~ Cancer Mentors ~

This ministry reaches out to those, and their loved ones, burdened by cancer. We convey the mercy and compassion of Christ, proclaiming in whose name we touch them.

Contact Ruth Niehaus, through the Parish Nurse, Jan Faulkner (630-627-1101 or parishnurse@peacehome.org), if this ministry can help you or your family.



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## ~ Prayer Shawl Ministry ~



**Why shawls?** - Shawls have been made for centuries. Universal and embracing, they are symbolic of an inclusive, unconditionally loving God. They wrap, enfold, comfort, cover, give solace, mother, hug, shelter and beautify. Those who have received these shawls have been uplifted and affirmed, as if given wings to fly above their troubles.

### Prayer Shawlers Meet

**2<sup>nd</sup> Monday of each month** (7pm - 9pm)  
**2<sup>nd</sup> Thursday of each month** (1pm - 3pm)

Instruction is also offered during the meetings. Shawl recipients are prayed for during the crafting, and each shawl is blessed by the congregation. It is then given away in celebration, or in time of need. These garments are tangible reminders of God's constant presence and comfort. Since 2006, over 300 shawls have been given away! Donations of yarn, needles, hooks and money to the ministry are appreciated.

For more information, call the church office at 630-627-1101 to contact Ruth Winter (Monday evening group) or Lynn Kapheim (Thursday afternoon group) or our Parish Nurse, Jan Faulkner.

*Beginners are always welcome!*

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## ~ Servant Heart Meals ~

**Help a friend in need** ~ In response to an occasional need for meals for members of our Peace community, we've provided a ministry called *Servant Heart Meals*.

The goal is to have a list of volunteers willing to be called on, to provide and deliver a meal (home-made or store bought), to a family in crisis. The need for meals is not a frequent request, but when a family is experiencing a difficult time, a meal and a friendly face is truly a blessing.



## Servant Heart Meals

If you are willing to serve in this ministry, please contact Cathy Hajek through the Church Office at 630-627-1101.

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