



The Uniting Church in Australia



## CHURCH OF THE TRINITY

318 Goodwood Road, Clarence Park, 5034

An inclusive, caring, creative and vibrant Uniting Church community

# Caring for One Another

### Matthew 25: 34-40

‘Come, you that are blessed by God, inherit the kingdom prepared for you from the foundation of the world;  
for I was hungry and you gave me food,  
I was thirsty and you gave me something to drink,  
I was a stranger and you welcomed me,  
I was naked and you gave me clothing,  
I was sick and you took care of me,  
I was in prison and you visited me.’

“When did we do this Lord?”

‘Truly I tell you,  
just as you did it to one of the least of these  
who are members of my family,  
you did it to me.’

**The Church of The Trinity** believes it is a privilege to care for all God’s family.

*The Uniting Church in Australia sees in pastoral care exercised personally on behalf of the Church an expression of the fact that God*

*always deals personally with people,  
would have God’s loving care known among people, and  
would have individual members take upon themselves  
the form of a servant.*

[Extract from Basis of Union Para.16]

**The Church of The Trinity** believes it is called to be an inclusive, caring, creative and vibrant Uniting Church community. Caring comes out of a faith response to the way Jesus cared for others.

And so, we commission Carers to:

- offer friendship, get to know and be there for others
- offer practical support, show love, and care pastorally for, small groups of people
- encourage one another to be involved in the community's life and expressions of faith

## **IN CARING FOR YOUR SMALL GROUP;**

### ***Be a friend***

Let people know they belong by offering friendship and support. Greet them when you meet and enquire about their week, family and friends

### ***Keep in contact***

Friendly visits may be through;

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| a cuppa and a chat                                   | a letter or card           |
| a phone call   | an invitation to a meal    |
| an email   | providing a casserole, etc |
| a friendship activity, eg, walking, movies or a game |                            |

Carers are called to make contact with those for whom they care at least every two months. It may be appropriate to deliver church news sheets or recorded worship services when requested. Share about the activities and groups in the life of the Church perhaps not previously known about.

### ***Pray for them***

Also pray *with* them if they wish.

### ***Listen with care***

Hear what has been happening in their lives, and respond with sensitivity, enquiring how they are and offering any help the Church community may provide.

Pastoral carers offer support and *not counselling*, so listen wisely and know when to encourage them to share with the minister and/or a trained counsellor.

Confidentiality and trust are vital to this care; reflect the way of Jesus by caring in ways that offer pathways to recovery, reduce anxiety and foster trust. In a crisis situation remain calm; simply “being there” may be the most valued form of support.

### ***Take note***

Follow through with a call or visit if they have been absent, or have experienced a difficult journey. Ask them if they would like the minister or an Elder to know.

Make a note to follow-up within a week.

### ***Baptisms Weddings and Funerals***

Any enquiry should be directed to the Minister. Carers and Elders may assist the Minister in following up enquiries and offer on-going support or encouragement.

Each request is an important opportunity for Carers to share their faith in a God who loves and cares.

## **CARING FOR CARERS**

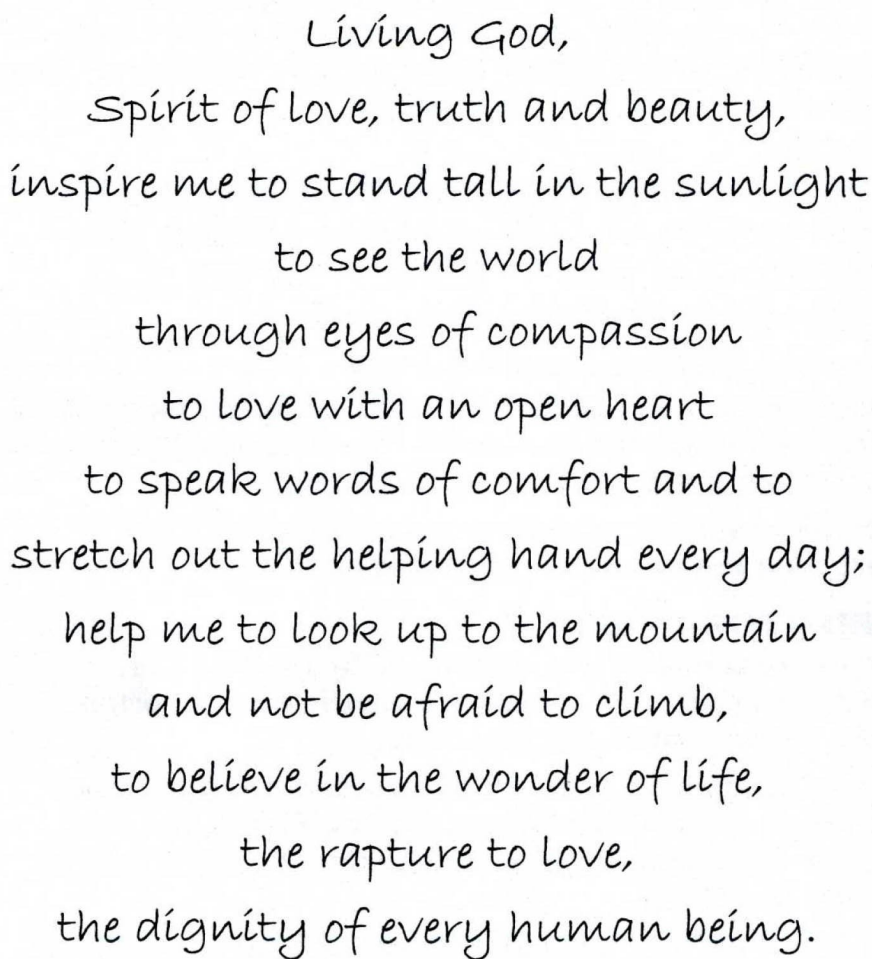
Carers are cared for and supported by the Minister, Elders and Church Council. Self care is very important in the ministry of caring for others.

Just as Jesus took time out to pray and rest after times of pastoral contact with others, Carers, Elders and our Minister are all encouraged to take time to reflect and to develop their faith.

Any Carer feeling a need for support or assistance should contact an Elder or the Minister.

We are all encouraged to participate in programs arranged to enrich our skills in caring for others.

*By this you shall know that you are my disciples,  
if you have love for one another.      John 13:35*



Living God,  
Spirit of love, truth and beauty,  
inspire me to stand tall in the sunlight  
to see the world  
through eyes of compassion  
to love with an open heart  
to speak words of comfort and to  
stretch out the helping hand every day;  
help me to look up to the mountain  
and not be afraid to climb,  
to believe in the wonder of life,  
the rapture to love,  
the dignity of every human being.

(Source unknown)