

The role of the BeFriender

...is to be a companion on the journey through listening, presence and compassion. BeFriender ministers bring with them the caring presence of God and the community.



BeFriender Minister Training

A BeFriender candidate receives between 20-30 hours of training and serves a short internship before becoming a BeFriender. The training addresses issues such as grief and loss, spirituality, listening, and confidentiality.

For more information about BeFriender Ministry at Saint Thomas More, please contact our BeFriender coordinator:

David Butel
Pastoral Associate
816.942.2492 x210
dbutel@stmkc.com



When you or someone you know needs someone to listen...



**BEFRIENDER
MINISTRY**

A listening presence



11822 Holmes Rd., Kansas City, MO 64131 www.stmkc.com

On the web

National BeFriender website
www.befrienderministry.org

BeFriender page of the Saint Thomas More website:

Go to www.stmkc.com and search for "BeFriender"

"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing, and face with us the reality of our powerlessness, that is the friend who cares."

**—Henri Nouwen
*Out of Solitude***

What is BeFriender Ministry?

BeFriender Ministry is a lay pastoral care program. Specially trained laypersons enter into caring relationships with others at times of special need by visiting with them and bringing emotional and spiritual support.

Who is it for?

Everyone goes through a difficult time at some point. BeFriender Ministers visit with people experiencing trying times, such as . . .

- welcoming a new child through birth or adoption
- going through marital separation or divorce
- coping with a disability
- being seriously ill, hospitalized, or home bound
- feeling lonely or depressed
- providing home care for a loved one.
- grieving the loss of a spouse, parent, child, or other loved one
- empty nest or retirement
- a job loss, career transition or relocation

A BeFriender Minister is...

. . . Someone who really listens without giving advice, and who allows others to make their own decisions.

A BeFriender Minister is not...

. . . a problem solver, a counselor, or a therapist

What about confidentiality?

BeFrienders maintain a strict policy of confidentiality. They respect the privacy of all who are befriended.

Some questions you may have

If a BeFriender visits my family member, does that mean I am not meeting their needs?

Not at all. A BeFriender cannot take the place of family or friends in someone's life. For many, though, a BeFriender is a supportive visitor beyond the family.

How often will a BeFriender visit?

The frequency of visits will be determined by the people who are visited and the BeFriender. Visits usually takes place every week or two and last about an hour.

What if I cannot think of anything to say?

The BeFriender does not come to you to gain information. Rather, she or he will listen and respond, trying to support you at this time in your life—without giving advice or making judgments.

How do I begin the process for myself or someone else?

Fill out the form on the right and return it to the parish office. If you are doing it on behalf of someone else, please be sure to obtain that person's permission first! Once we are aware of your desire to learn more about having a BeFriender visit you or someone you know, a BeFriender Coordinator will speak with you to learn more about the situation and answer any questions. Upon agreement, a BeFriender will be assigned to meet with you or the person desiring visits, and will contact you to set up a mutually convenient time.

Please drop this form in the collection basket or send it to:



David Butel
c/o Saint Thomas More
11822 Holmes Road
Kansas City, Missouri 64131

If you prefer, David can be reached at
816.942.2492 x210 or dbutel@stmkc.com.

Please have a BeFriender Coordinator contact me:

Name: _____

Address: _____

Daytime Phone Number:

(_____) _____

Please check one:

I am interested in having
a BeFriender Minister visit me.

(or)

I know someone who would like to have a
BeFriender Minister visit him/her. I have
asked this person's permission to speak with
you about this.

Please detach here and drop this form into the collection basket or send it to the parish office