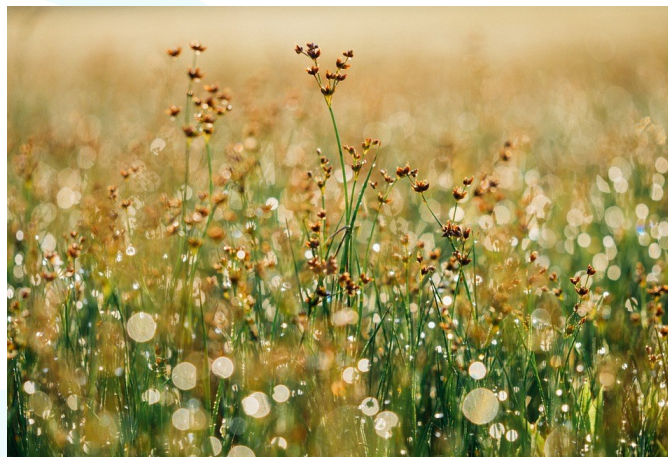


## And afterwards?



Exploring Pastoral Care can form the training component for becoming a Lay Pastoral Assistant. Those who would like to explore this service should talk to their clergy or Readers. Download our leaflet on Lay Pastoral Assistants from the Bath and Wells website.

For more information visit:  
[www.bathandwells.org.uk](http://www.bathandwells.org.uk)



## How do I find out more?

First, have a word with your clergy or Readers about the scope for a course locally and its suitability for you and your church.

For more details on running a course, clergy and Readers can contact:

**Leonie Jones** Lay Ministries Administrator

T: 01749 685106

E: [leonie.jones@bathwells.anglican.org](mailto:leonie.jones@bathwells.anglican.org)

More details are available on the website:

[www.bathandwells.org.uk/ministry-for-mission/training/lay-training/exploring-pastoral-care](http://www.bathandwells.org.uk/ministry-for-mission/training/lay-training/exploring-pastoral-care)

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## Exploring Pastoral Care



“

I was sick and you took care of me, I was in prison and you visited me.

”

*Matthew 25 v 36*

## An introduction to the course

Pastoral care is a sign of the life of Christ in a church community. It is to be hoped that all disciples will care and support, not only each other, but the people they encounter day by day. However, the gift of caring does not always come naturally and can always be improved through appropriate training. This course is designed for a deanery to train people in pastoral skills who can share this crucial task with church leaders (lay and ordained).

## Who can do Exploring Pastoral Care?

If you are

- A prayerful person of faith
- Good at listening
- Easy to talk to
- Good at not judging others
- Compassionate
- Confidential

then this may be the course for you. The course does not commit you to offering pastoral care but it does include a practical element in which you can try compassionate listening to others in a safe environment. You will also need to be willing to let others listen to you.

Pastoral care is a ministry on behalf of the church, so you will operate under the guidance of the incumbent. You will need to be willing to care for all members of the community rather than just those who might form part of your own networks.

## How do the sessions work?

The course tutors are provided by the deanery. If you are interested in the Course, talk with your clergy or Readers to see if the course can be delivered in your deanery.

Each student receives course material and there may be some preparation or follow up work. You will need an hour or two per week.

If you would like to be involved in giving pastoral care on behalf of your church after the course, you will need to speak to your incumbent about the possibilities.



## What will I learn?

The course consists of eight sessions. Each session is 2 ½ hours long and your deanery tutors will decide on sessional arrangements.

### The six core sessions are:

Session 1: Foundations for Christian Pastoral Care

Session 2: Called to Care: Who am I and what do I bring to Pastoral Care?

Session 3: Essential Listening Skills

Session 4: Further Listening Skills and Self-Awareness

Session 5: Pastoral care across the Life Stages

Session 6: Visiting - why and when?

In addition there are **two specific sessions** chosen by the facilitators e.g.:

Care for the dying and bereaved

Visiting the Sick

Mental Wellbeing

The Elderly and Dementia Care

Hospital Visiting

Supporting Schools

Prayer and healing ministry

Caring for young people

Those who complete all eight sessions will receive a certificate of completion.