

Please contact—

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“The friend who can be silent with us in a moment of despair or confusion, who can stay with us in our 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 cures.”

Henri Nouwen—*Out of Solitude*

**BeFriender Ministers
are Caregivers**

God is the



Cure-giver



**Our Saviour's
Lutheran Church
19001 Jackson St. NE.
East Bethel, MN 55011
763-434-6117**

What is BeFriender Ministry?

BeFriender Ministry brings trained lay people from Our Saviour's Lutheran Church into the ministry of caring about others by being a listening presence. This ministry enhances the pastoral ministry—it does not replace it.

Everyone goes through difficult times and needs the care of another person — a Christian friend — a BeFriender. BeFriender Ministry is being a listening presence to another person.

“So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. . . And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it.”

Colossians 3:12, 14

Why BeFrienders?

BeFrienders care for people and their families who are:

- Hospitalized or in a health-care facility
- Terminally ill
- Grieving any type of loss
- In a job crisis or transition
- New member of the church or community
- Disabled
- Homebound
- Lonely
- In a spiritual crisis
- Separated or divorced
- Looking for a caring, Christian friend
- New parent
- In a role as a caregiver to a loved one

“Reach out to others. Share their burdens.” Galatians 6:2



Do you or someone you know ever wish for another friend to listen, care and share—one who will be confidential, compassionate, and understanding? Consider allowing a BeFriender to join the journey.

Who is a BeFriender?

A BeFriender is a caring, compassionate, Christian friend who will be with you on your life journey in time of grief, transition, sadness, or crisis.

BeFrienders have received 30 hours of specialized training and are committed to ongoing personal education and evaluation.

BeFrienders are not:

- Counselors or therapists

BeFrienders are:

- Committed to confidentiality
- A compassionate, listening friend
- A caring, Christian companion

Their role is to be a companion on the journey, through their listening presence and compassion, by bringing with them the gift of God's love.

“My dear, dear friends, if God loved us like this, we certainly ought to love each other. No one has seen God, ever. But if we love one another, God dwells deeply within us, and his love becomes complete in us — perfect love!”

1st John 4:12