

Pastoral Care in COVID Times

Pastoral care, is an active and intentional sharing, by the power of the Holy Spirit, in the pastoral work of the Good Shepherd as he shepherds his flock. *Pastoral Care Handbook* Graham Redding Knox Centre for Ministry and Leadership. (knoxcentre.ac.nz 2012), 3.



Our Care Should also be founded upon Scripture

We spent time reflecting on why we offer Pastoral care because when things are challenging we need to know our foundations/ the rock on which we stand.

Which Scripture underlies your care?

Jesus said "I am come that they might have life, life in all its fullness" John 10:10

Pastoral care looks at a person as an integrated whole



Jesus Christ is the foundation for a Christian life.

In these COVID times we should continue to do the 'usual' and the 'normal' as much as possible (Philippians 4:4-9)

The usual guidelines for good pastoral care apply.

COVID may attack Mental Well-Being

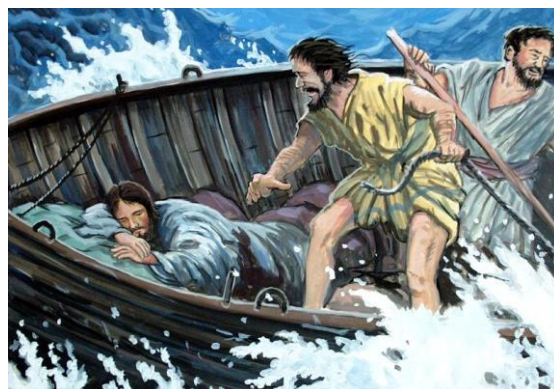
Worry is like a rocking chair: it gives you something to do but you don't get anywhere

Staying in Contact: Make good use of the Telephone (or Zoom if available)

- Conversation/ story-telling/ Listening
- Be open to conversations about death/ dying/illness
- Worship: Listen to a service on TV or Radio then have a cuppa and talk about it together on the phone.
- Learning- read Scripture/ Lenten Study and talk about it on the phone.
- Prayer together.
- Spiritual Communion- share worship on phone together.

Peace. Shalom

God is still there even if he seems asleep.
(Luke 8:22-24)
And Jesus Christ did calm the sea



Love

Living above with the folk we love will be wonderful , living below with the saints we know can be quite another story-

God made us, God made others, however exasperating and annoying we and they might be God loves them and loves us.
Romans 8:38-39

The Ministry of Prayer and Presence:

*Jesus said "Where I am , there will my servant be also" John 12:26- be there
Stay here and keep watch with me, watch and pray. Taize Chant based on Matthew 26:41.*



Prayer

Save us Jesus, from hurrying away, because we do not wish to help, because we do not know how to help, because we dare not. Inspire us to use our lives serving one another. ANZPB 635

God of peace let us your people know that at the heart of turbulence there is an inner calm which come from faith in you.

Keep us from being content with things as they are that from this central peace there may come a creative compassion, a thirst for justice and a willingness to give of ourselves in the spirit of Christ. Amen. (ANZPB page 465)

See also:

- Gratitude Project: <https://www.begreat.co.nz/>
- Christian Mental Health Resources: <https://www.sanctuarymentalhealth.org/>.
- Why not let more people know about the 1737 number to text, or 0800 1737 1737 to phone which connects to mental health in a time of crisis?
- The **Pastoral Care Handbook** by Rev'd Graham Redding is also worth looking at.
- Watch a **Margaret Rizza video** that can help connect into God's love and presence

Rev'd Vivienne Galletly, February 2022