

**THE NINE PASTORAL CARE SESSIONS**  
**to be held via Zoom**  
**January 29 – April 9 2022, 9:30 am – Noon**  
**(No sessions on March 19 and 26 for Spring Break)**

**For more information, contact: [moiraking@shaw.ca](mailto:moiraking@shaw.ca)**

**Session 1 – Orientation to Pastoral Care – JANUARY 29**

Participants will get acquainted with the topics of each session, how to make the most out of this training series, basic on-line Zoom tips to assist the learning journey, gain knowledge about pastoral care and basic skills to equip and help those who care for loved ones and other family members hear a welcoming message by Bishop Gary Gordon, Diocese of Victoria.

**Session 2 – The Healing Ministry of Christ –FEBRUARY 5**

In the parable of the Good Samaritan is a reminder that practical compassion for those in need is at the heart of the Christian mission (Luke 10:30 – 37). When we visit the sick, the broken, and the marginalized – in their homes, or in hospitals, and long-term care facilities, we are living out our baptismal identity nurtured by the love and healing ministry of Christ.

**Session 3 – Listening and Communication – FEBRUARY 12**

Do you think that communication is about talking? Think again. Active listening is one of the most important skills we can have. Learn skills that help to build trust and respect with those we visit, or even family members or work colleagues, and help to create opportunities where affection, compassion, and care can flourish.

**Session 4 – Elderly Isolation, Loneliness and the Journey with Dementia – FEBRUARY 19**

Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Dementia is one of the most important issues we face as our population ages. This session will also touch on not forgetting the person behind these risks and the illness.

**Session 5 – The Healing Ministry in the Care of the Dying –FEBRUARY 26**

Death is a universal human experience. Participants will hear about the foundational teachings for the ministry of care in our parish communities that are rooted in the teachings and example of Jesus. They will explore the journey of death, unique aspects of palliative care and the personal exchange of gifts at the end of life.

**Session 6 – The Grieving Process –MARCH 5**

Experiencing grief is a normal part of living – in our personal growth and in the way we grow in our faith. This workshop will identify the stages of grief and explore personal experiences with grief and loss. Grief reactions vary depending on whether a loss was anticipated or unexpected, (for example, parents do not expect to lose their children), whether or not it occurred suddenly or after a long illness, and whether or not the survivor feels responsible for the death.

**Session 7: Bereavement: Ministering to Families – MARCH 12**

Participants will experience story telling of a hospital chaplain's experience, learning ways to help others, such as children and teens and how to connect and cope with their emotions. A focus is also on a forgotten area: loss of siblings. How people who genuinely want to support and comfort families that have experienced the death of a loved one is explained.

*- No sessions on March 19 or 26 -*

**Session 8 – Who Am I as a Pastoral Care Outreach Visitor? APRIL 2**

Visiting the sick, the elderly and the dying reminds us that we have been called by God to be servants to those in need. In this session, we learn how to bring God's healing love and compassion to people by journeying alongside them. To equip people for service in pastoral care, we also learn about visiting tips for those sacred moments spent with parishioners in hospital, at home, in retirement centres or extended care facilities – just as God is 'with us' in Jesus Christ (Immanuel — Matthew 1:23).

**Session 9 – Spouse Caregiving, and Healthy Boundaries & Self-Care – APRIL 9**

Their sacrifices are significant in caring for a spouse. Participants learn how to step forward to not just survive but thrive. Healthy boundaries are covered as well and how our own needs can influence our understanding as we help the people we visit in their walk with Christ. Even Jesus "often withdrew to lonely places and prayed" (Luke 5:16). Are boundaries selfish? When we exercise and eat healthily, we act as good stewards of the gifts God has given us—our bodies and minds, "God's workmanship, created in Christ Jesus to good works" (Eph. 2:10). Someone once said: If you are not doing your work around good self-care, you are not practicing healthy boundaries.