

February 16 2007

St Christopher's Parish Pastoral Care Support Team Report

St Christopher's Parish Pastoral Care Support Team has operated since initial training and group formation in mid-2003.

Currently the team is made up of 12 members, all of whom have been part of the team since its inception.

Role

The role of the PCST is to provide a listening ear, prayerful support and practical assistance at the time of illness, bereavement and into the months beyond.

The group meets regularly on Sunday once a month from 9:45 to 11:15AM. As well as practical and administrative matters being discussed and attended to, a large portion of our meeting focuses on ongoing training.

Training

Training is directed towards:

- Deepening our knowledge on the topics of grief, loss and bereavement
- Broadening our communication skills
- Increasing awareness of the need for accountability

Support

Over the past year, the PCST has supported 21 families or individuals by:

- Offering support over the course of a long illness
- Being an attentive visible presence at funerals
- Ensuring that the bereaved person or family is aware of the PCST and its functions
- Following up shortly after the bereavement
- Ascertaining the needs of the bereaved person and linking up with other appropriate groups within the parish
- Maintaining contact in the months following the bereavement as indicated by the bereaved person
- Remembering anniversaries
- Extending support for the first Christmas season after the bereavement

We intend to recruit more members in 2007 and will provide training. If you are interested, please contact:

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