

For more information or to  
request support from a Stephen  
Minister,  
please call or e-mail:

Bill (319-499-7482  
wbwise@mediacombb.net

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catherinenepola@gmail.com

Rev. Fr. Chuck Adam, Pastor  
319-337-2173 ext 110



"Come to me, all you who are  
weary and burdened, and I will  
give you rest."  
Matthew 11:28

### Why Stephen Ministry?

Because the Bible tells us to:

"Love one another as I have loved you."  
John 15:12

"Bear one another's burdens, and in this  
way you will fulfill the law of Christ."  
Galatians 6:2

"Encourage one another and build each  
other up." 1 Thessalonians 5:11a



The Stephen Ministry logo, with the broken  
person behind the cross and the whole  
person in front of the cross, symbolizes that  
we are all broken people and that it is only  
through the cross of Jesus that we are made  
whole. Stephen Ministers will help guide you  
in your journey from brokenness to  
wholeness.

Stephen Ministries is a not-for-profit Christian  
education organization founded in 1975 that  
produces training and resources known for their  
excellence, practicality, psychological integrity,  
and theological depth.



## STEPHEN MINISTRY

"Christ Caring for People  
through People"

at

St. Thomas More  
Catholic Church



3000 12<sup>th</sup> Avenue  
Coralville, IA 52241  
319-337-2173

**I**s life more than you can handle alone right now?

**A**re you adjusting to a change in job situation, a shift in marital status, a serious or chronic illness, the death of a loved one, a recent move—or just experiencing a lonely or difficult time in your life?

**C**ould you benefit from having someone who would listen and care and walk with you through this difficult time?

### **There Is No Need to Struggle Alone!**

Everyone goes through difficult times. Having someone to care, to listen, to share God's love with you can help you get through the confusion, stress, or loneliness you may be experiencing. God does not intend for you to struggle alone.

**Consider allowing a Stephen Minister to walk with you on your journey to wholeness.**

**Stephen Ministry** offers confidential, one-to-one Christian care to adults (18 and over) who are going through difficulties such as:

- Death of a loved one
- Hospitalization
- Divorce or separation
- Loneliness/discouragement
- Spiritual crisis
- Unemployment
- Terminal or chronic illness
- Caregiver of someone with terminal/chronic illness
- Birth, adoption, miscarriage or infertility
- Relocation
- Recovery after accident/disaster
- Facing a life-stage transition

## **A STEPHEN MINISTER IS:**

- **Christ-centered** - works and acts as an **instrument** of God's love for others
- **Compassionate** - has gifts for caregiving; **carefully selected to serve**
- **Skilled** - **received 50 hours of training** in providing emotional and spiritual care
- **Trustworthy** - a Christian friend who **listens** and **respects** you by keeping your information **confidential**
- **Faith-filled** - will "**be there**" for the care receiver; meeting faithfully for about an hour each week, for as long as there is a need