

IF YOU ARE DESPERATE

If you, or anyone known to you, is in severe emotional distress and cannot wait for an appointment with an appropriate agency, it may help to call **THE SAMARITANS** who offer 24 hour emotional support and can help you to talk about how you are feeling. Their number is **116 123** (the calls are free).

FOR YOUR PROTECTION

Conversations with the Minister, District Elders, Church Visitors and Pastoral Care Committee are confidential. Where specialist help is needed we will advise you to seek a referral to an appropriate agency. Sensitive information will only be shared with your permission, except where disclosure is required through a Court Order or it is considered that someone is at a serious risk or where there is a child protection or vulnerable adult issue.

Contacts -

Minister



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Vacancy

Session Clerk

Mrs Elma Farr

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Pastoral Care Convenors -

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Memory Lane -

(General Enquiries)

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Mr Brian Edwards

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Barrhead St Andrew's Parish Church

Registered Scottish Charity SC015730



ST ANDREWS CHURCH



PASTORAL CARE



Jesus calls all of us to care for and to be 'present' to others. 'Pastoral Care' is simply sharing the love of God with one another, in encouragement and support, and by showing practical concern. Pastoral Care is expressed when we pray for one

another, when we offer a listening ear or when we visit someone at home, in nursing homes or in hospital.

Most of the care and prayer at St Andrews Church happens informally and spontaneously through existing friendships. It flows naturally after Sunday Worship or Worship on Wednesday and in the groups to which you belong, such as the Guild, House Groups, Choir and so on.

That said, pastoral care is primarily expressed by our worship together. As we draw close to God in worship, we also draw close to one another. In worship we receive from God the spiritual resources we need as followers of Jesus Christ. In worship, we also pray for one another, encourage and build one another up in love.

FRIENDSHIP

We want St Andrews Church to be a place where you can make good friends. We have regular fellowship and social events to have fun together and to get to know each other better. In particular, we organise a Senior Members' Dinner and Outings to places of Interest.



PRAYER

We carry each other's burdens when we pray for each other. We would love to pray for you whatever your need, e.g. if you are experiencing *illness, worry, fears, loneliness, bereavement, difficult relationships, debt or problems of any kind*. We have a prayer book where you can enter the name of the person you wish the minister and the congregation to pray for during Sunday worship. We also have Prayer Triplets who meet monthly. If you would like them to pray for anything in particular, please complete a Prayer Request card which can be found on the pews and place it in the box at the back of the church.

PASTORAL VISITING

In St Andrews Church we operate a system of District Elders who are first and foremost responsible for the spiritual welfare of those in their District. This means that you should be in regular contact with them either through a visit to your home or through occasional telephone conversation. If you are not receiving visits from your Elder and would like to, then speak to the Session Clerk (Elma Farr).

TELEPHONE CONTACT SERVICE

If you would prefer a regular telephone call to a visit, please let your District Elder know and this can be arranged for you.

DIFFICULTY IN GETTING TO CHURCH

If you are experiencing mobility problems whether this is temporary or long term, to enable you to continue in regular worship or attend other church events we can arrange transport for you. Please contact the Pastoral Care Team to arrange.

WHEN YOU CAN NO LONGER COME TO CHURCH

If frailty or illness means you are no longer able to come to church, and you would like visits in addition to those from your District Elder, you can ask your Elder to request a Church Visitor from the Pastoral Care Committee. This person will pray for you and visit you from time to time. They can also, with your agreement, organise visits from the Minister and a regular Home Communion service.

EXTRA CARE IN TIMES OF DIFFICULTY

There are times in our lives when we need extra help or support - bereavement, anxiety, loneliness, relationship or family crisis are just some of the reasons we might need the comfort of a listening ear. If you feel it would be helpful to speak to someone the Pastoral Care Committee could arrange a visitor for you. Information is held in strictest confidence.

HOSPITAL VISITS

If you have to spend time in hospital your District Elder will aim to visit you. When there is an emergency situation the Minister will try to visit. Where this is not possible they will inform the Hospital Chaplain. We can only do this if we know you are in hospital. If you would like us to arrange a visit please tell us which hospital and ward you, a relative or friend are going into. Contact details can be found on the back page.

MEMORY LANE

Every 1st & 3rd Thursday of the month there is the opportunity for people suffering from dementia and their carers to come along to a fun filled afternoon where they can meet friends and get support. Residents from our local residential and nursing homes come along with their carers to join in the activities. Please speak to Ronnie Whitelaw (Group Leader) if you want to find out more about the group. Transport can be arranged by contacting Brian Edwards or Jeanette Lapsley. Contact details can be found on the back page.

