

# GRACE

C H A P E L

Dear LIFE Community Leader,

We want to thank you once again for serving in ministry on the “front lines”. We are keenly aware of how important your role is as you shepherd the people in your LIFE Community. You are seeing and meeting the needs of the people at Grace Chapel in many ways and it is greatly appreciated.

We also want to remind you that we, as a ministry team, are here to support you in all your shepherding efforts. Leading a group can be a very rewarding way to serve, but at times it can be very challenging.

This guide is designed to be an additional tool for your leader toolbox. Our desire is to put a resource in your hands that can quickly direct you to the proper person or ministry at Grace Chapel in the event that you need help as you lead the people in your group.

It is set up in two distinct sections. The first section is a list of fourteen frequently asked questions. The second section is a list of ministries and contact information. Creating a tool like this is like trying to hit a moving target because the church is always changing, growing and expanding and so are the ministries to support that. There is a “notes” section in the back to accommodate this.

As always, please know that we are here to support you in any way that we can. Do not hesitate to call on any one of us or the Community Care Office if you are in need of any assistance or direction.

Yours in Christ,

Tom VanAntwerp, Pastor of Community Life  
and the LIFE Community Ministry Team

## **FREQUENTLY ASKED QUESTIONS:**

### **1) I need to speak to someone about a personal problem/crisis. Is there someone I can talk to about this?**

- Determine Care plan for LIFE Community response:  
*Listen Pray Evaluate*
- The Pastoral/Ministry Staff is available to provide emergency short-term care and guidance.
- Stephen Ministers are available for longer term care and guidance
- Community Care can make available a list of Christian counselors/therapists in the area.

### **2) Does the church provide Christian psychotherapy counseling?**

- No, we do not offer psychotherapy but the Pastoral/Ministry Staff is available for limited pastoral counsel and guidance.
- There are a limited number of slots available with Gordon Conwell Theological Seminary Counseling Associates here at Grace Chapel who are supervised by Dr. Ray Pendleton.
- Community Care can make available a list of Christian counselors/therapists in the area.

### **3) Someone in the LIFE Community is very depressed and talking about suicide. What do we do?**

- Ask them if they have thought about hurting themselves and ask if they have a plan. Stay with them and bring them to the closest emergency room or call local police for assistance. Notify family and Pastoral Staff.

- If depressed but no thoughts of hurting themselves, help them connect with a Christian counselor and their medical doctor as soon as possible.

**4) A couple in our LIFE Community has shared that they are having marital difficulties. How do we help them?**

- LIFE Community Care Plan - first response: It is important to be neutral and don't get caught up in taking sides. If only one party is open to seeking help, then refer that person to a counselor.
- You can recommend Pastoral Staff and Gordon Conwell Theological Seminary Counseling Associates who can provide short term help and guidance. Note: Stephen Ministers work with individuals only, not couples.
- Community Care can make available a list of Christian Marriage Counselors in the area.

**5) A new person in the LIFE Community has experienced a marital breakdown or divorce recently. What resources does Grace Chapel have?**

- LIFE Community Care Plan: be sensitive to the loss that person is experiencing.
- Divorce Recovery – Choosing to Heal is a 12 week workshop offered at Grace Chapel three times a year. Call 781-862-8351 ext. 2218 for recorded information on the next available group.
- If children are involved, Divorce Care for Kids is available on a by request basis. Call the Community Care Office.
- Stephen Ministers may be available to walk with the person through the crisis of divorce.

**6) What do I do if spousal abuse is suspected in a relationship?**

- LIFE Community Care Plan: ask them if that person feels safe and encourage them to have a plan to get to safety.
- Contact Pastoral/Ministry Staff for assistance and Christian counseling list and shelters.

**7) How can we help a person in our LIFE Community who has just lost an immediate family member?**

- LIFE Community Care Plan: If a Grace Chapel member/ attendee, contact their Pastor by calling the church office during regular business hours.
- The Pastoral Staff is available for emergencies to help the family with funeral arrangements and spiritual care. The Pastoral Emergency line is 781-789-6731.
- We encourage the LIFE Community to support their LIFE Community member for the wake and funeral. Several LIFE Communities have hosted and provided the post funeral reception for their grieving members.
- There is a Grief Share group that meets twice a month to provide support and guidance in multiple areas of the grief process.
- A Stephen Minister may be available to walk with a family member/spouse through the grief process.

**8) Someone in our LIFE Community or their immediate family member has a life threatening illness. How can we help them and their family?**

- LIFE Community Care Plan: Contact and ask where they may need help: i.e. meals, child care, transportation to appointments, etc.
- Prayer support by the larger Grace Chapel Community: prayer line and prayer bulletin.

- Community Care support or Stephen Minister support
- We offer a support group for cancer and life-threatening illnesses called “Seeds of Light”. Please call 781-862-8351 ext. 2221 for recorded information.

**9) Someone in our LIFE Community has a pressing financial difficulty. Does GC provide financial assistance for those in need?**

- LIFE Community Care Plan: each group will need to decide the amount of help they can provide.
- The Grace Chapel Food Bank is available to LIFE Community members. It is located in the lower lobby under the Sanctuary and open on Wednesday evenings from 6:30 - 8:00 pm.
- Emergency/temporary assistance may be available from the Elders’ Fund. Please forward the request to Community Care who will present it to the committee for review and approval. The Elder Fund Committee meets monthly.
- Financial Counseling from volunteer Grace Chapel lay leaders and the Good \$ense Budget Class are available. Please contact the Community Care Office.

**10) Does our church provide housing?**

- No. We support homeless shelters, such as Kingston House in Boston, where we would direct a person in need, or contact your local Police Department which should have a listing of local emergency housing.

**11) Does the church provide legal advice or provide a list of Christian attorneys?**

- No that is not something that Grace Chapel provides.

**12) Someone in our LIFE Community is struggling with an alcohol or drug addiction. How can we help?**

- Refer to Christian 12 Step program that meets on Wednesday evenings from 7:00 - 8:30 pm, in room G05 in the Adult Learning Center at 2 Militia Drive.
- Refer to a local AA group
- Refer to a Christian counselor that specializes in the area of addictions.

**13) Someone in our LIFE Community has a spouse or immediate family member affected by an addiction. Is there a group for them?**

- The Christian 12 Step program that meets on Wednesday evenings from 7:00 - 8:30 pm, in room G05 in the Adult Learning Center at 2 Militia Drive, is also for the spouse or those relationally affected by a chemical or similar dependency.
- Refer to a local ALANON group
- Refer to a Christian counselor.
- A Stephen Minister may be available

**14) Someone in our LC is unemployed or looking for a job change. What resources are available to assist them?**

- The Career Resources Group meets twice a month, on the second Monday of the month at 7:00 pm and on the fourth Tuesday of the month at 7:30 am. Please call 781-862-8351 ext. 2245 for the date and time of the next meeting.

## **COMMUNITY CARE RESOURCE SUPPORT**

### **Addictions – Christian 12 Step Program**

This ministry is specifically designed for individuals who are recovering from addictive behaviors. Meetings are held each week to provide support, accountability and encouragement within the framework of Christian faith. This is an open group with emphasis on sharing, while preserving confidentiality among members. Please leave a message on 781-862-3851 ext. 2215 and one of the leaders will get back to you.

### **Boundaries Support Group**

A 12 week, intensive, small group study based on the book *Boundaries* by Drs. Cloud and Townsend is used. Participants learn when to say no, how to take control of their lives and to make choices out of love, not guilt. Pre-registration is required since this is a closed group. Call for a screening interview: 781-862-8351 ext. 2216.

### **Cancer Support Group – “Seeds of Light”**

The group’s focus is “Sowing Hope...Nurturing Life”. This group is for anyone with a cancer diagnosis, life threatening illness or family member who is giving support and care to the person with the diagnosis. This program runs for six weeks. For information on times and place for the next group, please call 781-862-8351 ext. 2221.

### **Career Resources**

The Career Resources Group meets to help those unemployed, under-employed, in transition or thinking about a job change. Meetings are held twice a month. For more information please call 781-862-8351 ext. 2245.

### **Choosing to Forgive**

A 12 week workshop for those asking the question, “How can I forgive when it hurts so bad?” or thinking you’ve forgiven, only to have the anger return. Pre-registration is required since this is a closed group. Call for a screening interview: 781-862-8351 ext. 2216.

**Divorce Care – Choosing To Heal**

Choosing to Heal is a basic issues workshop series. The purpose of this particular program is to provide a safe, godly environment for people coping with the emotionally devastating relational consequences of divorce (or an equivalent loss). Persons who are divorced (recently, or in the past and still have unresolved issues) are encouraged to attend. This workshop is open to all and attendance for the full 13 weeks is encouraged. Call 781-862-8351 ext. 2218.

**Divorce Prevention (by invitation only)**

If you are contemplating divorce, please call 781-862-8351 ext. 2214 and leave your name and number for a confidential consultation.

**Divorce Care for Kids**

Please check with the Community Care Office for the next time this support group will be offered. Please contact the Community Care Office at 781-862-8351 ext. 148.

**First Place**

First Place is a Christian weight loss program that meets each Monday evening to study together. Call the Women's Ministries Message Line 781-862-8351 ext. 2241.

**Grief Share Group**

When persons have experienced the loss of a spouse or a close relationship through death there can be a need for a period of support that leads to healing and renewal. Understanding the care and concern of a loving God, an ongoing group meets throughout the year to assist individuals who are dealing with this pain of loss. For further information, leave your contact information for Pat Spaziani or Audrey Comeau on the Grief Share Line 781-862-8351 ext. 2225.

**Hagar's Sisters**

This is a group that endeavors to meet the unique needs of women in abusive marriages, it is a remarkable network that strengthens and supports women. Call the Women's Ministries Message Line 781-862-8351 ext. 2241. All calls are kept confidential.

**Healing the Betrayed Heart (for women only)**

This is a group which offers hope and healing to spouses of husbands who struggle with matters related to sexual purity and sexual addictions. The group gathers together weekly to support each other and to study the workbook on "The Betrayed Heart". Come for information and encouragement offered through God's love. If you would like to be contacted with more information, call the Women's Ministries Message Line 781-862-8351 ext. 2241.

**Help and Hope for Single Moms**

This class is designed to encourage, grow and connect single moms. Contact Cynthia Fantasia at [cynthia@grace.org](mailto:cynthia@grace.org).

**Men's Focused Groups**

Confidential groups dealing with purity and anger are available for growth support, challenge and accountability. For information contact JT Shupe: 781-862-8351 ext. 123, e-mail: [accountablemen@gmail.com](mailto:accountablemen@gmail.com)

**Ministry to the Confined**

Those confined to home or hospitals receive a weekly mailing. There is also a visitation team. If you know of someone who is confined or to add someone to the weekly mailing, call Community Care Office.

**PASCH (Peace and Safety in the Christian Home)**

PASCH is a Christian organization that seeks to address and decrease domestic and sexual abuse in Christian homes. PASCH is committed to a Biblical approach with prayer as a foundation and integrity, innovation and creativity as the methods. [www.peaceandsafety.com](http://www.peaceandsafety.com)  
Call the Women's Ministries Message Line 781-862-8351 ext. 2241.

**Post Abortion Recovery Bible Study**

This is a small, confidential support group and Bible Study that is offered during the year for 8-10 week sessions. Support, encouragement, and help from the Word of God. If you would like to be contacted with more information, call the Women's Ministries Message Line 781-862-8351 ext. 2241. Your call will be handled in a confidential and non-judgmental manner.

**Prayer Ministry**

For updates or to place a prayer request, please call 781-862-8351 ext. 2240 or send an email to: [cgalanes@grace.org](mailto:cgalanes@grace.org)

Wednesday Evening Elder led prayer meetings at 7:00 pm in Room 202 of the Adult Learning Center.

Healing/anointing prayer – meets the first Sunday of every month after the morning services in the Chapel or by request through the Community Care Office.

Inner Healing Prayer – led by a team of pastors and prayer intercessors, this is available by special request through the Community Care Office.

**Safe People**

This group teaches how to find relationships that are good for you and avoid those that aren't. It is a 12 week, small group study. Pre-registration is required since this is a closed group. Call for a screening interview: 781-862-8351 ext. 2216.

## **Stephen Ministry**

### *What is Stephen Ministry?*

Stephen Ministry is grounded in Jesus' command to love one another. Through one-to-one caring relationships, those who are hurting receive the love and care they need to support them.  
Is life more than you can handle alone right now?

- Are your health, your attitude, or your relationships suffering?
- Are you adjusting to a new job, change in marital status, a serious illness, the death of a loved one, a recent move?
- Would you like to have someone in your life who really cares?

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.

### *What is a Stephen Minister?*

A Stephen Minister is...

- a child of God who walks beside a hurting person;
- a caring Christian friend who really listens;
- a lay person who has received 50 hours of training in how to provide distinctively Christian care.

*A Stephen Minister is NOT...*

- a counselor or therapist;
- a problem-solver;
- a casual visitor.

Consider allowing a Stephen Minister to walk with you on your journey to wholeness. For more information, contact Judy Pierce at 781-862-8351 ext. 148.







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