

Course Syllabus

Course Title

323 Congregational Care

Instructor

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***** I am on renewal leave until May 2, 2022 and I am not available to respond until then.**

Course Description

This course introduces students to practices of congregational care and the pastor's responsibility in caregiving.

Course Times

This course will meet via Zoom on June 27, 28, 29 and 30 from 4:00pm-5:00pm. Class will not meet on July 1. I have created a survey poll to identify the last meeting date for the class.

Zoom Link for Class Meetings

<https://us02web.zoom.us/j/82482275109?pwd=TGk2dnNQVWxyL3oxS1gyOFdOVWdvQT09> (Links to an external site.)

Course Objectives

Students will be able to:

1. Implement and oversee appropriate types of care in varieties of settings, including prisons, hospitals, nursing facilities, and homes.
2. Organize caring ministries within the congregation.
3. Discern and implement appropriate boundaries, knowing when and to whom to refer people, and when and when not to share information.
4. Reflect on and practice skills of sensitive caregiving, using role play and analysis case studies.

Course Materials

Required Reading

1. Melissa Kelley, *Grief: Contemporary Theory and the Practice of Ministry*
2. Frederick Schmidt, *The Dave Test: A Raw Look at Real Faith in Hard Times*
3. Ed Wimberly, *African American Pastoral Care and Counseling: Oppression and Empowerment*
4. Karen Scheib, *Pastoral Care: Telling the Stories of Our Lives*
5. John Wesley, On Visiting the Sick (Sermon 98) Available free on the web at: <https://www.umcmission.org/Find-Resources/John-Wesley-Sermons/Sermon-98-OnVisiting-the-Sick>(Links to an external site.) (Links to an external site.)

Supplementary Textbooks

1. Howard Clinebell, *Basic Types of Pastoral Care and Counseling*
2. Larry Webb, *Crisis Counseling in the Congregation*
3. Simon Wiesenthal, *The Sunflower: On the Possibilities and Limits of Forgiveness*
4. Jeanne Hoeft, Shannon Jung, Joretta Marshall, *Practicing Care in Rural Congregations and Communities*

Grading

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|-----|---|
| 40% | Pre-class assignments |
| 40% | Final Assignments |
| 20% | Class participation (attendance, participation, online class discussions) |

Pre-Class Assignments – Due June 24, 2022 11:59pm

Pre-class assignments should be uploaded to Canvas by June 24, 2022. All assignments are in paragraph/essay form, except for the Resource Sheet which can be a spreadsheet or whatever format you prefer.

1. Read John Wesley's Sermon *On Visiting the Sick*. Write a one-page paper identify three key points that Wesley highlights and discuss their implications for the ministry of pastoral care.
2. Read Frederick Schmidt's *Dave Test: A Raw Look at Real Faith in Hard Times*. Each chapter poses a question. Choose three chapters to write a one page response to each of the three chosen questions. Describe how the chapter either informed your pastoral care or challenged your thinking. This assignment should total three pages.
3. Read Melissa Kelley's *Grief: Contemporary Theory and the Practice of Ministry*. Write a 3-page paper answering the following questions:
Page 68 question 3
Page 93 question 3
Page 141 question 1
4. Prepare a *Resource Sheet* identifying 10 professional resources that are appropriate to your geographic area to whom you may need to refer a parishioner presently or in the future. (List can include, but not limited to: physicians, first responders, mental health professionals, support groups, homeless shelters, domestic violence shelters) For each entry include: Name of the Agency, contact Person: Address and Contact Information; Range of Services Offered; Referral Requirements; Fees, if appropriate. Establish contact with at least five of the resources. On the Resource Sheet annotate an entry with notes from your encounter (call, visit, email). This assignment can be a spreadsheet or whatever format you prefer.
5. Read Ed Wimberly's *African American Pastoral Care and Counseling: The Politics of Oppression and Empowerment*. Write a three-page paper answering the following questions:

Identify one highlight, quote, or concept from the book that offer insights helpful for pastors.
What quote or concept does the author present that is challenging or that you struggle with?
What does the author contribute to the ministry of pastoral care that is applicable across ministry settings?
6. Complete the Life Wheel Exercise (see attached). *****Please give yourself at least four weeks for this assignment, to set a goal and then work toward your**

goal.

7. Listen to Julian Treasure's TED Talk "5 Ways to Listen Better"
https://www.ted.com/talks/julian_treasure_5_ways_to_listen_better?language=en#t-3333 (Links to an external site.) In his talk, Treasure mentions five ways to improve listening. **Over the next four weeks practice all five ways of the suggestions for better listening at least twice.** Take notes or journal your experiences or your observations. There is no written paper is due for this assignment.

Final Assignments – Due July 22, 2022 11:59pm

1. **Self-Care Foundations (1 page)**

Write a one-page paper discussing your biblical, theological and practical foundations for the importance of self-care? Why does self-care in life and ministry even matter?

2. **Self-Care Reflection (1 page)**

Write a reflection paper about the self-care goal that you worked on during class. How did it go? What did you learn about yourself?

3. **Grief Born of Injustice Assignment (3 pages)**

On pages 15-16 of *Grief: Contemporary Theory and the Practice of Ministry*, Melissa Kelley talks about *Grief Born of Injustice*. She suggests that care to those who bare grief born of injustice involves both a pastoral response as well as prophetic action.

Take no more than one page to identify a contemporary issue in your community that produces grief born of injustice. What are the biblical, theological, and communal concerns?

Take no more than two pages to answer the questions:

What is a pastoral response that can address the grief? Your pastoral response should be biblically and theologically grounded and should have practical application in your ministry setting. What are some opportunities for prophetic action around this issue? How will you engage laity in the pastoral response, the prophetic action, or both? **This paper is three pages.**

4. **Being A Story Companion (3 pages)**

In *Pastoral Care: Telling the Stories of Our Lives*, Karen Scheib sets forth instructions on how to be a story companion in chapters 5, 6, 7, and 8. Use close listening and

close reading skills to engage in a pastoral conversation with a member of your ministry setting who has suffered a loss. AFTER the conversation, using the information from these chapters, reflect on the conversation and where you noticed at least three concepts that Scheib discusses. Concepts include (but not limited to): observations of power, boundaries, confidentiality, narrative environments, story-o-typing, restorying, narrative foreclosure, or any other concept that Scheib highlights. (This list is given as an example of possible reflection points. You do not need to write about all of these. You can write about any of Scheib's concepts not mentioned in this list.)

Write a three-page paper reflecting on at least three ways that Scheib's concepts gave pastoral care insight into in this conversation. Please do not do a verbatim of the conversation or interview the person for the paper, the goal of this assignment is to use your listening skills and close reading skills to write your pastoral reflection on the concepts presented in the book. Please be fully present to the person during the conversation.

This paper is three pages.

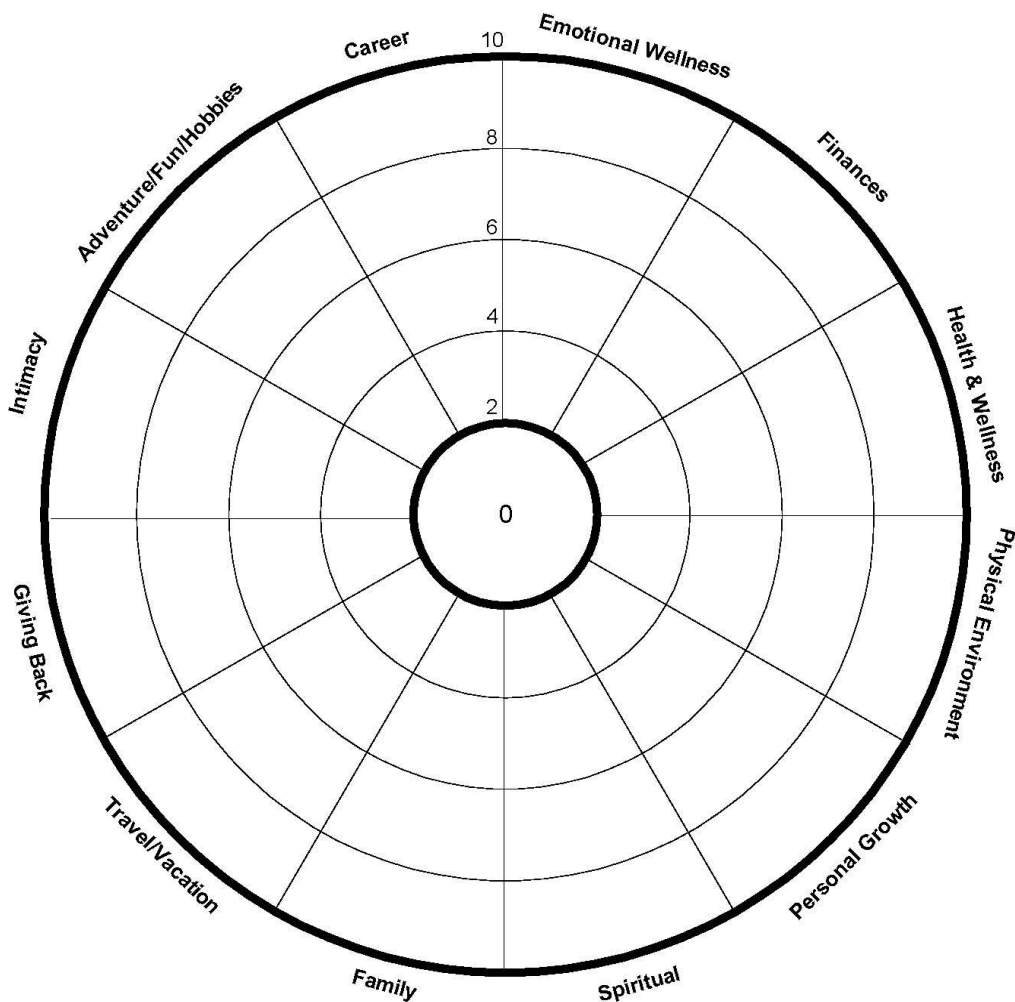
How is Your Life Wheel Shaped?

A Life Wheel can help you determine if and where your life is out of balance.

By filling in the Life Wheel and working through the questions below, you will get a better sense of how balanced your life currently is and what areas might need more attention. A more balanced life can mean less stress, a higher sense of personal fulfillment, and making better choices in with whom and how you choose to spend time or resources, leading to an overall sense of well-being or wholeness.

To fill in the Life Wheel, start by choosing a category. Using the scale 0 to 10, (0 being no wellness or satisfaction and 10 being complete wellness or satisfaction) determine the number that accurately reflects your sense of well-being in that category. Color in each spoke of the wheel, beginning at zero, up to the number you feel most accurately reflects your life today.

You do not have to submit your filled-in Life Wheel to the instructor, simply list the number for each category. For example: Emotional Wellness= 6, Finances= 5, etc.



**Completing Your Life Wheel Questions and Setting BeSMART Goals for Well-Being
Assignment Due June 24, 2022**

**Complete Your Life Wheel Observation Questions (No more than 3 pages total)
Looking at your completed Life Wheel, answer the following questions:**

- List the categories for your Life Wheel and the number for each category.
- What are you able to say about your life given the shape of your Life Wheel?
- What area did you give the two highest scores? What specifically lead you to rate these highest? What areas did you score lowest? Why?
- If you continued to live with the way your wheel is shaped, what would your life look like in one year, five years, ten years? What would your ministry look like in one year, five years, ten years?
- What area could you make the biggest difference with the least amount of effort? List one action step you can do today and/or tomorrow that will get you closer to a ten in this area.
- What area that you scored less than a six are you most motivated to work on and why? What action step can you take in this area that will bring you closer to a ten?
- List any obstacles that might get in the way of accomplishing your action step. What can you do to overcome these obstacles?

To help you set action steps for wellness and wholeness, try using the BeSMART goal formula listed below:

Be . . . in prayer about how you hear God calling you to transform before making any goals.

Specific: Clearly state your goal. Where you are going?

Measurable: How will you measure progress?

Attainable: Are you are striving for something that is within your capabilities?

Relevant: Are you are concerned enough to make this goal a priority? What is your “why”?

Time-Specific: Create a timeline or deadline for this goal. When will you have it accomplished?

Questions to Consider as you set BeSMART Goals for your Life Wheel Categories

NOTE: Use these questions as a **guideline** as you develop your goal. **You do not have to answer all questions. You do not have to answer every category.** These are simply questions to encourage deeper thinking in each category as you identify goals.

Emotional Wellness:

What situations in ministry have connected to an unhealed pain that I have in my life? What issues in my personal life need confession, mediation, or further processing?

Finances:

Am I in debt as much as to embarrass me in my ministry? How am I managing the financial resources that God has given me? Am I able to set financial goals and save? Am I living paycheck to paycheck? Do I need to reevaluate my lifestyle?

Health and Wellness:

Do I go for yearly physicals and suggested health checks? How do I engage my body and keep active? What methods do I incorporate to address the stresses in life and how they manifest themselves in my body?

Physical environment:

How do I care for the environment that God has gifted me? My home? Office? How do I participate in caring for the world that God has entrusted to humankind?

Personal Growth:

How do I keep my mind sharp by stimulating biblical, theological, and practical approaches to life and ministry? How am I challenging myself to critique or integrate new thoughts in my life and practice of ministry?

Spiritual:

This category is often taken for granted by pastors by limiting spiritual practices to prayer, Bible study, or fasting. Spiritual disciplines take on a wide range of activities that can be done alone, one-on-one, with a small group, or in a larger community. What spiritual practices do I have that encourage authenticity with self, God, and others? What am I practicing daily? Weekly? Monthly? Annually? Am I taking time to retreat, spend time in solitude, and under the direction of someone who will listen to God, to me, and encourage me to hear God's voice? Do I practice only one form of prayer, or do I experiment with new and different methods to connect to God? When have I worshiped without having to coordinate or lead the effort, or engage in a critique of a worship service? How have I connected to God through the sacraments? Refer to Adele Calhoun's book *Spiritual Disciplines Handbook: Practices that Transform Us* for suggestions on expanding spiritual practices.

Family:

How have I spent time with my family? Have I spent quality time with my spouse/significant other? Am I actively involved in the life of my children/grandchildren? In what family transitions or celebrations have I participated? Do I stay connected to my nuclear family, family of origin, and extended family? What plans do I have for family time this week, month, year?

Travel/Vacation:

Am I using my vacation time or do I leave days on the table at the end of the year? Do I have a sense of guilt for taking or making plans to take time off? Am I able to spend time away without feeling the pull to accomplish work or check emails/voicemails?

Giving Back:

Working in ministry gives pastors the semblance of being in service twenty-four hour a day, seven days a week. While this is true, this does not create a shortcut for pastors to skip serving and giving back in other ways, especially ways outside of your ministry setting.

Intimacy:

Do I have friends outside of my ministry setting and do I nurture those relationships? Do I connect with friends on a regular basis? Do I have healthy communities of accountability and intimacy where friendships and relationships are nurtured? Do I have a community of support where I can celebrate, cry, complain, and share their emotions without pastoring them?

Adventure/Fun/Hobbies:

Do I have a sense of fun and develop interests outside of my ministry work? What do I love to do? Do I take time to do it? When was the last time I laughed uncontrollably? When was the last time I read a book that had nothing to do with ministry or sermon preparation?

Career:

As I look at the larger picture of my ministry, where do I see God leading? What practical skills do I need to get there? What goals do I have for my ministry setting? What goals do I have for a specific gift that God has given that is not being used? How am I nurturing others to live their call? If you are bi-vocational: How fulfilling is your career? Where is your passion to serve/work?